



## Aligning with Your Values Month #1 Content

The fears, doubts and concerns that part of me has about this year and participating in this group.

---

---

---

---

---

My top 3 values, in order, are: (or just list your top one)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

The #1 addiction/distraction that keeps me from living my values and showing up fully:

---

I am \_\_\_\_\_% committed to my #1 value.

For this month, I commit to the following practice:

---

---

My mirror statements:

---

---

---