

Growth Through Reflection: Values

Values help to guide your beliefs and behaviors. You have beliefs about yourself, others, and the world. It is important to take time to recognize your values, reflect on how your values may have changed, and realign your goals with your values.

Example Values: Honesty, Integrity, Wisdom, Autonomy, Loyalty, Kindness, etc.

SMART Goal: Specific, Measurable, Attainable, Realistic, Time-focused

What you value most in <u>yourself</u> as a...	What you value most in <u>others</u> ...
Partner: Family member: Friend: Colleague: Professional: Leader:	Partner: Family: Friends: Colleagues: Professionals: Leaders:
Barriers stopping you from living your values...	Identify a new SMART goal for each area that can help you live your values...
At home: In your closest relationships: In your friendships: At work: In your leadership role(s):	At home: In your closest relationships: In your friendships: At work: In your leadership role(s):

Take time throughout each day to reflect on:

Morning: How your planned actions for the day align with your values.

Midday: How attainable and realistic your goals still are for the day. Think of which aspects of the goal best align with what you most value and adjust action steps accordingly.

Evening: What you've accomplished for the day, how you lived your values, and how you will approach tomorrow with purpose.