

If you want to live up to your values, you need to remember them. It seems obvious, but many people don't pay enough attention to it. Just preparing a list of personal values is barely the beginning. Real change comes in small everyday steps.

Try to remember the five most important values. To help yourself with this, you can print this sheet and cut out the card with your values. Keep this card with you at all times.

You should be as close as possible to the values you choose in the first days after preparing the list. Make reading your list one of the first things you do in the morning and the last thing you do before falling asleep.

If you remain aware of your values, you'll increase your chances of making favorable choices. A personal list of values can be a compass, which in moments of doubt will remind you in which direction you want to go. Use this knowledge as often as possible. For almost every daily activity and choice. Thanks to this, you will avoid the wrong paths or going around in circles.

We are glad to support you.



Place the card in your wallet



Place it on the nightstand



Pin it on the fridge



Pin it on a cork board

DATE

2/3/2023

**Personal Values**  
personalvalu.es

TOP VALUES

1. Love
2. Family
3. Commitment
4. Intelligence
5. Health

Your result



DATE

2/3/2023

**Personal Values**  
personalvalu.es

TOP VALUES

1. Love
2. Family
3. Commitment
4. Intelligence
5. Health

Your result



DATE

2/3/2023

**Personal Values**  
personalvalu.es

TOP VALUES

1. Love
2. Family
3. Commitment
4. Intelligence
5. Health

Your result

