



ASPIRE  
WOMEN  
COACHING



**The June Reset Challenge  
Your Action Planner & Workbook  
Day 4**



# HOW TO USE THIS WORKBOOK

**Daily Focus:** Each day of the challenge has a dedicated section.

**Read & Reflect:** Read through the day's prompt and intention.

**Engage:** Complete the exercises directly in this workbook or in a dedicated journal.

**Connect:** Share your insights (if comfortable!) in our <https://www.facebook.com/groups/1677049233016463/> or use the QR code below

Use #JuneNorthStarReset.

**Be Patient & Kind:** This is a journey of self-discovery. There's no right or wrong answer.





# DAY 4 - ALIGN YOUR VALUES CONNECTING TO YOUR NORTH STAR

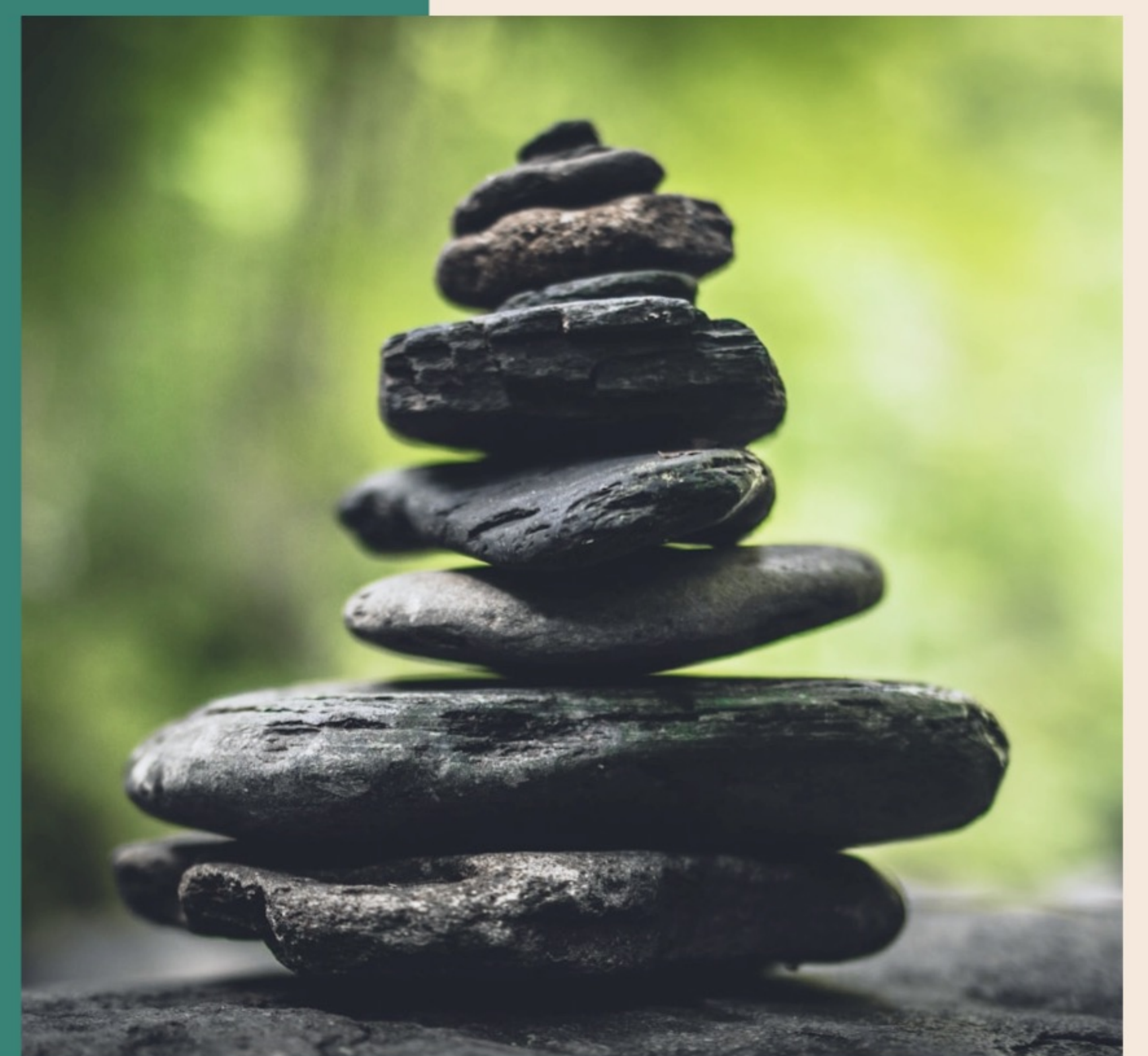
Intention for Today: To clarify your core values and assess how aligned your life currently is with what truly matters to you.

Today's Insight: Your authentic self thrives when your actions are in harmony with your deepest values. These values are your unchanging North Star.

## Activity 4.1: Values Exploration (15 minutes)

From the list below (or brainstorm your own), circle 5-7 words that resonate most deeply with you as your core values. Then, choose your TOP 3 most important values right now.

Possible Values: Authenticity, Adventure, Balance, Belonging, Compassion, Connection, Contribution, Creativity, Curiosity, Empowerment, Freedom, Growth, Health, Honesty, Impact, Independence, Inner Peace, Joy, Kindness, Learning, Love, Meaning, Optimism, Passion, Peace, Personal Development, Purpose, Recognition, Resilience, Respect, Security, Self-care, Service, Simplicity, Stability, Success, Trust, Wisdom.





# DAY 4

My TOP 3 Values:

Activity 4.2: Values Alignment Check (10 minutes)

For each of your Top 3 values:

Value 1: \_\_\_\_\_

How well does your current life/work align with this value (1 = Not at all, 5 = Perfectly)? (Circle a number) 1 | 2 | 3 | 4 | 5

What's one small way you could bring more of this value into your daily life?

Value 2: \_\_\_\_\_

How well does your current life/work align with this value (1 = Not at all, 5 = Perfectly)? (Circle a number) 1 | 2 | 3 | 4 | 5

What's one small way you could bring more of this value into your daily life?

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

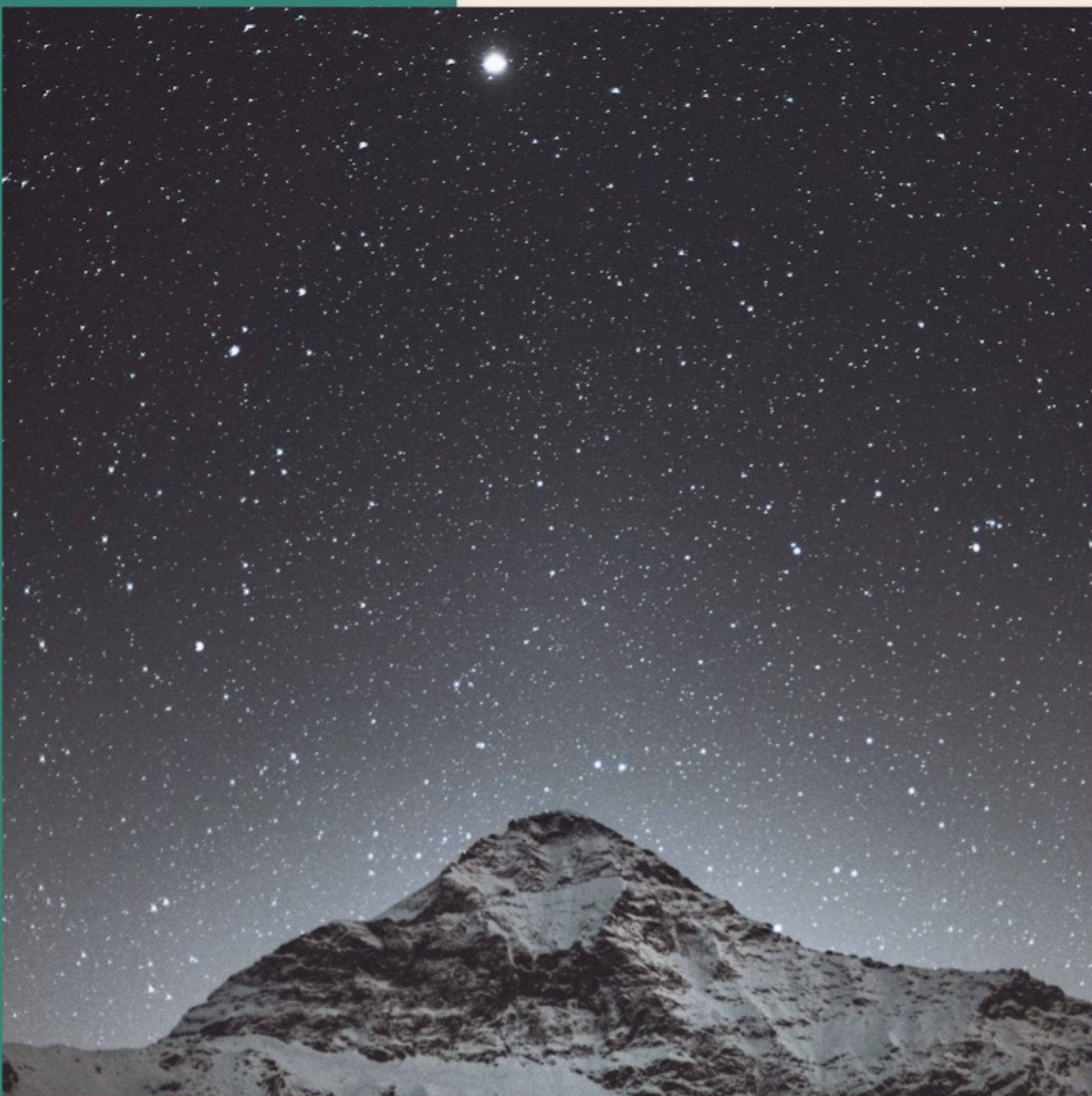
How well does your current life/work align with this value (1 = Not at all, 5 = Perfectly)? (Circle a number) 1 | 2 | 3 | 4 | 5

What's one small way you could bring more of this value into your daily life?

My Key Takeaways from Day 4:

Which of my top values needs more attention right now?

What's one simple action I can take to better align with that value?







All rights reserved

[www.catherineskinner.org](http://www.catherineskinner.org)