

VALUES AND PRIORITIES

1. IDENTIFYING CORE VALUES

List 10 values that are important to you. Consider values such as Family, Integrity, Growth, Compassion, and Creativity.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

2. NARROWING DOWN VALUES

From the list above, choose your top 5 values that resonate the most with you. Write them below:

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

3. CURRENT ALIGNMENT AND IMPROVEMENT

For each of the top 5 values identified, describe one way you currently honor this value and one way you would like to improve in aligning your actions with this value.

- Value 1: _____
 - Current Alignment: _____
 - Improvement: _____
- Value 2: _____
 - Current Alignment: _____
 - Improvement: _____
- Value 3: _____
 - Current Alignment: _____
 - Improvement: _____
- Value 4: _____
 - Current Alignment: _____
 - Improvement: _____
- Value 5: _____
 - Current Alignment: _____
 - Improvement: _____

4. SELF-ESTEEM REFLECTION

Reflect on how aligning your actions with your values can enhance your self-esteem and overall life satisfaction. Write a short paragraph about your thoughts.

5. PERSONAL DEVELOPMENT GOALS

Based on your reflections, set two personal development goals that will help you align more closely with your values and enhance your self-esteem.

Goal 1: _____

Steps to Achieve:

1.

2.

3.

Goal 2: _____

Steps to Achieve:

1.

2.

3.