



VALUE COMMITTED ACTION

My values:		
My top 3 values (write your values below)	What have I done in line with these values in the past couple of weeks? (describe activity)	How did I feel whilst engaging in this value driven behaviour (emotionally and physically). What impact did this action have?
Value:		
Value:		
Value:		
What does this tell me?		
Taking values forwards	What action can I commit to doing in line with this value in the coming week?	What action can I work towards in line with this value in the longer term?
Value:		
Value:		
Value:		