



Are the actions you're taking, whether personally or professionally, aligning with your values?

For ideas on what values you hold highest, try this list. Do you value joy? Wholeheartedness? Integrity? Authenticity? The list is long and varied, but we each hold dear the values that we live by.

Use this simple exercise below:

1. List five of your values. Spend some time on this, and perhaps meditate on it to truly know. Feel free to list more and edit over the course of a week.
2. Create a list of the actions you would need to take in order to effectively align with those values.

MY VALUES:

- 1.
- 2.
- 3.
- 4.
- 5.

MY ACTIONS:

- 1.
- 2.
- 3.
- 4.
- 5.