



Journal Prompt

Values Alignment

What are your highest life values?

(Example of life values: Connection, Adventure, Courage, Productivity, Emotional Security/Confidence, Mental Health, etc.)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

How do your beliefs and behaviors around food, exercise and /or body image *help you* to live out your values?

How do your beliefs and behaviors around food, exercise and/or body image *keep you* from living out your values?

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