Personal values list

Five values that become your measure when deciding, instead of guesswork.

> Values aren't goals you reach but directions you steer by. **The crossing out is the exercise** — it's hard precisely because you want to keep them all. Where you can't find an act at step 3, there is a gap between what you say and what you live.

1. Fifteen words

What kind of person would I like to be?

2. Cross out to ten, then to five

My five:

3. The test

VALUE	A CONCRETE ACT FROM THE PAST WEEK	IF THERE IS NO ACT — WHY?

4. Next week

One act expressing the value where the gap was

For personal use.