

# Values Check-In

## Step 1: List Life Domains

### Domain 1:

Why I care:

Why that matters:

Extracted Value Word(s): \_\_\_\_\_

Alignment Rating (0-10): \_\_\_\_\_

### Domain 2:

Why I care:

Why that matters:

Extracted Value Word(s): \_\_\_\_\_

Alignment Rating (0-10): \_\_\_\_\_

### Domain 3:

Why I care:

Why that matters:

Extracted Value Word(s): \_\_\_\_\_

Alignment Rating (0-10): \_\_\_\_\_

### Domain 4:

Why I care:

Why that matters:

Extracted Value Word(s): \_\_\_\_\_

Alignment Rating (0-10): \_\_\_\_\_

### Domain 5:

Why I care:

Why that matters:

Extracted Value Word(s): \_\_\_\_\_

Alignment Rating (0-10): \_\_\_\_\_

# Values Check-In

**Step 2:** Micro-Action for Lowest-Scoring Value

**Value Area:**

**Action (specific + in next 24 hrs):**

**Step 3:** Commit & Share

**Where/how I'll log or share this commitment:**

