

# Aligning Strengths, Purpose & Everyday Actions

Your values are your inner compass, the quiet signals that guide your decisions, shape your behaviour, and influence how you show up in the world.

Values aren't just words on a page, they're the principles that drive your reactions, your boundaries, your motivation, and your sense of fulfilment.

## Why Values Matter

When you're living your values you often feel...

**Energised**

**Connected**

**Clear-headed**

**Purposeful**

**Us**

When you're not living your values you may feel...

**Drained**

**Frustrated**

**Out of sync**

**Unsure of yourself**

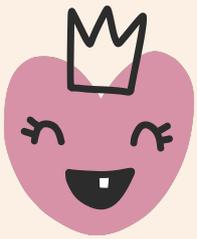
Values give you direction. Strengths give you the tools to act on that direction.

Together, they create alignment, the foundation of resilience, authenticity, and high performance.

# Discovering Your Core Values

Your values show up in your reactions, your choices, and the moments that matter most to you.

To identify them its good to explore...



Peak moments – times you felt proud, energised, or fulfilled



Pressure moments – times you felt frustrated or compromised



Patterns – themes that keep showing up in your decisions

Your values don't need to be perfect or polished, they just need to feel true.

## Try This...

Write down your top five values.

Then circle the two that feel most essential right now.

A large, empty, rounded rectangular box with a thick orange border, intended for writing down the user's top five values.

# How You Influence Your Everyday Life

Values shape how you...

Make Decisions

Build Relationships

Lead & Collaborate

Respond to Conflict

Choose Opportunities

Set Boundaries

Recover From Setbacks

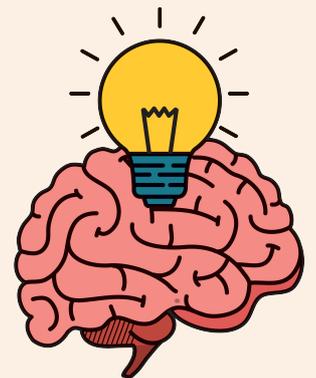
When your actions align with your values, you feel grounded.

When they don't, your nervous system often lets you know — through tension, resistance, or discomfort.

## Align With your Strengths...

Values tell you what matters.

Strengths tell you how you bring those values to life.



- If you value Connection and your strength is Empathy, you build trust through listening.
- If you value Growth and your strength is Curiosity, you learn through exploration.
- If you value Impact and your strength is Strategic Thinking, you create meaningful change through clarity and planning.

# Mini Reboot Practice

## 3 Tiny Ways to Realign With Your Values

### The 'Does This Align' Pause

Before saying yes, reacting, or committing, ask:

“Does this align with who I want to be?”

One breath. One question. Big clarity.

### The Value Micro Action

Pick one value and take a two minute action that honours it today.

Send a message, take a breath, set a boundary, start a task, tiny steps count.

### The Strengths Spotlight

Choose one strength and intentionally use it to express one of your values.

Alignment becomes easier when you use what already energises you.

Living your values isn't about perfection, it's about awareness, intention, and small daily choices that bring you closer to who you want to be.

When your values and strengths align, you don't just feel more authentic, you feel more alive.

