
WORKBOOK

2024

VALUES ALIGNMENT *Workbook*



CREATED BY SHIFTEDCONSULTING

VALUES ACTIVITY

Look at this list of values. Set a timer for 90 seconds to identify the 10 values that resonate the most with you. Next, set a timer for 60 seconds and cut that list from 10 to 5. Finally, set a timer for 30 seconds and put that list to 3. These 3 values are your personal core values. Often, we struggle when we are operating out of alignment of these values.

Accountability
Achievement
Adaptability
Adventure
Altruism
Ambition
Authenticity
Balance
Beauty
Being the best
Belonging
Career
Caring
Collaboration
Commitment
Community
Compassion
Competence
Confidence
Connection
Contentment
Contribution
Cooperation
Courage
Creativity
Curiosity
Dignity
Diversity
Environment
Efficiency
Equality
Ethics
Excellence
Fairness
Faith
Family
Financial stability
Forgiveness

Freedom
Friendship
Fun
Future generations
Generosity
Giving back
Grace
Gratitude
Growth
Harmony
Health
Home
Honesty
Hope
Humility
Humor
Inclusion
Independence
Initiative
Integrity
Intuition
Job security
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Legacy
Leisure
Love
Loyalty
Making a difference
Nature
Openness
Optimism
Order
Parenting
Patience
Patriotism
Peace
Perseverance

Personal fulfillment
Power
Pride
Recognition
Reliability
Resourcefulness
Respect
Responsibility
Risk -taking
Safety
Security
Self-discipline
Self-expression
Self-respect
Serenity
Service
Simplicity
Spirituality
Sportsmanship
Stewardship
Success
Teamwork
Thrift
Time
Tradition
Travel
Trust
Truth
Understanding
Uniqueness
Usefulness
Vision
Vulnerability
Wealth
Well-being
Wholeheartedness
Wisdom
Write your own:



DAILY SUCCESS HABITS

This tool helps you build a simple personal framework around which the rest of the day's activities fall into place. Create an infrastructure so that no matter what happens, you feel calm and assured.

My Top 3 Personal Core Values

When do I feel aligned to these values

What supportive daily habits allow your core values to flourish
(Write up specific and measurable actions that best support your life)

Habits

Benefit or Distractions to operating in alignment with your core values

Which 3 Habits will you commit to?

I will start tomorrow
I will start next week
I will start next month

Take stock and TAKE ACTION!

NOTE: The questions are deliberately vague - so, write down whatever pops into your mind.

1. **Tolerances** (What are you putting up with at the moment that is causing dissonance with your core values?)
2. **Shoulds** (What do you think you should be doing right now to operate in better alignment with your core values?)
3. **Frustrations** What things are preventing you from your shoulds?
4. **Desires** (What do you really want right now and what's keeping you from that desire?)
5. **Feelings** (How do you currently feel and want to feel?)



Review your answers above, then write down the top two things you want to shift and how that will lead you to walking in closer alignment with your values

1st Shift

Why?

2nd Shift

Why

WEEKLY SUCCESS Planner

My Top 3 Core Values

My Top 3 Priorities

My Quarterly Goals

What I Must Remember

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Obstacles:

Distractions:

Action Steps:

Alignment Accelerators



WEEKLY REVIEW

When did I feel alignment this week? What was I doing? Do I have space to do this more next week?

What have I learned about my needs this week?

What could I do differently next week for more alignment?