

Esteemable Acts®



*Vision
+
Values*

VISION & VALUES WORKSHEET SERIES
PART I

IDENTIFY YOUR VISION AND VALUES

#ESTEEMABLEACTS

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WELCOME!

Each of us, in our own way, desires a fulfilling life. How we define “fulfilling” is entirely subjective. One thing we generally have in common is the desire for good health, meaningful work, loving relationships, and financial security. In search of these things, we sometimes tend to focus more on one area, neglecting the others. That is occasionally understandable. But, when we continually neglect important parts of our life, we suffer. Perhaps not today, but in the long run such inattention can lead to stress, overwhelm, and ultimately, our dissatisfaction.

This 5-part series is designed to encourage you to pause, reflect on where you are, identify where you want to be, and create a sustainable path forward. Each section asks you to employ simple but powerful action steps:

You are invited to identify your annual goals, then break them into:

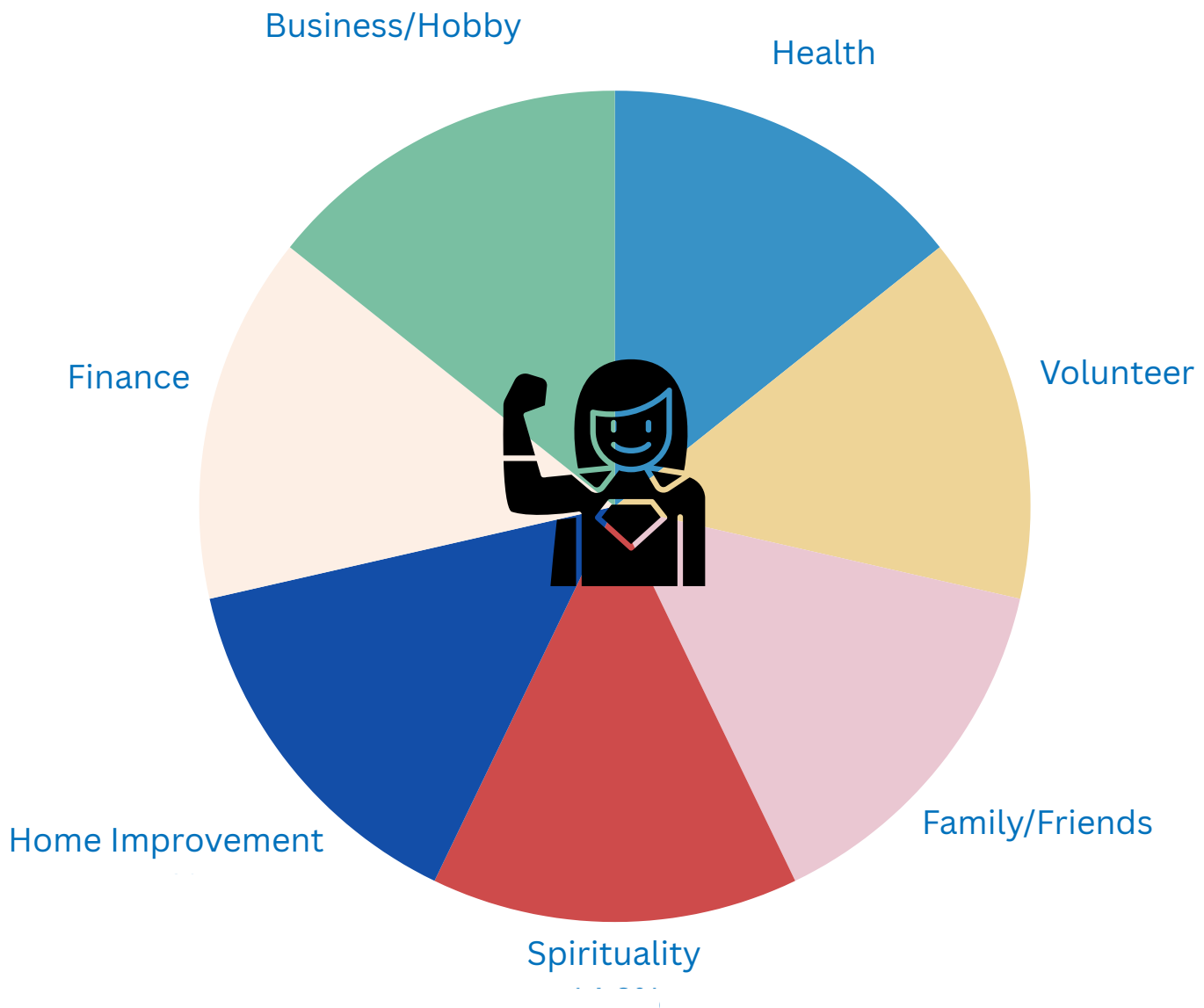
- Quarterly milestones
- Monthly focus areas
- Small daily/weekly action steps

Don't rush. Take your time with each section. Be honest with yourself. There are no wrong answers—this is your personal journey. By the end, if you've invested the time and done the hard work, you'll have a clear, doable, and structured plan to bring more alignment, ease, and success into every aspect of your life.

LET'S BEGIN! ✨

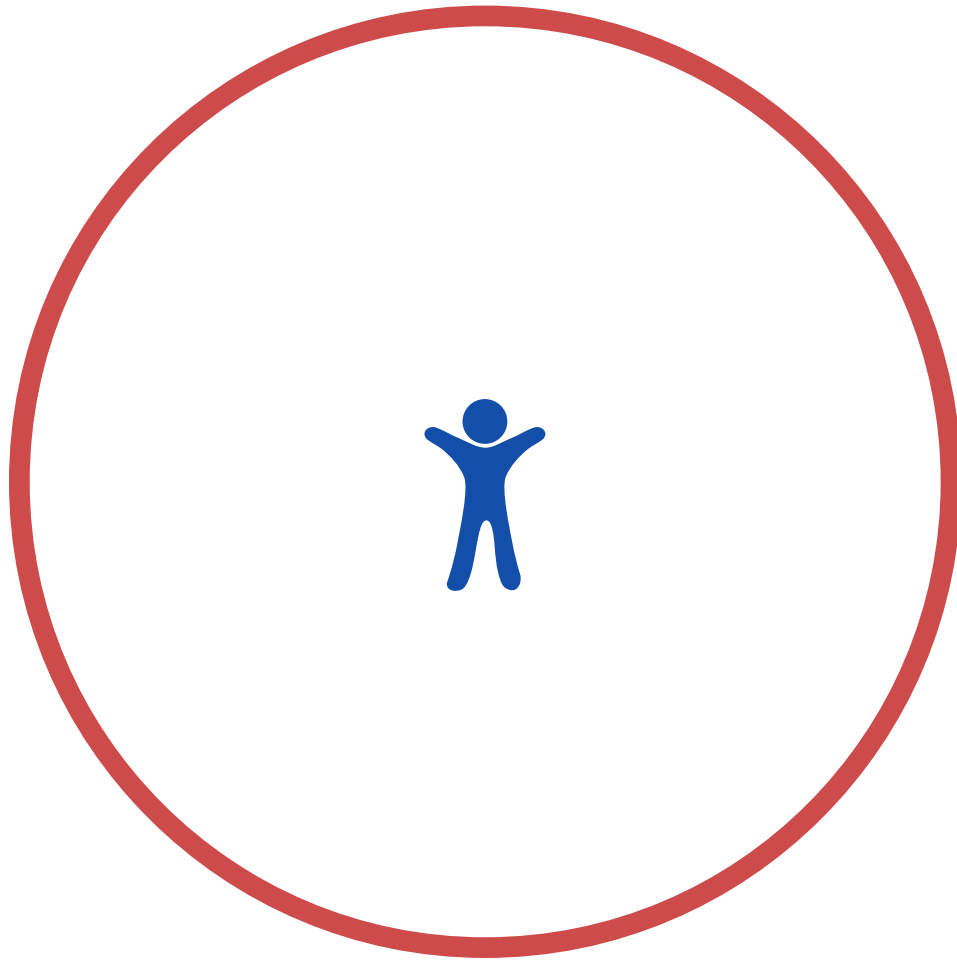



UPON COMPLETION OF THIS WORKSHEET, YOU WILL
HAVE BEGUN TO ALIGN YOUR GOALS WITH YOUR
PURPOSE AND VISION



SLICE UP YOUR LIFE

How you allocate your time is an indicator of what you value.



-  HEALTH/FINANCE
-  SERVICE/SPIRITUALITY
-  FAMILY/ FRIENDS
-  BUSINESS/ MISC
-  HOME IMPROVEMENT

DIVIDE UP YOUR CHART BASED ON HOW YOU CURRENTLY SPEND YOUR TIME

You are not aiming toward perfection, just self-awareness.
Think of this experience as a friendly chat with yourself.



WHAT WOULD YOU CHANGE TO MAKE YOU EVEN
BETTER THAN YOU ARE?

Identify 5-7 Characteristics/talents you like about yourself.

Identify 5 things about you that if you changed would
make you even better than you are



WHAT IS YOUR LIFE'S PURPOSE? WHAT IS YOUR UNIQUE TALENT AND HOW ARE YOU BEING CALLED TO EXPRESS IT?

YOUR LIFE'S PURPOSE

WHAT IS YOUR PERSONAL VISION STATEMENT. IT MIGHT INCLUDE YOUR LIFE'S PURPOSE.

PERSONAL VISION STATEMENT:
