

Step 1 – Values check-in

List 3 values that matter most to you right now:

1.

2.

3.

Step 2 – Alignment

- Where in your daily life do you already live these values?
- Where do you feel the biggest gap?

Step 3 – Action for Coherence

Choose one value and write down:

- A small action to bring more of this value into your work.
- A small action to bring more of this value into your personal life.