



# Goal **Alignment** Toolkit

Lead with Purpose  
Build with Power  
Move with Vision



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## 5 Steps to Align Your Goals with Your Values

*This toolkit is designed to help you slow down, reflect, and reconnect with what matters most. By aligning your goals with your core values, you can create meaningful progress and sustainable success.*

### Step 1: Discover Your Core Values

*List 5-10 values that are important to you (e.g., creativity, freedom, stability).  
Then circle the top 3 that matter most right now.*

### Step 2: Guided Reflection

- *What goals are you currently pursuing?*
- *Which of your values do these goals reflect?*
- *Are there any goals that feel out of alignment?*

### Step 3: Define a SMART Goal

Use this template to craft a Specific, Measurable, Achievable, Relevant, and Time-bound goal.

Element	Prompt
<i>Specific</i>	What exactly do you want to accomplish?
Measurable	How will you measure your success?
Achievable	Is this goal realistic for you right now?
Relevant	How does this goal align with your values?
Time-bound	What is your deadline or timeline?

## **Step 4: Adjust Your Goals for Alignment**

Ask yourself: What can I tweak to make this goal more aligned with my values?  
Sometimes it's about adjusting the 'why' or the 'how', not necessarily the entire goal.

## **Step 5: Track Your Progress**

Use a simple tracker to celebrate milestones and stay connected to your deeper 'why'.  
Even small wins reinforce meaningful change.  
You're not alone in this coaching is a powerful tool to support your growth journey.

Visit [www.arcandbloom.com](http://www.arcandbloom.com) to explore coaching options and go deeper

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