Choosing Courage Over Comfort

Living into Your Values: Personal Values Log

***After you’ve narrowed down your top three values from the exercise, use this template to 1) affirm your values, and to define 2) behaviors that align with your values, 3) behaviors that deter you from your values, and 4) examples of times that you’ve fully lived into your values.***

**Choosing courage over comfort** starts with knowing who we are and what we value as an individual. According to Brené Brown, we must go further than professing our values, we must practice them; be clear about who you are, what you believe, and then walk the talk. Displaying our values in our daily lives takes a lot of work. We must be willing to spend time in the stillness and consider who we are at the core of our being.

|  |  |
| --- | --- |
|  | Your Top Three Values |
|  Value 1  |  |
| Value 2 |  |
| Value 3 |  |

# Value #1:

**What are three behaviors that support this value?**

1.

1.
2.

**What are three slippery behaviors that are outside of this value?**

1.

1.
2.

**What’s an example of a time when you were fully living into this value?**

# Value #2:

**What are three behaviors that support this value?**

1.

1.
2.

**What are three slippery behaviors that are outside of this value?**

1.

1.
2.

**What’s an example of a time when you were fully living into this value?**

# Value #3:

**What are three behaviors that support this value?**

1.

1.
2.

**What are three slippery behaviors that are outside of this value?**

1.

1.
2.

**What’s an example of a time when you were fully living into this value?**