LEADERSTAMP

MY CORE VALUES TRACKING

Instructions for completing this worksheet:

Values – Write out your values from the first part of the exercise. One on each line. Group linked values together – if you aren't sure leave them separate – this will help you better understand how they are the same and different.

Tracking - Rate on a scale of 0-5 "How much did I honour this value in my life today?" '0' means that this value didn't 'show up' in your life at all today '5' means you experienced this value heavily today. Track this as best you can for 21 days.

VALUE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21

Now what? - You will reveal for yourself which values are alive and well in your daily life and which ones are not being honoured. Success is living your values everyday!!!! What steps do you need to take so that your values are honoured more each day? Need some help? Reach out to: jennifer@jenniferdeane.ca for some ideas on next steps.

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