



**RESILIENCY Worksheet 1 *Reflection on Values***

**Part Two:** Review the organization’s values (or vision or mission statements).

Consider how your personal values relate to the values of the organization. You can write some thoughts down in the space provided or just think about it.

Here are some questions to think about:

- How does your work help you live your values?
- How does your work connect to the values of the organization?
- Are your values aligned with those of your organization?

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