

FIND FULFILLMENT IN SUCCESS

Using the WorkWell People Solutions

ALIGNMENT MAP

Are you successful but feeling unfulfilled?

You are a rock-star! You can achieve anything you put your mind to. But are you thriving? Have social conditioning and cultural expectations shaped your view of success? Do you notice all you have accomplished and wonder why you don't feel fulfilled?

Rather than focus on what society has taught you to want, I invite you to focus on where you feel your best and most authentic. Shed the expectations and identity that are no longer serving you. To **feel** fulfilled in your success and achieve alignment with your soul's desires we look inward to our states of being. Only when our lifestyle aligns with our desired states can we thrive physically, mentally, and emotionally.

Identify your Soul-Goal States

First, think about what states would make you content in life. Not your peak desires (yet), but simply what you would be satisfied with. The below chart will help give you ideas but is not all-inclusive. What ideas can you add to each list below?

Example states of being:




PHYSICAL	MENTAL	EMOTIONAL
Health, Connection, Reactive, Ability, Fitness, Instinctual, Pleasure, Strength, Aptitude, Enjoyment, Sensation, Relaxed, Savor, Comfort, Responsive, Stillness, Active, etc.	Intentional, Clarity, Control, Open, Awareness, Presence, Cautious, Motivated, Deliberate, Memory, Agility, Imagination Confidence, Access, Organized, Optimistic, Pragmatic, Resourceful, Creative, Logical, Amusement, Intelligence, Wit, Variety, Growth, etc.	Support, Control, Stability, Peace, Compassion, Contentment, Joy, Empathetic, Courage, Bliss, Guarded, Thrill, Harmony, Surprise, Connection, Glee, Respect, Humor, Autonomy, etc.

Identify your Soul-Goal States

1. **Write down what would make you *content* physically, mentally, and emotionally in the Soul-Goal States chart below.** Note these are not permanent or future-based, as things can change. Use the lists on the previous page for ideas and feel free to add your own. *We start with contentment because some of these areas only need to be at that level for us to live in wellness.*
2. **When you are ready, write down your *desired* physical, mental, and emotional states in the chart below.** Continue to use the lists on page 1 for guidance as you see fit.
3. **Finally, add in the key states you want to *avoid* at all costs.** Note, we should not aim to avoid all "negative" states, but we may have a state relative to our current life that we need freedom from in order to thrive.

Resist making an all-inclusive list, focus on the few key states that stand out. Try to keep each list between 1-10 items long.

SOUL GOAL STATES

STATUS	PHYSICAL	MENTAL	EMOTIONAL
 CONTENT			
 DESIRE			
 AVOID			

Identify your Soul-Goals

Now that you have discovered your ideal states of being, consider what lifestyle would support these. We identify Soul-Goals as a roadmap to achieve Soul-Goal States. It is easier to plan alignment and strive for thriving with easy-to-recall lifestyle guides.

- 1. Write down the types of people who will promote achieving your desired Soul-Goal States in the People section in the chart on the next page. Consider:**
 - Human traits
 - Relationships
 - Support roles
 - Specific names
- 2. Write down the types of places or environments that will promote achieving your desired Soul-Goal States in the Environment section in the chart on the next page. Consider:**
 - Settings
 - Environmental attributes
 - Physical places
- 3. Write down the material things that will promote achieving your desired Soul-Goal States in the Material Items section of the chart on the next page.**
- 4. Write down the activities that will promote achieving your desired Soul-Goal States in the Activities section on the next page. Consider:**
 - Habits
 - Routines
 - Work
 - Hobbies
- 5. Once you've identified your Soul Goals, use the summary row to refine the specific people, places, things, and activities that will promote your ideal lifestyle.**

EXAMPLE: for Soul-Goal States of Physical Comfort, Mental Intelligence, Emotional Harmony

ENVIRONMENT		
PHYSICAL ALIGNMENT	MENTAL ALIGNMENT	EMOTIONAL ALIGNMENT
<i>Warmth, Sun, Cozy, Outdoors (summer)</i>	<i>Quiet (to read/listen), Educational, Collaborative</i>	<i>Peaceful, Calm, Supportive, Humorous, Collaborative</i>
<i>*Summary: I thrive reading at the beach, studying, collaborating, and socializing with deep conversation in a quiet setting. I do not thrive in large social settings, small talk, or cold conference rooms. I can maximize the desired settings, reduced my exposure & better prepare for the undesired environments in advance.</i>		

SOUL GOALS

PEOPLE

PHYSICAL ALIGNMENT	MENTAL ALIGNMENT	EMOTIONAL ALIGNMENT

*Summary:

ENVIRONMENT

PHYSICAL ALIGNMENT	MENTAL ALIGNMENT	EMOTIONAL ALIGNMENT

*Summary:

MATERIAL ITEMS

PHYSICAL ALIGNMENT	MENTAL ALIGNMENT	EMOTIONAL ALIGNMENT

*Summary:

ACTIVITIES

PHYSICAL ALIGNMENT	MENTAL ALIGNMENT	EMOTIONAL ALIGNMENT

*Summary:

THIS IS YOUR LIFESTYLE ALIGNMENT MAP

Congratulations! You've completed your Lifestyle Alignment Map.

I hope you noticed some elements of driving values, identity, and love language surface in this process. This is further proof that you are on the right path. Check your conclusions and ensure you have identified what career(s) might be ideal, what roles you should take on in your personal or community life, and what habits and hobbies align with your ideal lifestyle.

Feel Fulfilled in Your Success & Aligned in your Soul Goals

You have now defined what success looks and *feels* like by identifying your Soul Goals. You've stepped into the possibility of **feeling** fulfilled in your alignment. Your next step is to live intentionally, prioritizing these soul goals, seeking true alignment. To do this, make a commitment in what you will do next to step toward alignment.

Be realistic with reasonable specific steps you can take immediately.

PERSONAL COMMITMENT

I deserve...

I will stop...

I will start...

WorkWell People Solutions helps individuals attain Work-Life Fulfillment and companies achieve Peak Performance through Talent Vitality. Services include career coaching, employee advocacy, and HR consulting specializing in engagement, leadership, motivated performance, team building, and workplace wellbeing.

To learn more, check out "Life After Burnout: Reclaim, Recover, Renew," visit WorkWellPeopleSolutions.com, and follow us on LinkedIn and Instagram @CourtneyMurphy_