



# CONGRUENCE: THE 5 DIRECTIVES & BREAKPOINTS

We all want to live in alignment with our values. But what do we really value, and how do we know if we are living in congruence? In this activity, you'll identify your top values and create directives, or rules, that keep you on track to living them. You'll also identify situations that often pull you away from your values and the best of who you are—and you'll proactively decide how to re-align when that happens.

## *What I Value Most*

There are five major areas of our lives that we all care about—our health, relationships, emotional well-being, career/mission, and lifestyle. Use the boxes below to brainstorm what matters to you most in each area – what you value the most – and then pick your #1 value in each area.

<b>HEALTH</b>	<b>RELATIONSHIPS</b>	<b>CAREER/MISSION</b>	<b>EMOTIONAL WELL-BEING</b>	<b>LIFESTYLE</b>
<p>What do you value the most in this area of your life?</p>	<p>What do you value the most in this area of your life?</p>	<p>What do you value the most in this area of your life?</p>	<p>What do you value the most in this area of your life?</p>	<p>What do you value the most in this area of your life?</p>
<p>If you had to narrow it down to the MOST IMPORTANT thing you value in this area, what would that #1 value be?</p>	<p>If you had to narrow it down to the MOST IMPORTANT thing you value in this area, what would that #1 value be?</p>	<p>If you had to narrow it down to the MOST IMPORTANT thing you value in this area, what would that #1 value be?</p>	<p>If you had to narrow it down to the MOST IMPORTANT thing you value in this area, what would that #1 value be?</p>	<p>If you had to narrow it down to the MOST IMPORTANT thing you value in this area, what would that #1 value be?</p>
<p>If you had to set up a RULE to ensure you lived this #1 value consistently, what would the rule be? State it is a directive—a declaration that you will not break.</p>	<p>If you had to set up a RULE to ensure you lived this #1 value consistently, what would the rule be? State it is a directive—a declaration that you will not break.</p>	<p>If you had to set up a RULE to ensure you lived this #1 value consistently, what would the rule be? State it is a directive—a declaration that you will not break.</p>	<p>If you had to set up a RULE to ensure you lived this #1 value consistently, what would the rule be? State it is a directive—a declaration that you will not break.</p>	<p>If you had to set up a RULE to ensure you lived this #1 value consistently, what would the rule be? State it is a directive—a declaration that you will not break.</p>
<p>If you do end up breaking from this value, how can you get back on track FAST?</p>	<p>If you do end up breaking from this value, how can you get back on track FAST?</p>	<p>If you do end up breaking from this value, how can you get back on track FAST?</p>	<p>If you do end up breaking from this value, how can you get back on track FAST?</p>	<p>If you do end up breaking from this value, how can you get back on track FAST?</p>