Write down the values most important to you

How are you currently living by these values? If you're not living by these values, what changes do you need to make?

Write down your top 3 values on a piece of paper and put them in a place where you will see them every day, e.g., on the fridge or bathroom mirror.

Set an alert on your phone to remind yourself each day of the importance of these values and how they influence your decisions, behaviour and goals.