



HealthyBodyHealthyLife
with *Melissa Koerner*

Module I - Part 4 Action Step Plan

Uncovering Your Biggest Roadblock



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| Define Your 5 Highest Values

Even wonder why you continually struggle to consistently make yourself a priority and *block* yourself from achieving success? It's because you're not clear about where you fit in your 5 highest values.

What are your top five highest values? In other words, what are the five most important things in your life? Honestly ask yourself where your personal wellbeing fits in your values. For example, someone's five highest values might be as follows: Personal health, family, financial stability, friends, travel. List your five highest values below.

1.

2.

3.

4.

5.

Why are these values important to you? How do they contribute to your health and happiness? How do they inspire you to be the **best** person you can be?
