

1. My value: _____

My Goal: What's something you could do that would bring more of this value into your life?

2. What daily actions could you do to work on your goal?

1:

2:

3:

4:

3. My value: _____

My Goal: What's something you could do that would bring more of this value into your life?

4. What daily actions could you do to work on your goal?

1:

2:

3:

4:

5. My value: _____

My Goal: What's something you could do that would bring more of this value into your life?

6. What daily actions could you do to work on your goal?

1:

2:

3:

4:

7. My value: _____

My Goal: What's something you could do that would bring more of this value into your life?

8. What daily actions could you do to work on your goal?

1:

2:

3:

4:

9. Each day, choose the actions that feel most important and set aside your other priorities for the time being.