# WALK THE TALK PRACTICE LOG

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** |  | **Practice Instructions** | **Walk the Talk – Example** |
|  |  **1. Review** | Review your core values/guiding principles and select one where there is a gap between your walk and your talk. |  |
|  **2. Reflect** | Reflect on your behavior and describe how it was not congruent with your espoused values. |  |
|  **3. Recommit** | Recommit by describing what you intend to do in the future to close this gap. |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** |  | **Practice Instructions** | **Walk the Talk – Example** |
|  |  **1. Review** | Review your core values/guiding principles and select one where there is a gap between your walk and your talk. |  |
|  **2. Reflect** | Reflect on your behavior and describe how it was not congruent with your espoused values. |  |
|  **3. Recommit** | Recommit by describing what you intend to do in the future to close this gap. |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** |  | **Practice Instructions** | **Walk the Talk – Example** |
|  |  **1. Review** | Review your core values/guiding principles and select one where there is a gap between your walk and your talk. |  |
|  **2. Reflect** | Reflect on your behavior and describe how it was not congruent with your espoused values. |  |
|  **3. Recommit** | Recommit by describing what you intend to do in the future to close this gap. |  |