



Your personal YOUlogy Values Worksheet
Revisit it during the week and let your values guide your decisions and actions.

Day	Value 1	Value 2	Value 3
MON	<input type="text"/>	<input type="text"/>	<input type="text"/>
TUE	<input type="text"/>	<input type="text"/>	<input type="text"/>
WED	<input type="text"/>	<input type="text"/>	<input type="text"/>
THUR	<input type="text"/>	<input type="text"/>	<input type="text"/>
FRI	<input type="text"/>	<input type="text"/>	<input type="text"/>
SAT	<input type="text"/>	<input type="text"/>	<input type="text"/>
SUN	<input type="text"/>	<input type="text"/>	<input type="text"/>

Tip: Keep your three core values visible this week and let them guide your conversations, choices, and presence.