

# Reflecting on Values Ideal and Real



Identify 5 values that speak to you most in terms of their importance to you in your life and work. For each value, consider the following:

Identified value	Where did this value come from or how was it cultivated in you?	Obstacles/challenges I face in living out this value in day to day life	Some ideas or strategies for addressing this challenge and/or living out this value

**What can I begin to do right now to begin to integrate my values more regularly into my actions and day to day life?**