

# Realign Your Life.

Feeling “off balance” is a gift. This feeling often gives us the impetus we need to realign with our values.

Take this time to reflect on how you are living your life to help you reconnect with your core values.  
This personal realignment exercise will help add deeper meaning and purpose to your life.

## 1. Reevaluate

What are your core values? List the things that are most important to you. (ex: Family, God, Exercise...)  
Fill in the 3 hearts that are most important to you.

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## 2. Reflect

List your 3 top values. Then grade your efforts in this area.  
(ex: Healthy eating B -)

Core Values:

Grade:

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## 3. Revision

Create a vision of how you want to live life as your best self.

What are you doing?

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How do you feel?

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How do you make others feel?

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What do you look like?

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What will your best self accomplish this year?

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## 4. Realign

Take action. List 3 intentional daily actions you are willing to implement that align with your core values.

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