

Values in Action

What

This practice is about reflecting on your personal values and then consciously integrating them into your everyday life.

Why

Studies show that a value-oriented life is good for our mental health, our (work) satisfaction and our performance. By planning on how you want to implement your values every day and then taking small but consistent steps in the right direction, you move your values from a distant concept to a daily habit.

MY CORE VALUES

What are the values that are most essential to me?

1

How can I translate value 1 into action today?

2

How can I translate value 2 into action today?

3

How can I translate value 1 into action today?

1

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2

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3

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