

Values in Action

Name one or two values in your own words before rating life areas. Use 0 for little alignment and 10 for the alignment you want. Recall a meaningful moment; there are no right answers.

1. How closely do your choices in each area reflect what matters to you?

Record a score for each labeled area using the scale shown.

Personal
Growth

Work /
Education

Leisure

Relationships

Closer to the centre (10) means living more closely to your values; the outer ring is 0.

Blank means unanswered; N/A means not applicable. PDF score edits do not redraw the wheel.

2. Which values are present in an area that feels aligned? Where would you like your choices to express a value more clearly?

3. Express a value in daily life

Small choice

When and where

Review date