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Daily Reflection – 5-10 minutes

You are welcome to engage in more reflection, some people have a mid-day and end of day reflection period. Use this time to think about circumstances and emotions experienced from the day, but through the lens of your values (the role your values played in those experiences).

Accomplish 3 things in this reflection:

1. Add your own language to your values. You want mini word clouds, or themes, in each box
2. Adjust the rank order of your values as needed
3. Ask yourself two questions:
   1. What have I done in the service of my values in this moment, or day?
   2. What can I do in the service of my values in this moment, or day?