

EXERCISE 2: VALUES- ACTIVITIES ALIGNMENT AUDIT

Step 1: Core Values Identification

My Top 5 Core Values:

1.

2.

3.

4.

5.

Step 2: Alignment Gap Analysis

Using your Session 1 time allocation data, rate each major activity's alignment with your values (1-10 scale):

ACTIVITY	HOURS/WEEK	ALIGNMENT RATING (1-10)	NOTES

Alignment Assessment:

- Total weekly hours: _____
- Hours in high alignment (8-10): _____
- Hours in low alignment (1-4): _____
- Overall alignment percentage: _____%

Biggest Misalignments Identified:

1.

2.

3.
