

EVERYTHING STARTS WITH
YOUR VALUES! GET CLEAR
ON THOSE AND THE REST
IS EASY.

do you know
what your
purpose is?

GREAT.

Get out of here.

GOALS SHOULD BE
SPECIFIC, MEASURABLE,
AND TIME-BOUND.

List ONE GOAL
FOR EACH
PRIORITY:

- I. _____
- II. _____
- III. _____

yes!

what is ONE
ACTION you CAN TAKE
today for EACH OF
YOUR GOALS?

SMALL ACTIONS
TAKEN CONSISTENTLY
OVER TIME
YIELD BIG RESULTS!

- I. _____
- II. _____
- III. _____

DON'T FORGET: YOU DON'T HAVE TO KNOW YOUR PURPOSE TO LIVE **ON** PURPOSE!



do you know
what your
VALUES ARE?

no

no

take this
VALUES

Assessment:

LaineyMANN.COM/VALUES

yes!

yes!

what ARE the
top three?

- I. _____
- II. _____
- III. _____

DON'T WORRY ABOUT
WHAT'S 1, 2, 3. THEY SWAP
PLACES ANY GIVEN DAY.