

Values & Direction Reflection Exercise

Clarifying what matters most to you

Step 1: What Matters to You

Reflect on the following areas of your life. What truly matters to you in each?

Relationships	<hr/> <hr/> <hr/> <hr/>
Career / Work	<hr/> <hr/> <hr/> <hr/>
Personal Growth	<hr/> <hr/> <hr/> <hr/>

Health & Well-being

Step 2: Current vs. Desired Life

Where are you now vs. where do you want to be?

Right now, I feel

I want to feel

Step 3: Identifying Misalignment

Where do you feel out of alignment with your values?

Part 4: Small Steps Forward

What are 1–2 small, realistic steps you can take this week?


Part 5: Reflection

<p>What is one thing I want to prioritize right now?</p>	<hr/> <hr/> <hr/> <hr/>
<p>What kind of person do I want to be in this season of life?</p>	<hr/> <hr/> <hr/> <hr/>

Closing Note

You don't need to have everything figured out. Small, intentional steps toward your values can create meaningful change over time.

Get Started Today

 The logo for 'The 9 Studio Therapy' features a central circle with a stylized '9' inside. The word 'The' is to the left of the '9', and 'STUDIO' is to the right. Below the circle, the word 'THERAPY' is written on the left and 'STUDIO' on the right.	<p>Reach out today to schedule a consultation and take the first step toward feeling more balanced and supported.</p> <p><u>Book Now</u></p> <p><u>Visit Our Website</u></p>
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