

Goals & Values Alignment Worksheet

1. Your Goals

What are your current goals or direction right now?

2. Core Values

List 3–5 values that guide your decisions:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

3. Living Your Values

How are you currently aligned?

4. Gaps & Growth Areas

Where are you out of alignment?

- 1) _____
- 2) _____
- 3) _____

5. Value-Aligned Goals

Goal #1 (Value: _____)

What will this improve?

Action Steps:

- 1) _____
- 2) _____
- 3) _____

Goal #2 (Value: _____)

What will this improve?

Action Steps:

- 1) _____
- 2) _____
- 3) _____

6. Reflection Check-In

Am I aligned?

Yes Somewhat No

What felt aligned?

What needs to shift?
