Instructions:

In the ***RATING*** column, rate your 3-5 values on a scale from 1 (not aligned) to 10 (very aligned) based on how you are living them.

In the ***BARRIERS*** column, write down anything that may be helping or hindering you with alignment.

|  |  |  |
| --- | --- | --- |
| VALUE | RATING | BARRIERS |
| 1) |  |  |
| 2) |  |  |
| 3) |  |  |
| 4) |  |  |
| 5) |  |  |

If you listed any values that are helping you, how will you continue to leverage them?

What are your typical reactions when your values are compromised? Write a response for all that apply.

Are your reactions helpful, or are they a hindrance to your vision/goals?

If they are not helping you grow, what will you do instead? Craft your strategy here.

(For any value that you created a strategy for) How will you let others see your adjustments?

Where/When is your next opportunity to put this into action?

How will you hold yourself accountable for using these new strategies?