

## VALUES & NON-NEGOTIABLES

List 4 core values and key weekly activities that support them. Schedule these non-negotiables to stay aligned this quarter.

VALUE	ACTIVITIES THAT WILL PROTECT MY VALUE

## HABIT BUILDER

Is there a new habit you want to build or an old one you want to revive?

HABIT	FREQUENCY, ACTION, ACCOUNTABILITY & REWARD
	F
	A
	A
	R
	F
	A
	A
	R
	F
	A
	A
	R