

Now take a look at your top five values and write them down here.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Next, think about how you express them in your life already, and then, come up with a goal or two for each value.

<b>VALUE 1</b>	Goal:
<b>VALUE 2</b>	Goal:
<b>VALUE 3</b>	Goal:
<b>VALUE 4</b>	Goal:
<b>VALUE 5</b>	Goal: