



LIFE ALIGNMENT IN THREE STEPS

Worksheet

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What happens when your personal values and life principles are not aligned?

Conflict and complexity!

You may value physical health but choose an unhealthy lifestyle, community but live in isolation, or cleanliness & organization while adhering to life principles that contradict these values.

Misaligned personal values and life principles can result in negative self-talk, poor self-esteem, lack of confidence, and apathy. The inner conflict then leads to external conflict as well. I know from personal experience.

The cognitive load and complexity added to each day by living such a disjointed life are exhausting. To simplify, you must take the time to adopt life principles that support your core values. Additionally, your core values need to stem from who you aspire to be.

In *The Mountain Is You*, Brianna Wiest encourages her readers to envision and connect with their "highest potential self" as an exercise for uncovering the changes needed today to transform into their desired selves of tomorrow.

Wiest also says, "When you are clear on what your principles are, you can build your life from a genuine healthy place."

So, if we want clear and concrete life principles to support a genuinely healthy lifestyle we need to determine where we are headed and the core values needed to get us there.

This worksheet was created to support those three steps.



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Step One

Take time to reflect on the person you will become. Consider what you look like, have accomplished, where you live, how you feel, who you spend time with, what you enjoy, etc. Write anything you can envision down.



DATE:



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Step Two

What personal values does your "highest potential self" have? Are these values any different from the values you have now? Write three value statements below to focus on. You can always add more later.

1

2

3

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Step Three

Let's determine what life principles align with your personal values. In other words, what conditions can you create to support your core values?

Write your core value in the space provided. Then, list all the potential principles you can think of to support this value below. Circle or star three principles you will start implementing immediately (see example on page 5).

You will need one page per core value.

I value

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Example

My future self is physically lean, confident, and compassionate. She values her relationship with herself as much as others. She has a strong connection to God that serves as a compass for all she does. She is an author, an athlete, a successful nonprofit leader, and a mentor for other women leaders. She is an adored mother, wife, and friend. Her mental strength, desire for knowledge, and ability to self-correct have developed effective systems to support her values, goals, and life principles.

This is an honest example for me right now.

I value a healthy relationship with myself.

I chose this value statement as an example because it is something I'm currently working on.

- | | |
|---|--|
| <input type="checkbox"/> Forgive myself | <input checked="" type="checkbox"/> Prioritize physical activity |
| <input type="checkbox"/> Practice gratitude | <input type="checkbox"/> Challenge my intellect |
| <input type="checkbox"/> Let go of worry | <input type="checkbox"/> Feed my curiosity |
| <input type="checkbox"/> Practice mindfulness | <input type="checkbox"/> Practice positive self-talk |
| <input type="checkbox"/> Validate my feelings | <input type="checkbox"/> Allow time to rest |
| <input checked="" type="checkbox"/> Nourish my body with healthy food | <input checked="" type="checkbox"/> Adopt natural hygiene products |

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Why limit our focus to just three values and three life principles?

Time, energy, and the potential for success!

If you are anything like me, you are looking at your list of life principles and thinking you want to work on all of them. You may have extended your list of personal values beyond the three recommended as well.

I get it!

However, life renovation and long-term lifestyle change are more of a never-ending marathon than a sprint. Many external and internal factors will combat your personal growth and transformation.

In *The Mountain Is You*, Brianna Wiest shares how our brains are hard-wired to resist change. Comfort and safety in our current life model, regardless of how unhealthy it is, can hold us hostage.

Breaking free will require you to leave your old self behind. The bottom line; life won't change if you don't allow for change in your life. You can slowly introduce additional principles as you accomplish the previous ones.

If you are struggling with this worksheet or struggling to put elements into practice, I would recommend reading *The Mountain Is You* by Brianna Wiest. It is JAM-PACKED with information and exercises to overcome the strongest combatant in your life: *yourself!*

If you want to work with me, schedule a meeting. I would be happy to help.



You can use the provided QR code to easily access my Calendly meeting page.

I look forward to meeting you.