

The 5-Minute Values Check-In

A free mini-guide from Know Your Values. Know Your Worth.

There are times when everything looks fine from the outside, yet something inside you knows something is off. This five-minute check-in will help you hear yourself again. Grab a pen. Be honest. There are no wrong answers.

DISCOVER

What's been draining me lately?

Name what has felt off, heavy, or quietly wrong.

DEFINE

Which value is being stepped on?

Name it in your own words — your definition matters more than anyone's.

DECIDE

What choice am I facing?

Which option best honors what matters most?

DEFEND

What do I need?

One honest no. One clear request. One boundary that

My 5-Minute Check-In

Write honestly. Circle things. Cross things out.

1. What's been draining me lately?

2. Which value is being stepped on, in my own words?

3. What choice am I facing — and which option honors what matters most?

4. What do I need? My boundary, in my own words:

5. One small step I'll take this week: