

values and roles

mumshine



active exercise



individual

Now that you understand your values, this exercise allows you to more deeply reflect on your life and identify where you are living your most values aligned, authentic life and when you are not, this will allow you to identify actions to take to have a more congruous life.

step one

First, identify the roles that you are currently playing in your life and write them on the below diagram in the space provided. There is a space for xx as this is a good number to start with and do the activity in depth for these roles, so focus on the biggest roles you play. When you need more spaces, you can just copy or re-print the worksheet.

step two

Now think about these roles deeply and think of examples, behaviours, actions and thoughts that persist in these roles which are very aligned to your values, somewhat aligned, somewhat not aligned and not aligned at all and populate the diagram.

very
aligned



somewhat
aligned

my roles



somewhat
not
aligned



not
aligned

step three - reflect

What does this show you? Are there certain roles where you are more or less aligned with your values? What changes do you think you could make in life to allow your day to day world to be more aligned with your values