



Living in alignment is about aligning one's "real" behaviors with one's "ideal values." Values are beliefs that can be helpful in making decisions.

Your top values are:

Competence

ability to solve problems,
demonstrates mastery

Adventure

seeks out and/or
participates in exciting
events that involve
uncertainty

Achievement

places importance on the
fulfillment of activities,
goals, tasks or work

Helping others

placing importance on
assisting other people

Excitement

things that engage attention
and/or emotion, in a lively,
stimulating and compelling
way



**Competence, Adventure,
Achievement, Helping others and
Excitement**

A little reminder is always good. Keep your
active values in your wallet or at your desk.



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