

What's holding you back?



What has to happen?

Refer to the list of core values you created last week. What has to happen for you to feel that those values are being met?

Eg. If one of your values is independence, what has to happen for you to feel independent?

How well are your values being upheld?

Given what has to happen, how well are your values being upheld?

Are the things that need to happen realistic?

Eg. If to feel appreciated at work, you need your boss to acknowledge you each and every day... is that realistic?

Do you need to change your view on what has to happen so that it is more realistic (and you'll be more likely to achieve it)?

Eg. Maybe a friendly, collaborative and respectful relationship with your boss (with a few "Atta girl"s thrown in every once in a while), is enough to make you feel appreciated.

How often are you living your values?

Does your current life situation, career, etc., support your values?

Eg. If to feel innovative, you need a job that allows you to manage projects from beginning to end, but your current job doesn't allow that... is your job supporting your values?

Take a look at last week's calendar. Highlight the times you were living your values.

Take a look at next week's calendar. Highlight the times you will be living your values.

The clues of being out of alignment

List 3 to 5 places where you're out of alignment.

What are the situations that are most likely to take you out of alignment?

Are those situations primarily at home, at work, or both?

Are there certain people or types of people around whom you find yourself out of alignment?

What are the signs that you might be out of alignment?

Eg. Stress

Anxiety

An urge to numb with food, alcohol, Netflix, etc.

A feeling of disconnection from self or others

Staying in alignment

Are there people or situations that you can avoid or in some way protect yourself from falling out of alignment?

Eg. Avoid the office gossip

Refuse to discuss politics at Thanksgiving dinner

Let that negative acquaintance slip away (without guilt)

What living in alignment could be like

Look at your list of core values.

List 5 ways you want to feel every day when in alignment.

Eg. Calm, joyful, excited, intellectually stimulated, loved, loving, fulfilled, connected, spiritual, healthy, vital

Are there small things you can add to your calendar that support your values?

Eg. Take a walk in nature on Sunday morning
Add meditation to your lunch hour
Get up an hour early to do creative writing

Are there things you can remove from your calendar that are in opposition to your values?

Eg. Stop going to that book club you don't really like
Skip that co-worker's engagement party
Delegate those reports to an employee