**Values/Affirmations Worksheet**

**I value** (say it out loud and see how it sits with you- does this feel authentic?):

I value

Corresponding affirmation:

I value

Corresponding affirmation:

I value

Corresponding affirmation:

I value

Corresponding affirmation:

I value

Corresponding affirmation:

I value

Corresponding affirmation:

I value

Corresponding affirmation:

I value

Corresponding affirmation:

I value

Corresponding affirmation:

I value

Corresponding affirmation:

When I am questioning thoughts, feelings (gut, head, or body), and reactions-

**I ask myself: *is what I’m thinking, feeling, or acting like in alignment with one or all of my values?***

Can I be more (insert value)?

* Bullet point some probing questions to yourself to guide you toward getting in-tune with your core value in the “here and now” (see completed worksheet for examples)

Can I be more (insert value)?

Can I be more (insert value)?

Can I be (insert value)?

Can I be more (insert value)?

Can I be more (insert value)?

**If the answer is “yes” to any of the above, then start making some non-judgmental, non-ego attached modifications**

**Next step**: come up with 1 year goals for money that relate to all the above values- see worksheet to start filling in