



The Re-Alignment Compass Check

SECTION 1: FIND YOUR COMPASS	SECTION 2: CHECK THE ATTRIBUTES	SECTION 3: UNPACK & REPACK (ACTION)
My Top Core Value (Right Now):	My Top 2 Misaligned Attributes:	My Biggest Obstacle is:
<i>Example: Authentic Connection</i>	<i>1. (e.g., Authentic Connection)</i>	<i>Example: "Lack of time in the evenings."</i>
[Fill in Here]	[Fill in Here]	[Fill in Here]
Proof of Alignment: What is one activity that fulfills this value?	2. (e.g., Intellectual)	My Repack Action (7-Day Commitment):
<i>Example: Calling a close friend every Sunday.</i>	[Fill in Here]	<i>Example: I will read one chapter of a non-fiction book every day at lunch.</i>
[Fill in Here]		[Fill in Here]