



Value-Based Updates™

Preparing value-based updates requires each member to determine his core values prior to completing this form as follows:

1. Each member to determine all of his values. (i.e.: love, honesty, family, faith, health, adventure, independence, growth, etc.)
2. Each member to determine the top three his top three values
3. Plug the values into the value column below.
4. Complete the form: Best and worst reflect the last 30 days; dread and look forward reflect the future.

	Best	Worst	Dread	Look Forward
Value #1				
Value #2				
Value #3				

What in your life is an ongoing nag that you'd like to share with the group?