



5-MINUTE VALUES PLAN

We only get one chance at this life, so let's make the most of it by doing what we were put here to do. Knowing what we're good at, understanding our strengths and challenges, and working steadily toward our goals keeps us from wasting days, weeks, or even years being distracted by things that don't matter. We don't have time to do everything, so we have to focus on what's most important and make choices that support our values.

It's important to understand what we value.

What's important to me? Examples might include: family, friends, dating, dog, cat, faith, career, money, sports, music, travel, or hobbies.

My top 5 priorities are:

1. _____
2. _____
3. _____
4. _____
5. _____

Many people are good at many things. What are you BEST at?

What am I naturally good at doing?

(If this question is difficult, ask friends what they see.)

1. _____
2. _____
3. _____
4. _____
5. _____

What are my top personality characteristics?

These are different from skills. These are adjectives friends would use to describe you—e.g. inquisitive, generous, energetic, friendly, passionate, kind, etc.

1. _____
2. _____
3. _____
4. _____
5. _____

What can I do to improve my skills?

Education, a degree, an internship, mentoring, coaching, job training?

1. _____
2. _____
3. _____
4. _____
5. _____

What is my life's purpose?

Try to answer "I am here to"...

What obstacles do I need to overcome or be aware of?

1. _____
2. _____
3. _____

What blogs, books, articles, periodicals, help guide and motivate me?

Who are my trusted advisors? Who can I call on for help and advice?

What habits/behaviors can I try to eliminate in order to be more likeable?

To be accountable for changing these behaviors I can:

1. _____
2. _____
3. _____
4. _____
5. _____