

Values and Purpose Reflection

Reconnect daily choices with the qualities and principles that matter most.

Circle or write five values that feel important now: compassion, health, family, growth, courage, stability, creativity, service, learning, connection, integrity, joy, faith, freedom, balance.

My five values
The two values I most want to live this season
Where my current routine reflects these values
Where I feel out of alignment
One choice that would bring me closer to alignment
A sentence that describes the person I am becoming

For personal reflection and educational use only. This resource is not medical care, psychotherapy, diagnosis, or treatment.