

Purpose Alignment Journal Template

1. Core Beliefs

- What do I fundamentally believe about myself, others, the world, or God?
- Which of these beliefs guide my daily decisions?
- Are there beliefs I inherited that I no longer consciously support?

2. Core Values (Use Schwartz's value domains as a guide)

- What truly matters most to me?
- When in conflict, which values win out?

3. Observable Behaviors

- How do I typically spend my time and energy?
- What do my actions suggest I value?

4. Alignment Check

- Where are my actions out of sync with my values?
- Are there values I claim but do not live?
- Do my beliefs support or conflict with my behavior patterns?

5. Transitional Periods

- Am I currently in a phase of rest, loss, or waiting?
- What maintenance behaviors can still express my purpose?

6. Recognition & Witness

- Who, if anyone, reflects back my purpose?
- Can I identify a sense of divine or inner witness when human feedback is absent?