



THE COACHING GROUP

NOT LIVING VALUES

VALUES ARE THE PRINCIPLES THAT GUIDE YOUR DECISIONS AND ACTIONS. THEY REFLECT WHAT IS IMPORTANT TO YOU AND WHAT YOU CARE ABOUT. WHEN YOU ARE NOT LIVING YOUR VALUES, IT CAN HAVE A NEGATIVE AFFECT ON YOUR WELLBEING.

Write down one thing you have done that does not reflect each of your top 3 to 5 values.

For example, if you value Optimism, it's a more value-driven choice to think positively than to worry about the future.

Value	What have you done that does not reflect this value?	How did it make you feel?

Can you see any themes? Are there particular situations or people that make it difficult to live you values?

