## **Worksheet for Values**

## Instructions:

- 1. Choose a value
- 2. List behaviours related to this value
- 3. Choose a behaviour or set of behaviours you will commit to
- 4. Make a plan
- 5. Just do it
- 6. Commit
- 7. Keep a diary
- 8. Reflect

## **Overarching Value:**

Behaviours I will commit to

Reflect