

## Values-Based Exercise Alignment Worksheet

Consistency grows when goals align with values.

### Section 1: Your Exercise Goal

My fitness goal:

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Why this goal matters to me:

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### Section 2: Identify Your Values

Choose 3 values that resonate most:

- ☐ Self-respect
- ☐ Health
- ☐ Discipline
- ☐ Growth
- ☐ Balance
- ☐ Confidence
- ☐ Energy
- ☐ Commitment

My top 3 values:

1. 

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2. 

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3. 

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### Section 3: Aligning Values to Action

Value 1: 

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How exercise honours this value:

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Value 2: 

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How exercise honours this value:

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Value 3: \_\_\_\_\_

How exercise honours this value:

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#### **Section 4: Weekly Reflection**

This week, I honoured my values by:

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One small improvement for next week:

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