VALUES CHECK-IN

Get honest. Get aligned. Choose what matters.

DATE _____ **TIME** _____

1. WHAT MATTERS MOST TO ME RIGHT NOW?

- ☐ Peace
- ☐ Respect
- ☐ Safety
- ☐ Honesty
- ☐ Growth
- ☐ Other: _____
- ☐ Health
- ☐ Rest
- ☐ Recovery
- ☐ Connection

2. WHERE DO MY ACTIONS FEEL ALIGNED?

3. WHERE DO THINGS FEEL OFF?

4. WHAT VALUE DO I WANT TO LEAD WITH TODAY?

5. ONE SMALL ACTION THAT MATCHES THIS VALUE

6. MY REMINDER TO MYSELF

Alignment starts with one honest choice.

LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

For reflection and self-support; not a substitute for professional care.