Values List

Label each area in your life that is important to you on the left side of the table. Example areas include health, relationships, career, etc. Create at least three values that align with your area. Write these values in the first person on the right side. For example, “I keep a work life balance, ” “I make time for physical movement everyday” “My friends and I inspire each other to grow”

Area 1:	- - - - -
Area 2:	- - - - -
Area 3:	- - - - -

Area 4:	- - - - -
Area 5:	- - - - -
Area 6:	- - - - -

Going the extra mile

Create scenarios for a value in each area listed above.

Area 1:	
Area 2:	
Area 3:	
Area 4:	
Area 5:	
Area 6:	
