

## Weekly Reflection Worksheet: Value Alignment



Reflecting each week on how present and grounded we were in our core values is a powerful way to increase awareness and create a more fulfilling life. Research shows that individuals who engage in weekly reflective journaling report a 25% increase in overall well-being, as it reconnects us to what matters most (Seligman et al., 2005). By revisiting where you felt most aligned, proud, and grounded – as well as challenges that may have come up – you are choosing to invest in a clearer, more intentional path forward.



# Weekly Reflection Worksheet: Value Alignment

Date:

1. In what ways did you ground your actions and decisions in your core values this week?
2. When did you feel most present throughout this past week?
3. What are you most proud to have accomplished this past week?
4. What challenges tested your ability to stay grounded and/or present this week?
5. What is one area you would like to focus on for the week ahead?

