



Exploring my values

F, H & I

My values...

- 1
- 2
- 3
- 4
- 5



My weakest value

My weak

My strongest value



G

My values explained

Value

Memorable phrases or sentences

1

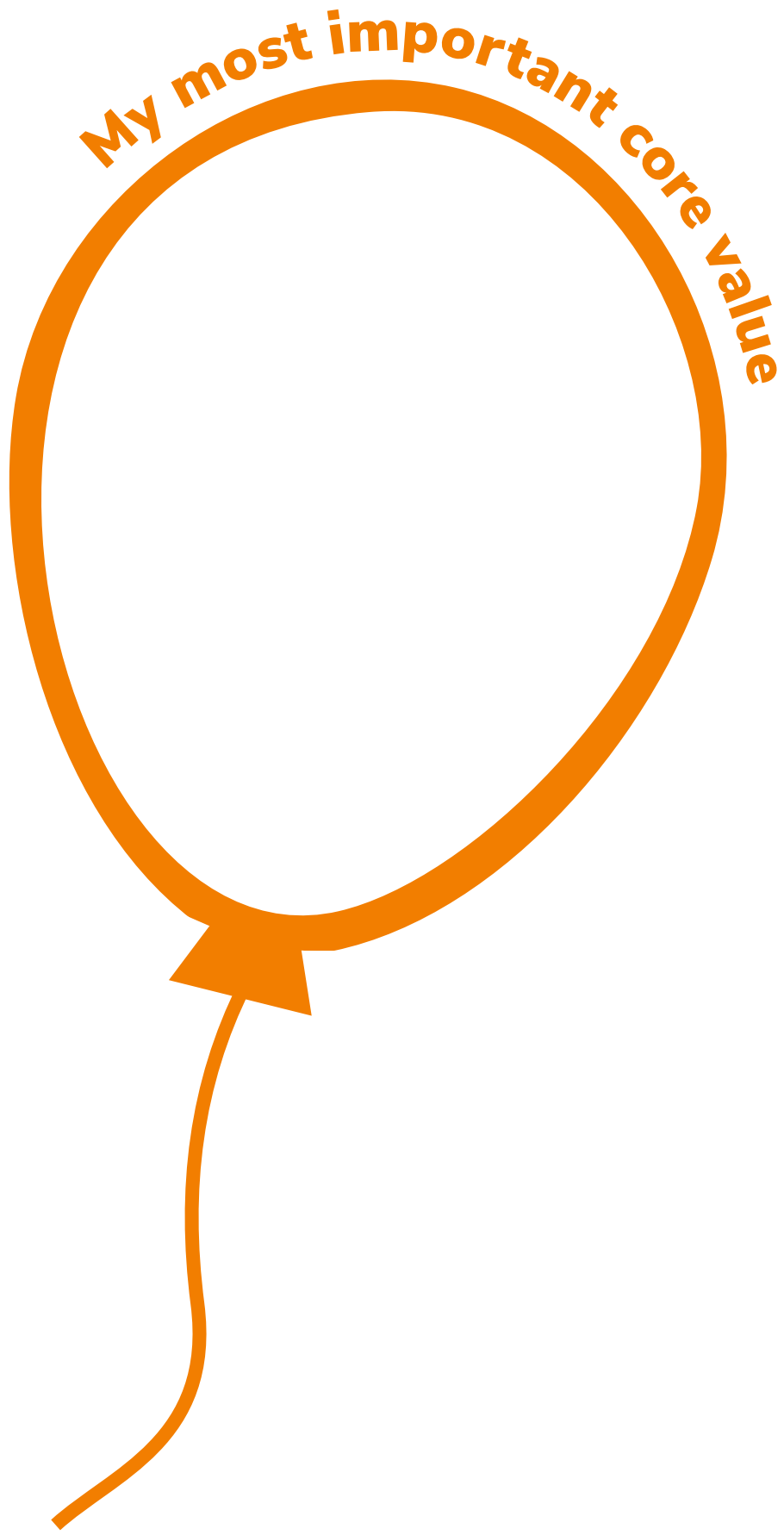
2

3

4

5

J



K

Reflect on your values

- How it makes you feel?
- Do you feel that it is consistent with who you are?
- Is this value personal to you?
- Do you feel this value is consistent with your identity (or inconsistent as if it belongs to someone else, like an authority figure or society and not you?)
- Check your priority ranking. Do you feel like your values are in the proper order of importance?

Rank

Value

How does it make you feel?

1

2

3

4

5

L	Scoring my values		
Rank	Value	Score (1-10)	How can you improve your score
1			
2			
3			
4			
5			

N	Set myself goals	
1	Value:	
Goal		Actions

O

Making my goals happen (a step at a time)

Goal

How

When

1

2

3