



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.

For each of the eight categories below, complete each of the following steps:

- **Rank** each category by importance to you, from 1 (most important) to 8 (least important).
- **Describe** in brief what "being in alignment with my values" would look like for each category.
- **Rate** how well your behaviors and achievements today align with each of your values, from 0 (not at all aligned) to 5 (very closely aligned).

When you're finished, look closely at important categories that you gave an alignment rating of 3 or lower. Why might you not be achieving alignment today? What changes might you make to begin moving in the right direction?

	Importance Rank (1 – 8)	"Alignment looks like..."	Alignment Rating (0 – 5)
FAMILY <i>Your relationships with your close family members, however "family" is defined for you.</i>			
SEX & RELATIONSHIPS <i>Fulfillment of your sexual and romantic needs, whatever they may be.</i>			
LEGACY <i>What you want to be remembered for, personally and/or professionally.</i>			
CHARACTER <i>Character traits that you would like to exemplify and have others notice about you.</i>			
COMMUNITY <i>Involvement in your local community, whether through volunteering, associations, politics, or anything else.</i>			
RELIGION & SPIRITUALITY <i>Spiritual fulfillment, with or without a formal religious structure.</i>			
HEALTH & WELLNESS <i>Your physical and emotional health including activities and behaviors that help or hinder them.</i>			
WORK <i>Your achievements and satisfaction in your job or career —financially, intellectually, and emotionally.</i>			