

Values and Priorities Worksheet

This worksheet helps you identify your core values and align them with your priorities.

Examples:

Example Values: Family, Integrity, Growth, Compassion, Creativity

Example Reflection:

- Value: Growth
- Current Alignment: I regularly attend workshops to learn new skills.
- Improvement: Dedicate more time each week to practicing those skills.

Instructions:

1. List 10 values you hold important.
2. Narrow down the list to your top 5 values.
3. For each value, write one way you currently honor it and one way you'd like to improve.
4. Reflect on how aligning your actions with your values can enhance your life.

