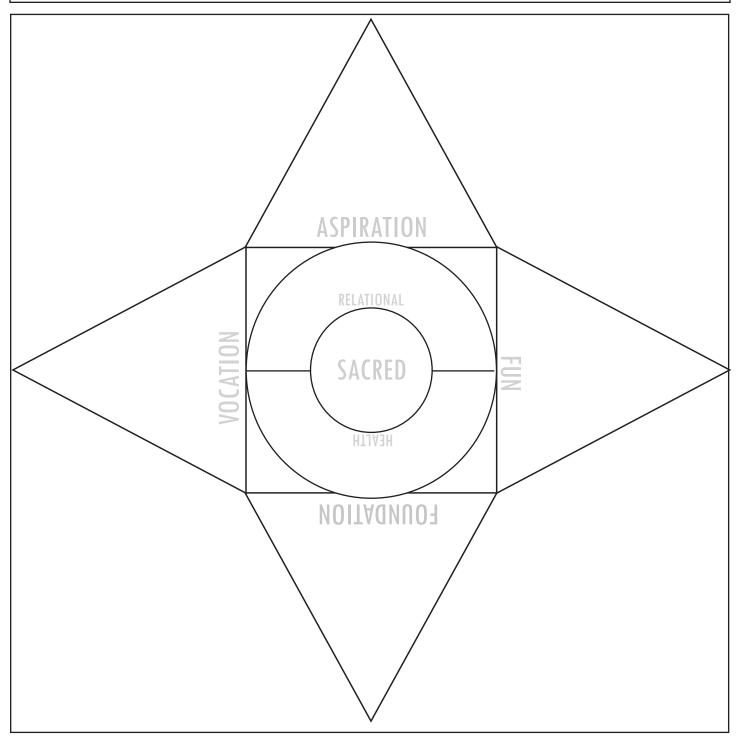


VALUES COMPASS

Instructions: Fill in your major values in this space, then cut out the compass and fill them in the appropriate spaces.								
FUN	HEALTH							
VOCATION	ASPIRATION							
RELATIONAL	FOUNDATION							
SACRED								





JA	NU	AR	1				· FE	BRU	JAR	Y				N	ARG	CH					Α	PRIL					
s	m	t	w	t	f	s	s	m	t	W	t	f	s	S	m	t	w	t	f	s	S	m	t	W	t	f	s
					1	2		1	2	3	4	5	6			1	2	3	4	5						1	2
3	4	5	6	7	8	9	7	8	9	10	11	12	13	6	7	8	9	10	11	12	3	4	5	6	7	8	9
10	11	12	13	14	15	16	14	15	16	17	18	19	20	13	14	15	16	17	18	19	10	11	12	13	14	15	16
17	18	19	20	21	22	23	21	22	23	24	25	26	27	20	21	22	23	24	25	26	17	18	19	20	21	22	23
24	25	26	27	28	29	30	28	29						27	28	29	30	31		•	24	25	26	27	28	29	30
31																											
M	ΑY						JU	JNE						J	JLY						A	UGL	JST				
s	m	t	w	t	f	s	s	m	t	W	t	f	s	s	m	t	w	t	f	S	s	m	t	w	t	f	s
1	2	3	4	5	6	7				1	2	3	4						1	2		1	2	3	4	5	6
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	28	29	30	31			
														31													
SE	PTE	МВ	ER				0	стс	BER	ł				N	OVE	MB	ER				D	ECE	MBE	R			
S	m	t	w	t	f	S	S	m	t	W	t	f	S	s	m	t	W	t	f	S	s	m	t	W	t	f	S
				1	2	3							1			1	2	3	4	5					1	2	3
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31
							30	31																			

Instructions: Put a circle, square, triangle, star or whatever shape you want on the date on the calendar. Then, replicate the shape here in this box and note what event is happening on that date.





J۵	NU	۱AR	1				· FE	BRU	JAR	Y				N	AR	CH					AF	PRIL					
S	m	t	W	t	f	S	s	m	t	W	t	f	s	s	m	t	W	t	f	s	s	m	t	W	t	f	S
1	2	3	4	5	6	7				1	2	3	4				1	2	3	4							1
8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11	2	3	4	5	6	7	8
15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18	9	10	11	12	13	14	15
22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25	16	17	18	19	20	21	22
29	30	31					26	27	28					26	27	28	29	30	31	•	23	24	25	26	27	28	29
																					30						
M	ΑY						JU	JNE						J	JLY						Al	JGU	IST				
s	m	t	W	t	f	s	S	m	t	W	t	f	s	s	m	t	W	t	f	s	s	m	t	W	t	f	s
	1	2	3	4	5	6					1	2	3							1			1	2	3	4	5
7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12
14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26
28	29	30	31				25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30	31		
														30	31												
SE	PTE	MB	ER				0	сто	BER	ł				N	OVI	MB	ER				DE	:CE/	MBE	R			
s	m	t	W	t	f	S	S	m	t	W	t	f	s	S	m	t	W	t	f	s	s	m	t	W	t	f	S
					1	2	1	2	3	4	5	6	7				1	2	3	4						1	2
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16
1 <i>7</i>	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	1 <i>7</i>	18	19	20	21	22	23
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30			24	25	26	27	28	29	30
																					31						

Instructions: Put a circle, square, triangle, star or whatever shape you want on the date on the calendar. Then, replicate the shape here in this box and note what event is happening on that date.

TITLE OF THE DAY		_MONTH	DAY	YEAR
	EUEDVD IV CEDELLOUV	•		•
SUPPLEMENTS/MEDS	EVERYDAY CEREMONY			
NUTRITION	HOME THINGS			
D				
D				
C				
5				
n				
V				
EXERCISE	WORK THINGS			
HYDRATION	DREAM THINGS			
THE RESTRICT	DREAM THINGS			
PLAN FOR TOMORROW				
	SOCIAL THINGS			
	Julia Illinos			