



Personal Values Alignment

what it is

Purposeful leaders take time to pause, reflect and breathe into how they are showing up in each moment, and how they want to show up in the next one. This exercise offers you an opportunity to reflect on how you align with your personal and/or company's values, and how you'd like to recommit to them during this strenuous time. This activity is designed to:

- Illuminate gaps
- Highlight your strengths
- Inspire behavior modifications

how to do it ▾



Step 1

select values

Go ahead and look at our company's or your personal values. Then, select a value that answers each of these prompts.

My actions are **most** aligned with the value of _____.

My actions are **least** aligned with the value of _____.

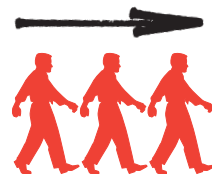
Think of recent activities and actions you've undertaken that demonstrate, or do not demonstrate, your company's or your personal values. Feel free to write these down, along with any other reasons you selected the values you did for each prompt.

Step 2

reflect

Based on what you selected, take some time to reflect on the following questions:

- Where might your gaps to the values be holding you back?
- How could building on your gaps benefit you personally, your team, your clients, your company?
- How can you build capacity in the areas where you have gaps?
- How might your strengths impact the organization - positively and negatively?
- How can you better leverage your strengths to move the business?



care to chat further?

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