

# Aligning your intention and impact

An individual and team activity for developing meaningful connection and purposefully [aligning intention with impact](#) - in our relationships, our work, and other systems of life.

## NEEDS AND VALUES

**What do I universally care about most in life (not specific to any place, time, action, or strategy)?**

- *Our needs can often show up in how we treat others (because it's how we want to be treated)*
- *Our core values are our deepest needs, which are at the root of our feelings, behaviours, and actions*
- *Examples of needs include belonging, safety, and humour (some more here)*

**Where/when did things go 'swimmingly' for me in the past year? And where/when did they go poorly?**

- *What happened when your needs and/or values were (and were not) being met? Where/when did they seem to 'bend', and where/when were they clearly being 'broken'?*
- *It can be helpful to think about your feelings and emotions during these instances (here's a feelings wheel)*

## HOPES AND FEARS

**What am I truly hopeful for in 2023?**

- *Our hopes are our aspirations for the future, often communicated as goals, resolutions, and/or dreams*
- *Hope is a powerful driver for meaningful change when we are grounded and present in 'what's at-stake' (to be gained)*
- *Examples of hopes include developing specific skills, setting and holding healthy boundaries, not checking email on your next vacation,...*

**What might get in the way of my hopes?**

- *Fears can help us in life-and-death situations, so we're referring to the worrying thoughts that keep us up at night and/or prevent us from fully pursuing our hopes*
- *This fear is a harmful block or sense of 'deep stuckness' when we are grounded and present in 'what's at-risk' (to be lost)*
- *Examples of fears include deprioritizing our needs/values, not asking for help,...*



Helping create  
leaderful organizations