

Identify what values are most important to you..

VALUE MAPPING ALIGNMENT

..and do something about it



OWN YOUR
NEXT CHAPTER

INTENTIONAL LIVING
CAREER TRANSITIONS





ARE YOU LIVING A LIFE ALIGNED WITH YOUR VALUES?

Many people have spent so long prioritizing others' needs and expectations that they've lost touch with their own values. You might be living by values you inherited from your parents, absorbed from society, or adopted to fit in without ever consciously choosing them.

This guide will help you identify what actually matters to you, assess how well your current life aligns with those values, and create a concrete plan to close the gap between who you are and who you want to be.



**OWN YOUR
NEXT CHAPTER**

How to Use This Guide:

- Set aside 30-45 minutes of uninterrupted time
- Be honest with yourself..there are no "right" answers
- Focus on what matters to you NOW, not what "should" matter
- Don't rush..this is the foundation for living authentically
- Complete all exercises in order for maximum insight

PHASE 1

Values Assessment

Your values are your internal compass. They guide your decisions, shape your actions, and determine your satisfaction with life. When you're living in alignment with your authentic values, you feel fulfilled and energized. When you're not, you feel stuck, drained, and disconnected from your true self.

1 Identify Your Core Values



Review the values below and check 8-12 that resonate most deeply with you. Don't overthink it..go with your gut. Select values that feel most important to who you are and who you want to be, not what others expect of you.

☐ Accomplishment

☐ Accountability

☐ Achievement

☐ Adventure

☐ Altruism

☐ Authenticity

☐ Autonomy

☐ Beauty

☐ Clarity

☐ Commitment

☐ Communication

☐ Community

☐ Connection

☐ Courage

☐ Creativity

☐ Curiosity

☐ Emotional Health

☐ Environment

☐ Excellence

☐ Family

☐ Flexibility

☐ Freedom

☐ Friendship

☐ Fulfillment

☐ Fun

☐ Growth

☐ Health

☐ Honesty

☐ Humor

☐ Integrity

☐ Intimacy

☐ Joy

☐ Leadership

☐ Learning

☐ Loyalty

☐ Nature

(Continued..)

PHASE 1

1

Identify Your Core Values (continued)

☐ Openness☐ Order☐ Partnership☐ Peace☐ Power☐ Purpose☐ Recognition☐ Respect☐ Responsibility☐ Security☐ Self-Care☐ Self-Expression☐ Service☐ Simplicity☐ Spirituality☐ Stability☐ Trust☐ Truth☐ Vitality☐ Vulnerability☐ Walking the Talk

*Any other values that are important to you but not listed above?
Write them in below. This is YOUR value system.*

☐ _____☐ _____☐ _____☐ _____☐ _____☐ _____

Quick Check-In

Before moving to the next step, notice:

- Did you feel any guilt when you didn't check a value you thought you "should"?
- Which values did you start giving your own meaning or definition to?
- Which ones were no-brainers for you to check?

PHASE 1

2 Rate Your Selected Values



For each value you selected, rate its importance (1-10):
 1 = Not very important | 10 = Extremely important to who I am

Value	Importance
1. _____	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10
2. _____	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10
3. _____	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10
4. _____	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10
5. _____	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10
6. _____	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10
7. _____	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10
8. _____	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10
9. _____	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10
10. _____	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7 <input type="radio"/> 8 <input type="radio"/> 9 <input type="radio"/> 10



At this point, this has nothing to do with living according to these values. Assess them based only on how much they matter to you. This may seem like a simple step, but it truly can set the foundation for a life of purpose and alignment based only on how YOU define it.

PHASE 1

3 Assess Your Current Alignment



Now rate how well you're currently living each value (1-10):
 1 = Not living this value at all | 10 = Completely aligned with this value

Value	Alignment
1. _____	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)
2. _____	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)
3. _____	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)
4. _____	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)
5. _____	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)
6. _____	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)
7. _____	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)
8. _____	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)
9. _____	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)
10. _____	(1) (2) (3) (4) (5) (6) (7) (8) (9) (10)



The temptation at this stage is to negotiate with yourself and try to justify a higher alignment score. That's normal, but the more honest you can be with yourself in this assessment, the more beneficial it will be. Don't worry, no one else has to see this if you don't want!

PHASE 1



Time to Reflect

1. Which values had the biggest gap between importance and current alignment?

2. What patterns do you notice in the values where you're most misaligned?

3. Are these misalignments recent, or have they been present for awhile?

4. What did you learn about yourself through this exercise?

PHASE 2

Living by Your Values

Understanding your core values is a MAJOR step in getting clarity towards what is most important to you. But, until you actually make changes, you may still feel like you are not living an authentic life of purpose. This section will help you take targeted action allowing you to see (and feel) results quickly.

1

Identify Your Top 3-5 Priority Values



From your selected values, choose the 3-5 that are most important to you right now. These will become your guiding principles for decision-making.

Priority #1

Priority #2

Priority #3

Priority #4

Priority #5

Why do these values matter most to you right now?

PHASE 2



What would change in your life if you fully honored your top values?
Now's the time to put theory into action..

2

Create Your Value Alignment Action Plan



For each of your top 3-5 values, identify specific actions you can take to better align your daily life.

Value Alignment Examples:

- **Family:** Block "Family Time" on your calendar from 5-8pm daily
- **Creativity:** Dedicate the first hour of your morning to creative projects
- **Growth:** Sign up for that course you've been considering
- **Peace:** Eliminate one source of drama or conflict from your life
- **Authenticity:** Share your favorite hobby with a close coworker

Value #1 _____ → **Action I'll take this month:**

Value #2 _____ → **Action I'll take this month:**

Value #3 _____ → **Action I'll take this month:**

(Continued..)

PHASE 2

*(..Continued)***Value #4 _____ → Action I'll take this month:****Value #5 _____ → Action I'll take this month:****Quick Check-In*****What will it cost you to not take any action? What are you giving up?******Are there any values you want to take more than one action on this month?***

PHASE 2

3

Your Personal Choice Framework

Going forward, you can use the work you've done here as the foundation for any big decision. Here is a framework that can keep you living true to yourself:

Value Based Decision Framework:

- Does this honor my core values?
- Am I choosing this from love or fear?
- Will my authentic self thank me for this choice?
- How does this align with my personal definition of success?

Here's a simply prompt to get you started..

Current decision I'm facing:

How does this decision align my core values?

What's Next?

Living by your authentic values isn't a one-time exercise.. it's an ongoing practice.

Remember: small, consistent actions aligned with your values create massive transformation over time. Keep going!

READY TO LIVE YOUR VALUES?

Understanding your values is just the beginning. Living them authentically takes courage, especially when it means disappointing others or changing long-held patterns.

If you're ready to stop living someone else's definition of success and start honoring what truly matters to you, let's work together to make it happen.

Through 1-on-1 coaching, you'll develop the tools to:

- Challenge limiting beliefs keeping you stuck
- Clarify your core values and authentic goals
- Create lasting habits aligned with who you want to be
- Build courage to say "no" to what doesn't serve you
- Design a life that feels true to YOU

No more settling, waiting, or hoping for the best.

You deserve to wake up excited about your life, not just existing through it waiting for the weekend to pretend like nothing is wrong.

Ready to get unstuck and start living intentionally? Let's design your next chapter together.

Contact me to schedule your complimentary, no-pressure exploratory session and experience firsthand what true coaching can do for you.

CONTACT ME

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