



Assessment

Reflective questions

Reflect on your experience by thoughtfully answering the questions provided, keeping your total response to one page. Use this reflection to identify how your values align with your actions and to plan for more authentic choices ahead.

1. **Core values in daily life:** What did you learn about your core values and how do they appear in your daily life?
2. **Action Plan experience:** Describe the situation where you implemented your action plan. How did it feel to act in alignment with your values?
3. **Challenges and responses:** What challenges, if any, did you face in staying true to your values? How did you handle these?
4. **Future authenticity:** What steps will you take to keep acting authentically and aligned with your core values in future situations?