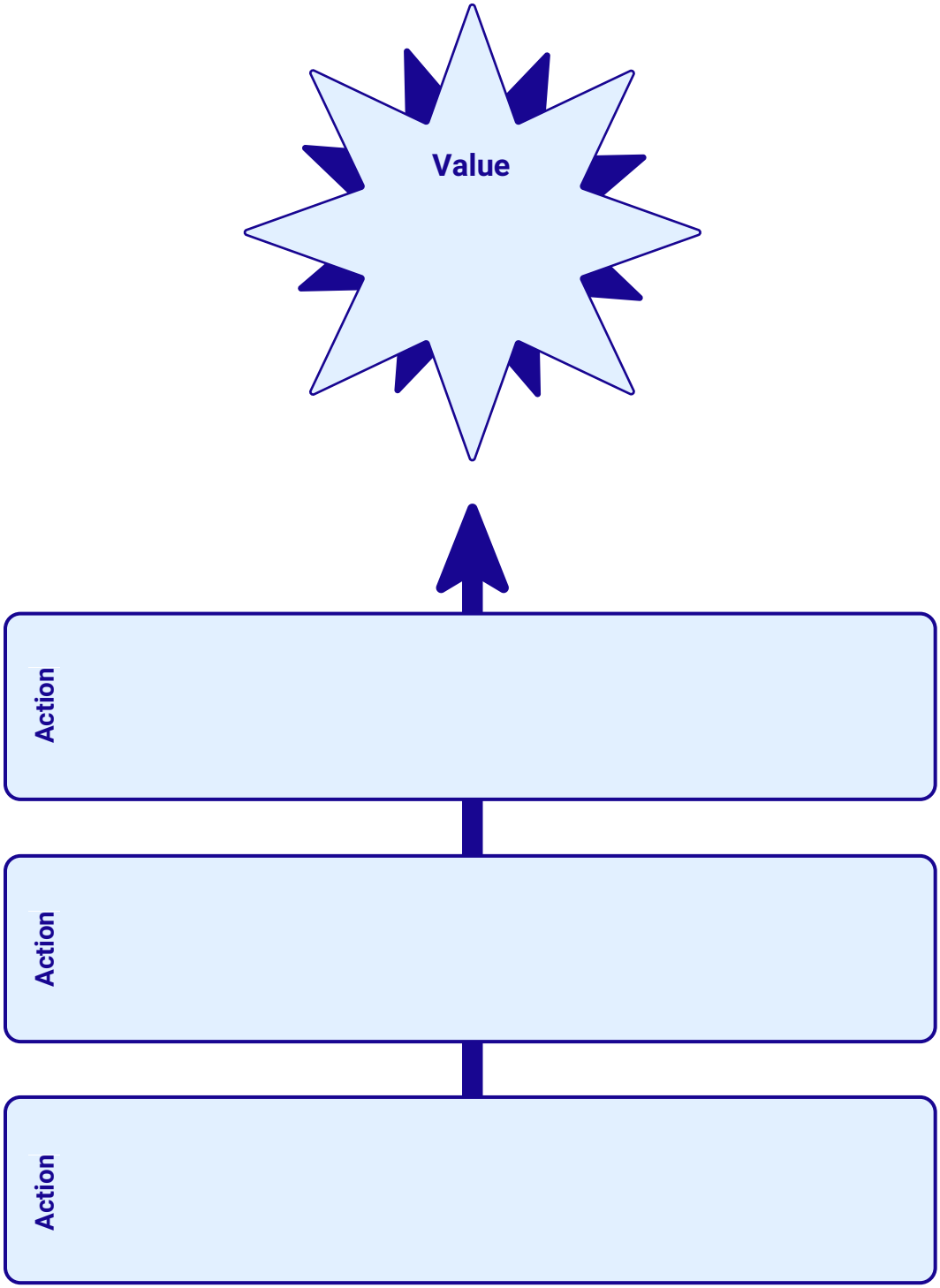
# My North Star

values exercise

Values are the things that matter most to you. Unlike goals, values aren't meant to be checked off a list. Instead, they're a north star that guides your journey through life, filling it with purpose and meaning.

**Instructions:** Write in one of your values (family, health, creativity, etc.). Then identify three small actions you can take toward this value in the near future.






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