

EXERCISE: ASSESSING ALIGNMENT BETWEEN VALUES AND BEHAVIOR

- Step 1:** In Column A, rank order from 1 to 10 the values you most want your life to represent.
- Step 2:** In Column B, rank order these values from 1 to 10 based on time and energy invested in each over the last year or so.
- Step 3:** Determine the difference between priority score for each top value and priority score for values in action.
- Step 4:** Subtract number in Column B “Investment” from number in Column A “Importance” and place in Column C “Alignment Level.”
- Step 5:** Reflect on alignment or gap between priority of values and time/energy based on each value. Is there alignment between what I believe is important in my life and my actual behavior?

	A: Importance	B: Investment	C: Alignment
Values	What I Want My Life to Reflect <i>(Rate importance from 1-10)</i>	Time and Energy I Spend <i>(Rate importance from 1-10)</i>	Alignment Level <i>(Subtract Column B from Column A)</i>
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

HOW TO INTERPRET THE ASSESSING ALIGNMENT BETWEEN VALUES AND BEHAVIOR EXERCISE:

- The larger the positive number in Column C (Alignment Level), the more you invest in this value relative to its importance.
- The larger the negative number in Column C (Alignment Level), the less you invest in that value relative to its importance. For instance, you may rank “Fame” as 10 in importance but 4 in your investment of time and energy. That leads to a gap of 6, which suggests that you may be spending too much time on a value that is not as important to you as others. As another example, you may rate “Family” as 1 in importance, but a 5 in your investment. The gap of -4 indicates that you may not be investing enough time and energy in your family relative to their importance.
- A score at or close to zero (-2 to +2) in Column C (Alignment Level) suggests close alignment between a value’s importance to you and the time and energy you invest in that value.
- Such numbers are only rough estimates of alignment between values and behavior. However, it’s a useful way to begin to think about well you are using your time and energy.

REFLECTIONS ON ALIGNMENT BETWEEN VALUES AND BEHAVIOR: