

VALUES-ALIGNED ENTREPRENEURSHIP REFLECTION TOOL

Purpose

This tool helps you explore what kind of entrepreneur you want to be—so your business supports your life, recovery, and values, not just income.

Alignment creates sustainability. Misalignment creates burnout.

Part 1: Core Values Check

Circle or write **3–5 values** that matter most to you right now.

Examples:

- Integrity
- Autonomy
- Community
- Creativity
- Rest
- Stability
- Cultural humility
- Justice
- Family
- Spirituality
- Flexibility
- Financial security

My top values and why they matter:

1. _____
2. _____
3. _____
4. _____
5. _____

Part 2: Values in Action

Choose one value and explore how it shows up in work.

Value: _____

- What this value looks like when honored in work:

- What it feels like when this value is compromised:

Part 3: Alignment & Boundaries

Reflect honestly—this is for you.

- What kind of work *supports* my mental health and recovery?

- What kind of work *drains or destabilizes* me?

- One boundary I would need to protect my well-being as an entrepreneur:

Part 4: Redefining Success

Finish the sentences:

“Success for me looks like...”

“I will know my business is aligned when...”

Part 5: Gentle Next Step

Choose one low-pressure action you could take in the next 30 days.

- Research an industry or idea
- Talk with one entrepreneur
- Take a basic business or financial class
- Draft a values statement
- Pilot a small idea
- Rest and wait intentionally
- Other: _____

My chosen next step:

Closing Affirmation: *I am allowed to build work that honors my humanity, my healing, and my future.*