

WHAT'S THIS ALL ABOUT?

Anxiety, depression, and career burnout can often be the result of living in a way that is **out of sync with your fundamental principles and values**. By identifying, prioritizing, and evaluating your life against your principles, you can discover the root causes of challenges you're facing, and develop solutions that will help align your values with your day-to-day activities.

HOW DO I USE IT?

For each of the ten categories below, **complete each of the following steps**:

- Rank each category from 1 (most important) to 10 (least important) based on the results of your online **Values Navigator Quiz** at <https://azimuthpsych.com/values-navigator>
- Describe in brief what **"being aligned with my values looks like"** for each category, in the unique context of your life and personal history.
- Rate how well your behaviors and priorities today align with each of your values, **from 5 (perfectly aligned) to 0 (not at all aligned)**.

THEN WHAT?

When you're finished, **look to see if any of your most important values have low alignment scores**. Why might you not be achieving alignment today? What changes might you make to begin moving in the right direction?

WHAT IF I NEED HELP?

Azimuth has a team of expert therapists who specialize in helping individuals in high-pressure careers discover their values and find meaning while managing stress, anxiety, relationships, and other issues.

Meet our therapists at <https://azimuthpsych.com/team> or reach out directly at contact@azimuthpsych.com.

	Importance Rank (1-10)	"Being aligned with my values looks like..."	Alignment Rating (0-5)
 <p>Achievement You prioritize success, competence, and ambition. Individuals who value achievement often judge themselves by their own goals and accomplishments.</p>			
 <p>Harmony You have respect for authority and social norms. Individuals who value harmony may be more likely to follow the rules, seek approval from others, and avoid conflict.</p>			
 <p>Equality You have an overriding concern for the broader world. Individuals who value equality often put the well-being of others and the greater good over their own personal interests.</p>			
 <p>Fun You love pleasure and indulgence. Individuals who value fun often find satisfaction in a broad range of stimulating sensory, intellectual, and physical experiences.</p>			
 <p>Kindness You are deeply concerned for the welfare of others. Individuals who value kindness are notable for traits of empathy, caring, and benevolence.</p>			
 <p>Novelty You aim for excitement and new experiences. Individuals who value novelty may be more likely to desire adventure, seek out new experiences, and take risks.</p>			
 <p>Power You seek out status, control, and dominance. Individuals who value power may seek leadership roles or strive to gain influence over others.</p>			
 <p>Security You focus on safety, stability, and order. Individuals who value security may seek out strict routines and rules as a way to maintain stability in their lives.</p>			
 <p>Self-Direction You desire autonomy and creativity. Individuals who value self-direction often have a strong sense of independence, preferring to make their own decisions rather than follow others.</p>			
 <p>Tradition You value the preservation of customs and cultural heritage. Individuals who value tradition often focus on ensuring the continuity of their culture and history.</p>			