



Values & Alignment Reflection

Noticing what matters in this season of your life

Noticing what matters before deciding what to do

What values feel meaningful or important to me right now?

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When do I feel most like myself, and what values might be present in those moments?

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Are there words, qualities, or themes that quietly resonate with me at this time?

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REFLECTION: What I notice here without needing to explain or resolve it?

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You're not here to define yourself, but to notice what's already asking for your attention.



Values & Alignment Reflection

Noticing what matters in this season of your life

Noticing where life feels aligned and where it doesn't

Where in my life do I feel naturally aligned with what matters to me?

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Where do I notice tension, distance, or quiet misalignment?

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What feels easy or life-giving and what feels heavy or draining?

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REFLECTION: What I'm becoming aware of as I see these side by side:

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Alignment isn't something to force; it's something to notice as it reveals itself.