

Free Library Guide #019

Personal Values Worksheet

DonDada The Resetter™

A Quick Transformation Guide • Free Library

Welcome

Your values are the principles that guide your decisions and shape the life you build. Understanding your core values helps you make choices that feel authentic and meaningful.

DonDada Quote

"Clear values create clear decisions." — DonDada The Resetter™

The Values Framework

- 1. Reflect** – Think about the people and experiences you admire.
- 2. Identify** – Choose the values that matter most to you.
- 3. Prioritize** – Narrow your list to your top five values.
- 4. Evaluate** – Ask whether your daily life reflects those values.
- 5. Align** – Choose one action that better matches your values.

Real-Life Example

If one of your highest values is family, but your schedule leaves almost no time for loved ones, you may decide to intentionally protect family time each week.

Your Values Workbook

- What are my five most important values?
- Which value do I honor most consistently?
- Which value needs more attention?
- What decision can I make this week that reflects my values?

3-Day Values Challenge

At the end of each day, write down one decision you made that reflected one of your core values.

Key Takeaways

- Values guide better decisions.
- Alignment creates greater fulfillment.
- Review your values regularly.
- Small choices reflect who you are becoming.

Continue Your Reset

Mindset: Mindset Reset Starter

Business: Business Vision Blueprint

Relationships: Relationship Communication Basics

Self-Care: Simple Self-Care Guide

Continue Your Journey

Free Library – Explore resources across many categories.

Individual Libraries (\$11/month each) – Dive deep into one subject.

Creole Library (\$25/month) – Personal development resources in Haitian Creole.

All-in-One Library (\$55/month) – Includes every \$11/month library plus standard online courses.

VIP Membership (\$250/month) – Includes the All-in-One Library, premium online courses, and one private consultation each month.

Resetter's Inner Circle (\$500/month) – Includes everything in VIP, the exclusive Emotional Reset Library, and four private consultations each month.

Library Information

Series: Starter Guides • Guide #019 • Reading Time: 10 Minutes • Beginner