



FINDING PURPOSE – Are you living according to your values?

Rank Your Values	Define What Each Value Means to YOU	Rate How Much You Are Living Each Value	Identify Barriers	Choose Small, Value-Based Actions	How did it go?
<i>Rate these commonly held values from the most to the least important. Add any values of your own that are not on the list.</i> Growth Connection Contribution Creativity Compassion Integrity Courage Independence Stability Family Health Learning Spirituality Justice Leadership Adventure	<i>Take the 5 most important values.</i> <i>Avoid dictionary definitions.</i> <i>Describe how this value looks in <u>your</u> life.</i>	<i>Rate each value from 0–10</i> <i>(0 = not living it at all, 10 = fully aligned)</i>	<i>For each value, identify what gets in the way. These can be:</i> <i>Limiting thoughts</i> <i>Fear / avoidance</i> <i>Lack of time or energy</i> <i>Habits / routines</i> <i>Something else</i>	<i>Actions should be small and realistic (not life overhauls).</i> Value: <i>One small action I can take this week:</i> Value: <i>One small action I can take this week:</i> Value: <i>One small action I can take this week:</i>	Action 1: Action 2: Action 3:

