

Core values and your north star/ guiding principles

What causes me anxiety or frustration or make me feel misaligned?

Resources e.g. time, money, people, skills, supplies, knowledge, confidence, external factors etc

The behaviours/ actions I'm currently doing or plan to do in order to live by my values

Think of specific examples, resources, or points in time

Core value (click on the link for examples)	What the opposite looks like	Barriers to accessing/ aligning with each value	Behaviours/ actions that demonstrate alignment with each value	What this looks like at work	What this looks like in relationships (romantic and other)	What this looks like with my finances	What this looks like in [other area of my life]
Key words (aligned with/ part of the core value:							
Key words:							
Key words:							
Key words:							
Key words:							