

# Evolutionary Leader Program

## Goal Alignment Reflection

### Daily Task Analysis:

Begin by reviewing your current daily tasks. List them comprehensively, considering both professional and personal activities.

<b>My Daily Tasks</b> <i>(Professional &amp; Personal)</i>	<b>Directly Contributes</b> <b>to My SMART Goals?</b>

*\*If you have more Tasks to list, feel free to pull out some sheets of paper to continue your list\**

## Evolutionary Leader Program Goal Alignment Reflection

**Alignment Check:** Next, compare these tasks with the strategic goals you crafted in the previous exercise, Exercise 4.1. Identify on the table above which tasks directly contribute to your SMART goals.

## Identify Misalignments

**Spot Misalignments:** Highlight tasks above that do not align with your strategic objectives. Consider their necessity and impact on your overall goals.

**Analyze Impacts:** Reflect on how these misaligned tasks affect your productivity and stress levels. Are they necessary, or can they be modified or eliminated?

## Make Adjustments for Alignment

**Modify or Remove:** Strategically modify tasks that can be altered to fit your goals (you can use the space provided below) or remove those that offer little value.

[illegible]