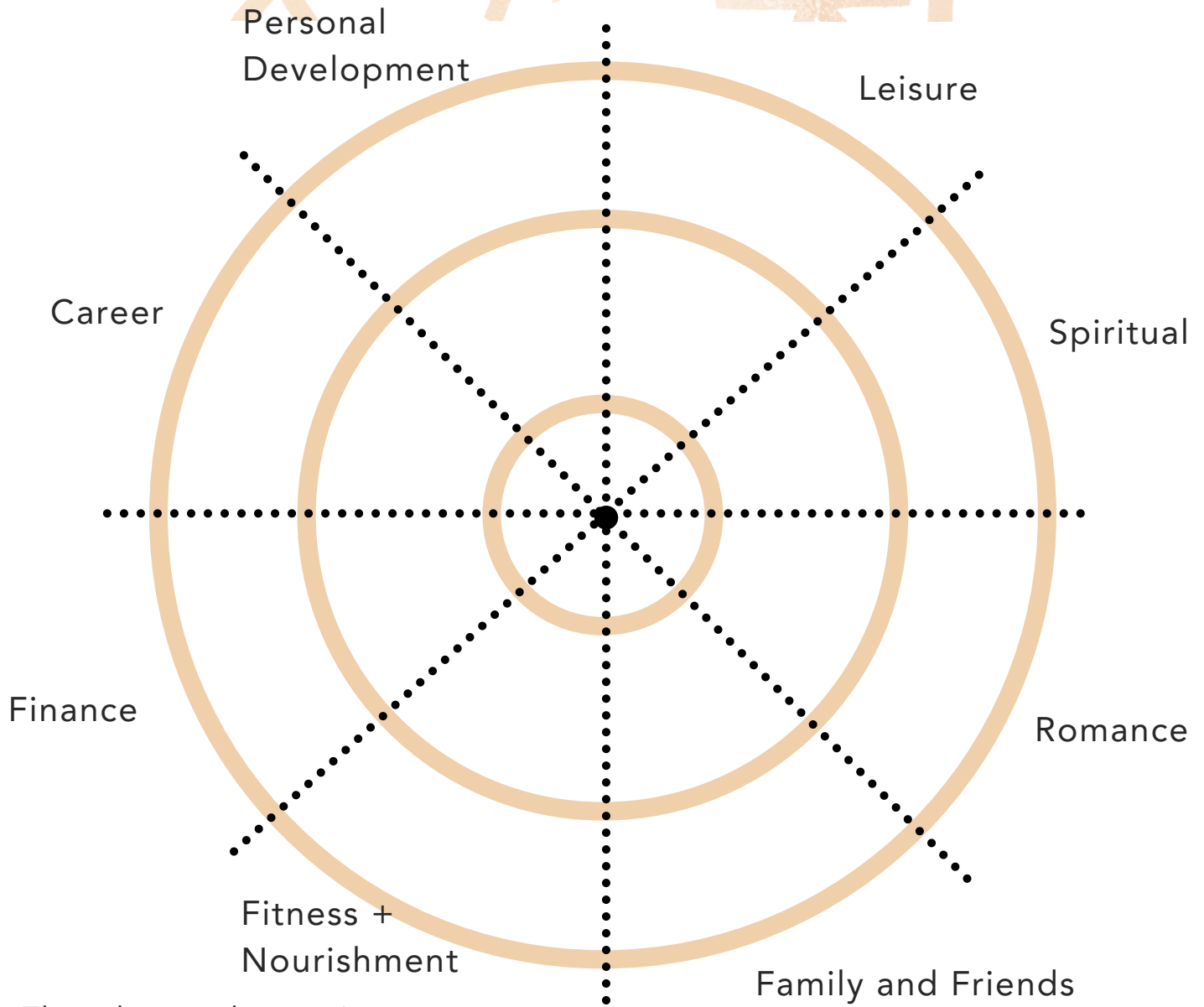


Define where you are

Indicate how well you're aligning your life with your values in each of these areas. Are you on target and hitting the bulls eye or have room to growth?



Thoughts or observations:



Where do you go from here

Which areas of your life are most aligned with your values? Which are not?

What actions can you start to take to live a more-values driven life? How easy or difficult would that be for you?

What changes would you need to make? Who can support you in this process? Why is this important to you at this point in time?
