

The Aligned at Work™ Model



- Vocation
- Relationships
- Finances
- Wellbeing
- Spirit

The Aligned at Work™ Model brings together the Five Success Factors of Vocation, Relationships, Finances, Wellbeing, and Spirit. Leaders and individuals who understand themselves and what they stand for are more successful leading and inspiring others to do the same. Here's a bit about each Success Factor.

Vocation: Does your work energize you? Does time pass quickly and do you feel like you've had a good day most of the time? Are you engaged and happy at work? Understanding your values and strengths and aligning them with a company that values you and what you bring to the workplace leads to greater satisfaction and harmony. When you fit in with the company culture, you know it. When you feel like your work has purpose, you feel inspired to continue day by day. Your Vocation flows over into the rest of your life, so let's make it a good one for you!

Relationships: Relationships make the world go round, whether they are professional, personal, or intimate. They also tend to fall into certain patterns. If we are surrounded by dysfunction at home, it follows us to the workplace. What is your relationship pattern? Do you have a support system in place for the tough times and the good? Are you someone else's support system? Relationships are a two-way street. Check in on the health of your relationships, both at work and home. Are they where they need to be?

Finances: Money... it's so complicated. There are many facets to money and the power that it tends to hold in our lives. It can even drive us to stay in a vocation or relationship that no longer works for us. Do you understand your relationship with money? Where do your feelings and thoughts about it come from? Many times, it's necessary to change your mindset first, before you can get a handle on your finances. Do you understand the basic financial skills of budgeting (and sticking to it), and of saving and investing for short and long term goals? It's time to get your financial house in order.

Wellbeing: Wellbeing is the state of being happy, healthy, and successful. If we had 100 people in the room, there would be more than 100 definitions of these words. It's time to define wellbeing for yourself. What is your definition of success? What is happiness to you, and does it come from within, or outside of you? How is your health? Do you take time for self-care and adopt healthy habits? Don't wait.

Spirit: What is spirit doing in a workplace model? If you've ever felt like you had to check your soul at the door before going into work, then you know that spirit has a place there. It's about the authentic you. It's about being able to bring your whole Self to work and be able to thrive there. And it's about realizing that none of us are in life or work alone—our actions influence and impact others every day. I encourage you to find employment where you can be the real you, as much as is humanly possible in a work environment. It's out there; go find it!



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