

# Values Check Tool

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## Purpose

Values aren't rules to get right.  
They're guides you return to—again and again—as you move forward.

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## Right Now Check-In

Pause for a moment.

Right now, the situation I'm navigating is:

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## What Matters Here

Without overthinking, name **one value** that feels relevant right now.

**A value that matters to me in this moment is:**

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(Examples: honesty, care, balance, growth, respect, steadiness)

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## Notice the Alignment

Choose what fits today:

- My current choices reflect this value in small ways
  - I'm partly aligned, and that counts
  - I'm noticing a gap, and awareness is progress
  - I can return to this value gently
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## Carry It Forward

No overhaul needed.

One small way I can honor this value as I keep moving forward is:

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## Bridge the Gap Coaching

Values don't demand perfection. They offer direction. The bridge holds when you keep returning to what matters.

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