**Values Check-In**

1. Write an important value in each box on the left. 2) Write recent events relevant to each value. 3) Write what is going well or not well about each value. 4) Write the next things you want or need to do (if any).

| 1. Value | 2. Recent, relevant events | 3. Personal appraisal | 4. Next steps |
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Use the space below for any follow-up ideas:

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