

VALUES ALIGNMENT

Overview

Values are the core principles and beliefs that motivate us and give our lives meaning. They stem from our unique passions, what fills us with a sense of purpose. Examples include creativity, achievement, community, and freedom. Understanding your personal values requires self reflection to tune into your authentic self – who you are at the deepest level. This self-understanding allows you to then make choices aligned with what matters most to you, leading to fulfillment. Knowing your values lights the path, helping filter decisions through the lens of your inner wisdom. It enables living Life as your best, wisest self. Aligning actions to personal truths unlocks growth as it forges bonds with people and pursuits that ignite your spirit. Your values empower you to construct the ideal life that realizes the incredible potential within.

Instructions

Step 1

Listed below are examples of values. In clarifying your values, use the list as a guideline and add any others that resonate with you. After reviewing, identify five that call to you the most and transfer them to the space provided on the next page. You may find narrowing your values to only five difficult. Note that this does not exclude other values that are important to you. For this activity, you want to select the ones that most resonate, the ones that speak the loudest. They will be those values upon which you spend the most amount of time, energy, and thought.

Achievement	Accountability	Accuracy	Ambition
Challenge	Collaboration	Compassion	Competency
Courage	Community	Dedication	Dependability
Dignity	Discipline	Diversity, Equity, & Inclusion	Leadership
Empathy	Empowerment	Freedom	Equality
Excellence	Flexibility	Kindness	Fun
Generosity	Honesty	Improvement	Independence
Individuality	Influence	Innovativeness	Integrity
Learning	Loyalty	Optimism	Order
Persistency	Quality	Recognition	Respect
Responsibility	Safety & Security	Spirituality	Service
Levity	Creativity	Wisdom	Gratitude
Value Here -	Value Here -	Value Here -	Value Here -



My Top 5 Values

A.

B.

C.

D.

E.

Step 2

After you have listed the top five, re-list them in order of priority as they show up in your life. Be mindful to list them as they are actually showing up rather than how you think they should show up.

My Prioritized Values

1.

2.

3.

4.

5.



Helping purpose-driven entrepreneurs turn dreams into direction, callings into contribution – and live the life they were always meant for.

Aligning My Values to My Actions

Step 3

Transfer your prioritized values to the table below and develop an “Outcome Statement” to clarify what your life will look like, how you will think, and/or view the world while living this value. Next, identify the “Behaviors” you will demonstrate when you are congruent with this value and visibly living it. Refer to the examples below and note that there aren’t any “right” or “wrong” responses – simply your vision of how you choose to live your best life.

Value	Outcome Statement	Behaviors
1. Hope	Things always work out for me, and I know this is a temporary situation.	<ul style="list-style-type: none">• Manifest vision• Believe in possibilities• Trust in higher power and others• Have faith
2. Intelligence	I make smart, informed, decisions that are right for me.	<ul style="list-style-type: none">• Gather and research topics• Slow down to review and take time for decision-making• Refrain from impulsivity• Invest in learning and professional development
3. Respect	People view me as smart, capable, and competent and trust my judgment.	<ul style="list-style-type: none">• Ask for advice• Adhere to boundaries• Aligned actions to what is said and done• Collaborate and partner with colleagues

Value	Outcome Statement	Behaviors
1.		
2.		
3.		
4.		
5.		