

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 (Rate importance from 1-10)	Time and Energy I Spend (Rate from 1-10)	Alignment Level (Subtract Column B from Column A)
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			