

## Values Load Realignment

**For leaders experiencing tension between what matters and how they're operating**

### The Leadership Reality

Misalignment doesn't always look dramatic. Often, it feels like quiet friction, feeling "off," or unexplained fatigue.

This tool helps you **realign your actions with what matters most.**

### The Reset Practice

#### 1. Identify What Matters

Reconnect to your core values.

- What truly matters to me in how I lead and live?

#### 2. Notice the Gap

Identify where misalignment exists.

- Where are my actions out of sync with my values?
- What feels off or unsustainable?

#### 3. Realign in Small Ways

Choose one practical adjustment.

- What's one small action that brings me back into alignment today?

*Realignment doesn't require overhaul or perfection, just intention.*

### One Insight to Carry Forward

Sustainable leadership is built on alignment, not constant striving or over-functioning.

### Reflection

What small shift would bring you back into alignment today?