

ACTIONS-VALUES ALIGNMENT

My three core values are . . .	
Times when I act in a way that aligns with my core values	Times when I act in a way that doesn't align with my core values
What these experiences tell me about my <i>strengths</i>	What these experiences tell me about my <i>struggles</i>
Strategies that help me act this way	The resistance I face in aligning my actions with my values