

Values Alignment

What is a Values Alignment?

A review of how aligned you are with your most important values in living your life day-to-day.

When you are living aligned with your core values, the choices you make about commitments and activities honor and fulfill what matters most to you in your life.

The Value of a Values Alignment

Life is precious. You want to be spending your time and energy on activities and commitments that feel rewarding and fulfilling, and that feel like an expression of who you truly are.

You also want to eliminate any drains on your life energy. You want your work and key commitments to contribute energy and to fulfill you, not drain you.

This exercise will identify key “energy leaks”, or ways in which you are neglecting or violating important values in the choices you are currently making in your life.

How To Do It

Complete the inventory on the following page.

For each value on your Summary List of Key Values, make a decision as to whether you are currently (a) being true to that value in the way you are living your life (i.e., *fulfilling* it), (b) *neglecting* the value in your life, or (c) *violating* it.

Then answer the questions in the rest of the grid, which will give you some ideas about the changes you need to consider when you set the course for your life in the future.

<p>Which values am I <i>fulfilling</i>? List them here.</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>How do I fulfill them? Please consider “doing” and “being.”</p>	<p>How can I fulfill them even more? Please consider “doing” and “being.”</p>
<p>Which values am I <i>neglecting</i>? List them here.</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>How can I fulfill them? Please consider “doing” and “being.”</p>	<p>What stops me from fulfilling them right now?</p>
<p>Which values am I <i>violating</i>? List them here.</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>How can I fulfill them? Please consider “doing” and “being.”</p>	<p>What stops me from fulfilling them right now?</p>

