

	Value/Description	Score (1-10)	Desire score	Action steps	Accountability partner	Date
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

Exercise details:

Fill in your top 5 or 10 Values in the different areas of your life.

Give them a score for how they show up in your life now.

Next give them a desired score.

What first small step can you take towards the desired score?

Who will help you reach this goal?

When do you want to see a change`?

Good luck!