

Living a Values-Aligned Life

What Are Values?

Values are what are important to us. They guide our choices, influence our actions, and often explain why we do what we do.

When we live in alignment with our values, life tends to feel more meaningful, fulfilling, and purposeful. When we are not, we may feel disconnected, dissatisfied, or as though something is missing.



Identifying Your Values

Identify values that are important to you and reflected in your life, rather than values you think you should have or would like to have..

Refer to this link for the values exercise and list your top values from that list here.

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Once you have identified your values, reflect on the questions below.

Are You Living Your Values?

Values	How am I currently living this value?	What actions, choices, or activities support this value?
Example. Connections	Choosing meaningful experiences that connect me with others.	Engaging in discussions with others. Member of different community groups

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When Values Create Challenges

Values can be a source of strength, but they can also create challenges depending on how they are expressed or when they are misunderstood by others.

For example, someone who values connections may be perceived as needy or dependent on others. This can create challenges by expecting the same level of connection from others or feeling rejected when others don't engage.

Value	How might this value be misunderstood by others?	How might this value create challenges in your life?

Reflection

1. What do you notice when you are living your values?
2. What values are not well reflected in your life, and what do you notice?
3. What gets in the way of living these values more consistently?
4. What is something you can do to bring your life into greater alignment with your values?

Moving Forward

Values can serve as a compass for the choices you make and the direction you want your life to take.

As you move forward, consider:

1. How might your values influence future decisions and choices?
2. What is one value you would like to place greater attention on moving forward?