

THE WHEEL OF BALANCE, NOW WITH CORE VALUES

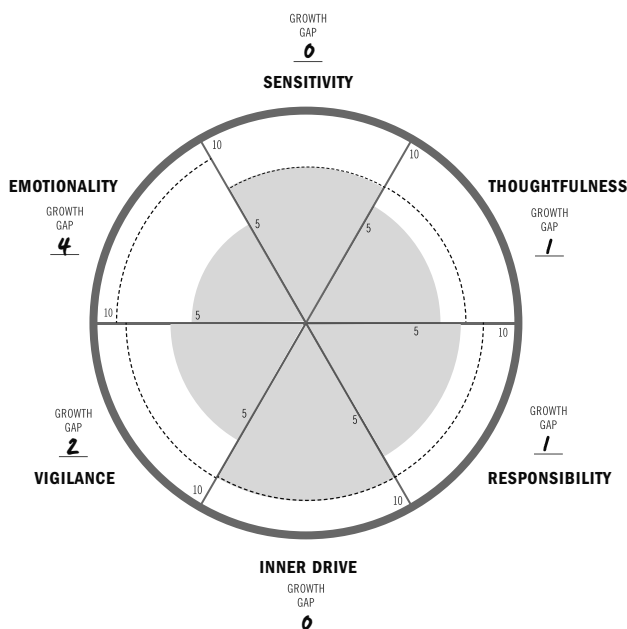
It's not enough to simply define your core values. Implementing your core values into how you show up day-to-day involves revisiting the Wheel of Balance you created in Chapter One and continuing to balance your STRIVE qualities by using your core values as guides.

INSTRUCTIONS

1. *Create a description for the core values you chose.* Explain what that core value means to you. Think ten words or fewer. Put this aside; we'll come back to it in a moment.
2. *Revisit the Wheel of Balance.* How did you rate yourself on each of the STRIVE qualities? Reflect on how you've grown in each area, specifically the changes you are most proud of.
3. *Complete the Wheel of Balance again.* It's okay if your score has only gone up a point or two, or even if your measurements are the same as before. Draw one line for where you are now and another line for where you want to be six months from now, just as you did in Chapter One. Write down your growth gap.
4. *Look at your core values and Wheel of Balance side-by-side.* Think about how to increase your scores and move toward greater balance by using your core values. List the actions you can take.
5. *Repeat this process for each of the STRIVE qualities.* By the end you'll have a set of tangible actions you can take. Circle one to start with that you can implement this week.
6. *Reassess regularly.* You'll revisit your Wheel of Balance again before the end of this book, but consider making this check-in a regular process. I suggest doing it at least once a quarter; however, I have clients who incorporate it into a weekly or monthly review. Create a reminder now so you don't forget.

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Katherine



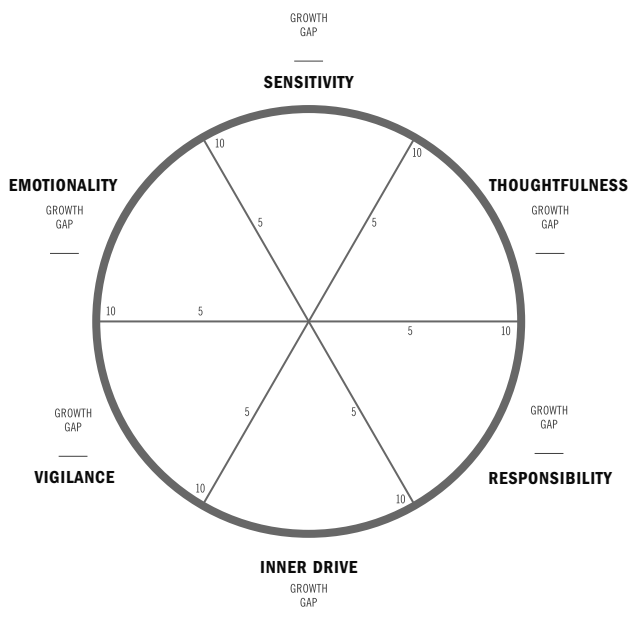
CORE VALUES

1. **Commitment:** Demonstrating I care about my work and my team
2. **Curiosity:** Being open-minded and better understanding myself and others
3. **Growth:** Advancing as a manager

ALIGNING ACTIONS

- Set a boundary with Mark
- Start using a mood tracking app
- Continue leadership classes
- Speak up even if it exposes that I'm still learning

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CORE VALUES

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

ALIGNING ACTIONS

- _____
- _____
- _____
- _____