



50,000 Mile Tune-Up

SYSTEM #7: ALIGNMENT

The exercises in this module will help you check the alignment between your values and priorities and how you actually spend your time, energy, and other resources.

Note: We're going to be referring back to the Worksheet we did for [System 2 \(Navigation\)](#)

STEP 1: CATALOG

Make a list of how you spend your personal time (as opposed to work time).

Start by listing all the things you do in a typical day, eating, cooking, watching TV, browsing the internet, helping the kids with homework, exercising, etc.

Next, think about activities that you do on a weekly basis: shopping, housework, banking, yard work, a yoga class, gardening, volunteer activities, eating out, and so on..

Then, consider activities that you do only once or twice a month (or even less often): getting a massage, throwing or attending a dinner party, planning or going on vacation, visiting out-of-town family, attending a concert, etc.

Finally, list things that you wish you did more often (or ever): going on a big hiking trip, taking a course, working on your novel, etc.

HOW I SPEND MY TIME

Daily

Weekly

Monthly

Rarely/Never

STEP 2: CLASSIFY

Now, compare the things you do on a daily or weekly basis with the list of core values that we identified in our Navigation worksheet. Ask yourself which of your core values each activity supports. Code each activity, using the letters you assigned to your core values in the last exercise. Some activities may support more than one value. Some activities might support none.

STEP 3: CROSS CHECK

Where are the gaps? Do you have core values that aren't served by ANY of the activities on your list? Do you have activities that you engage in frequently but don't serve any of your core values?

STEP 4: CALIBRATE

Are you spending more time than you realized on activities that are not aligned with your destination? Consider how you might adjust how you spend your time to be in better alignment with your values.

NOTES
