



# INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

## Week 41 Action Guide: Aspirational vs. Actual Values

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Write your list of Core Values. Prioritize your values in order of importance in your life currently. Then, on a scale of 1-10, rate how fully you're living each value out in your life today? (1 = not so much, 10 = all the time) \*refer to Week 40 Action Guide. Write your list below.

For this exercise, pick one value (you may go back through this exercise with additional values). Write the value here:



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How have you been honoring this value?

How have you been dishonoring this value?

How would you like to honor it more?

What is holding you back from honoring it?



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If you were to live in alignment with this value more fully, what would that generate in your life?

What action step will you take to honor this value more in your life?