# Deeper Dive Session 3 Values Alignment

## Overview

Watch the recording of our third Deep Dive Session on Values Alignment. In this session, we explore the concept of values alignment, examining how our personal values intersect with our actions, motivation, intention and mission.

### Summary Highlights

0:01 Aligning our values in various aspects of our life

3:43 Values and their manifestations in daily life

11:35 Viewing different lenses

18:08 Rank ordering our values

21:50 Reflection #1 on your personal value and how it manifests in your life

28:28 Our personal values vs organizational values

34:14 Personal mission statements and alignment

42:13 Reflection #2 on your motivation and uncovering the underlying "why"

44:29 Aligning personal values with intention, motivation and mission

46:51 Sharing a personal journey of aligning values and the profound shifts in one’s life

In this session, Jyothi shared the following activities that we encourage you to consider as next steps on your journey:

* Take a moment to reflect on your values. Consider what it looks like to live with this value.
* Reflect on how we can seek alignment between personal values and organizational values.
* Reflect on aligning our values with our personal mission so that the actions you take align with who you are.

Please share any discoveries in the Maddie’s Pet Forum group or email Jyothi at jyothi@jyo.world.

### About the Journey You Own Deep Dive Meeting Series

Join us in this insightful meeting series where Jyothi V. Robertson, DVM, DABVP (Shelter Medicine), leads us on an exploration of the concepts and practices outlined in the Maddie's University® course titled The Journey You Own: Practices for Wellbeing and Productivity (link: https://maddies.fund/JourneyYouOwnMU). While completing the course is not mandatory, it serves as a valuable foundation for further learning.

Next deep dive meeting is coming up on Wednesday, December 6, 2023 10am PT | 12PM CT | 1PM ET where we will cover Productivity.

Participants may register once for all sessions and can attend any of the sessions. Can’t make it live? Register and receive a link to the recording after each event. Click here to register today. <https://maddiesfund-org.zoom.us/meeting/register/tZIvcuiqrzwiGdPFkVuHuwEgvV7i3OiO9HLq#/registration>