



Living In Alignment With Our Values To Achieve What We Want

Follow along this worksheet to get IN alignment.

1. What is a core value to you?
2. Have your core values changed through the years?
3. Why is it important to know your core value?
4. Thinking about the “Be Happy Now” phrase what is one requirement that you have attached to be happy?

EXERCISE:

Let's look at 12 different areas of your life. Be honest in your assessment no sees this but you.

Score:

10 Strong / 1 weak.

Health and Fitness: _____ Score

Where are you out of alignment?

What need to change to make this a perfect “10” for you?

Intellectual: _____ Score

Where are you out of alignment?

What need to change to make this a perfect “10” for you?

Emotional: _____ Score

Where are you out of alignment?

What need to change to make this a perfect “10” for you?

Character: _____ Score

Where are you out of alignment?

What need to change to make this a perfect “10” for you?



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10 Strong / 1 weak.

Spiritual: _____ Score

Where are you out of alignment?

What need to change to make this a perfect "10" for you?

Love: _____ Score

Where are you out of alignment?

What need to change to make this a perfect "10" for you?

Parenting: _____ Score

Where are you out of alignment?

What need to change to make this a perfect "10" for you?

Social: _____ Score

Where are you out of alignment?

What need to change to make this a perfect "10" for you?

Financial: _____ Score

Where are you out of alignment?

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Score:

10 Strong / 1 weak.

Work: _____ Score

Where are you out of alignment?

What need to change to make this a perfect "10" for you?

Environment: _____ Score

Where are you out of alignment?

What need to change to make this a perfect "10" for you?

Life Vision: _____ Score

Where are you out of alignment?

What need to change to make this a perfect "10" for you?

Focus on ONE thing from the list above that you can work on to fix?

What soul choice do you need to make here?

What is your CLEARING STATEMENT (work it out in your journal pages? Then ask yourself the power questions:

What would it take for me to _____?

What mindset do I need to be in to make this happen?

What would it take for me to embrace change?

How can I fit _____ into my day?

How can I free up the time I need to do _____?