



Values Alignment Tool: “What Matters, Still Matters”

A guided reflection to help you reconnect with your values and realign your leadership—even in seasons of grief.

Section 1: Core Value Discovery

Think about the values that ground you—not just when things are going well, but especially when they’re not.

- What gives your life direction?
- What keeps you rooted, even in loss?
- What feels non-negotiable to who you are?

List 5 values that matter most to you:

1. _____
2. _____
3. _____
4. _____
5. _____

Section 2: Work Alignment Check-In

For each value, rate how well your current role or workplace honors it—from 1 (not at all) to 5 (deeply aligned).

Value	Alignment (1-5)	Notes (What’s Working/What’s Missing)



Section 3: Where Do You Need to Realign?

Looking at your chart, choose 1–2 values that are **out of alignment** and matter most to you right now.

- What is this misalignment costing you (emotionally, mentally, spiritually)?
- What's one small shift or boundary you can create to protect this value?

Reflect and write below:

Value I need to honor more deeply:

How I'll protect it:

Section 4: Anchor Your Alignment

Choose one sentence that affirms your right to center your values—even while grieving, even while leading. Examples:

- *"My values don't need to be sacrificed for my success."*
- *"I deserve to lead in ways that feel true to me."*
- *"Grief doesn't change what matters—it makes it clearer."*

Your affirmation: