

Worksheet: Little Choices, Big Difference

Authenticity, Week 3: 8-17-26

Small Choices Shape Your Life

Purpose: To help you connect the things you say matter most with the small, everyday choices that can bring those values to life.

1. What Matters Most to Me?

Choose **three values** that feel especially important in your life right now.

Some ideas:

**Family • Friendship • Peace • Health • Joy • Faith • Creativity •
Freedom • Growth • Adventure • Kindness • Connection • Confidence •
Fun • Rest**

My three are:

1. _____
2. _____
3. _____

2. Do My Choices Match?

Value #1: _____

*One choice I'm already making that supports this **and** one small choice I could make more often:*

Value #2: _____

*One choice I'm already making that supports this **and** one small choice I could make more often:*

Value #3: _____

*One choice I'm already making that supports this **and** one small choice I could make more often:*

3. Where Am I Out of Alignment?

Is there something you regularly give time or energy to that doesn't really reflect what matters most to you?

Why do you think you keep choosing it?

What could you choose instead?

4. One Small Choice

No giant life overhaul required, girlfriend.

One small choice I can make TODAY that reflects the life I want is:

How will that choice make me feel?