



Change Academy Lab Notes

TOPIC: Aligned actions

EPISODE #33

NOTES/TAKEAWAYS:

EXPERIMENT:

1. Make a list of the things that are most important to you in life: your values and priorities.
2. Make a list of all the ways you spend your discretionary time.
3. Notice whether your actions are aligned with your values.
4. What can you do to bring them more into alignment?

OBSERVATIONS:

FURTHER EXPERIMENTS: