

Values

Values regulate how you respond to negative/positive situations in your life. If your goals are in line with your values, you are more likely to succeed and be motivated! Circle/write some of your most important values and choose the most significant. What changes are you going to make moving forward to better align with these values?

COMMON VALUES

Accountability
Achievement
Ambition
Belonging
Consistency
Compassion
Creativity
Excellence
Exploration
Faith
Family
Fitness

Generosity
Growth
Goodness
Happiness
Health
Honesty
Independence
Justice
Love
Loyalty
Openness
Order

- Positivity
- Reliability
- Security
- Self-control
- Service
- Stability
- Structure
- Speed
- Teamwork
- Tolerance
- Trust
- Usefulness

the year of...

MORE

less

[illegible][illegible]