

CORE VALUES

ALIGNMENT REFLECTION DOCUMENT

IDENTIFICATION

CIRCLE THREE VALUES BELOW THAT
MATTER THE MOST TO YOU RIGHT NOW

Integrity • Joy • Compassion • Discipline
• Honesty • Growth • Fun • Excellence •
Service • Curiosity
Courage • Balance • Family • Ambition •
Resilience • Community • Loyalty •
Respect • Clarity • Creativity

Once circled, write 1–2 sentences under
each about why they matter in this season
of your leadership.



WHAT'S ONE VALUE YOU WERE RAISED WITH
THAT YOU NOW LEAD WITH?



WHEN THINGS GOT DIFFICULT RECENTLY, WHAT
BELIEF OR PERSON KEPT YOU GROUNDED?



WHAT'S ONE SMALL CHANGE YOU'VE MADE
LATELY THAT HAD A BIG IMPACT?



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USE YOUR TOP 3 VALUES TO MAP OUT REAL- WORLD ACTION:

VALUE #1: _____
IMMEDIATE ACTION: _____

VALUE #2: _____
IMMEDIATE ACTION: _____

VALUE #3: _____
IMMEDIATE ACTION: _____

Using your values identified,
how will you ensure they are a
non-negotiable for you?

NON
NEGOTIABLES

RESOURCE OF THE WEEK



3 TIPS TO TRY!

- 1** SCHEDULE MICRO-CHECK-INS—PAUSE
FOR 2 MINUTES TODAY TO REALIGN
WITH YOUR CORE VALUE.
- 2** ANCHOR THROUGH DISCOMFORT—
IDENTIFY ONE ADVERSITY-BOUNDARY
CONVERSATION TO PREPARE FOR.
- 3** LEAD THE WAY—ACT BOLDLY ON ONE
ITEM FROM YOUR VALUE-TO-ACTION
PLAN—NO OVERTHINKING NEEDED.