Values, strengths and next steps

Reflection and understanding | 1 of 2

Start with lived examples. There is no ideal personality or correct set of values.

Name or initials (optional): _____ Date: _____

1. Recall a moment when life felt meaningful. What were you doing, and what mattered?

2. Which strengths did you use? When can those same strengths become unhelpful or overused?

3. Where do your current choices fit your values? Where is there a tension or trade-off?

Values, strengths and next steps

Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What are you avoiding or postponing, and what makes it difficult to approach?

5. What small action would express one important value without requiring everything else to change?

6. What will you look for when reviewing that action: learning, satisfaction, connection or something else?

My next step / support I can ask for / date to review: