

# The Courage To Change

Interactive Journaling® System



**THINKING CHECK**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Use the values below to describe a situation that you are facing. Write down the situation and the values that are most important to you. How do you think you should act? What would be the best outcome for you?

**VALUES CHECK**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Write down the values that are most important to you. How do you think you should act? What would be the best outcome for you?