



Living in alignment is about aligning one's "real" behaviors with one's "ideal values." Values are beliefs that can be helpful in making decisions.

Your top values are:

Play

imagination, spontaneity;
the ability to be amused

Excellence

pursuit of the highest level of
optimal performance

Freedom

without obligation

Integrity

firm adherence to a moral
code and/or set of values,
walking the talk

Excitement

things that engage attention
and/or emotion, in a lively,
stimulating and compelling
way



Play, Excellence, Freedom, Integrity and Excitement

A little reminder is always good. Keep your
active values in your wallet or at your desk.



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