

WB 8.8 — Values Audit

Use with Chapter 16 (Daily Maintenance Habits) in the manual, Chapter 12 in *Shoulder the Bill*. Complete monthly.

Purpose This audit checks whether your daily actions match what genuinely matters to you — your intrinsic values — rather than inherited or external pressures. Alignment is where meaning and motivation come from.

How to use this page

When: Complete monthly, reflectively.

Done when: You have named one misalignment and one specific change to realign.

Worked example

What matters: connection and creativity.

Misaligned: I spend evenings on my phone, not with people or making things.

Change this month: one evening a week for a creative project with a friend.

Anchor Phrase: 'The reason is what the tools run on.'

Loop stage: Narrow → Act

What I am currently building toward — and whether it genuinely matters to me or is inherited:

My intrinsic values (connection, growth, contribution, creativity, meaning):

Where my daily actions align with those values, and where they do not:

One specific change this month to move closer to what genuinely matters:

☐ Self-Reward Loop completed