

Values and Direction Map

A reflection for moments when you feel successful on paper but unclear inside. Use this to reconnect with meaning and direction.

1) What matters most to me (right now)?

Choose 3 values that matter in this season. Examples: calm, growth, family, contribution, health, learning, freedom.

Value #1:

Value #2:

Value #3:

2) Where does my life align - and not align?

- One area that aligns
- One area that feels misaligned
- One area that needs attention

Alignment:

Misalignment:

Needs attention:

3) What would a 10% shift look like?

Not a big overhaul. A small shift that moves you closer to your values.

My 10% shift:

4) One experiment for the next 2 weeks

- A conversation to have
- A boundary to set
- A habit to start or stop
- A choice to test

My 2-week experiment:
