

MCP SERVER

NO CODE

CLOUD HOSTED

# Values Alignment Score MCP

Find the gap between who you are and how you live.

Values Alignment Score quantifies the distance between what you believe is important in life and how much time or energy you actually spend on it. This MCP helps pinpoint specific values—like 'Health' or 'Career'—where your actions fall short of your ideal self, giving you an immediate map for personal change.

**A+** Quality Score 100/100

values

alignment

psychology

self-growth

diagnostic



# The connectivity layer between AI and the world's software.



Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

# Your AI Connections Run Through Vinkius Cloud

The world's largest  
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

*The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.*

— Architecture principle

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## Four Pillars of the Vinkius Runtime

### 01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

### 03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

### 02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

### 04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

**AES-256**

Encryption at rest

**Ed25519**

PKI vault signatures

**24h TTL**

Ephemeral session keys

**V8 Isolate**

Sandboxed execution

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## One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT

`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

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## Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

**01 — Ed25519 PKI Vault**

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

**02 — V8 Isolate Sandboxing**

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

### 03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

### 05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

### 04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

### 06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

## Emergency Kill Switch

EU AI Act Art. 14(1)  
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

#### 01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

#### 02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

#### 03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

## Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

**Control Plane**

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

**FinOps**

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

**Firewall & DLP**

PII redaction activity, sensitive data protection counters, and security event timeline.

**Agent Activity**

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

**Tool Health**

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

**Incident Log**

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at [cloud.vinkius.com](https://cloud.vinkius.com) — connect your AI agent in under 60 seconds.

# Values Alignment Score MCP

3 tools available

Cloud-hosted on Vinkius

Sometimes you know deep down that you aren't living up to your own standards, but figuring out where the biggest gap is feels overwhelming. This MCP cuts through the noise. It runs diagnostics on your stated values and compares them against a measure of how those values are actually realized in your daily life. You get hard numbers showing exactly which areas cause the most friction. Instead of just vaguely feeling 'unfulfilled,' you pinpoint the issue—whether it's professional demands pulling you away from personal goals, or vice versa. Vinkius hosts this MCP so your agent can run these complex psychometric calculations right alongside other data sources in your workflow. It's less about self-blame and more about actionable intelligence.

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## Core Capabilities

### 01 — Quantify value gaps

Calculates a numerical score for every declared personal value, showing the exact discrepancy between importance and realization.

### 02 — Rank areas of friction

Generates a list identifying which values are causing the most significant life imbalance or dissatisfaction.

### 03 — Determine focus priorities

Pinpoints the single category or value that requires immediate, focused attention for maximum impact on well-being.

# One Click on Vinkius — From Prompt to Execution

Available at [vinkius.com/mcp/values-alignment-score](https://vinkius.com/mcp/values-alignment-score) — connect your AI agent in three steps.

- 01** You provide your core values and assign both an 'Importance' score and a current 'Realization' score to each one.
- 02** The MCP calculates the numerical discrepancy (the gap) for every value you listed, showing where reality falls short of expectation.
- 03** It then compiles this data into rankings, helping you determine which areas are draining your energy or need immediate focus.

The bottom line is that it converts abstract feelings of 'not being enough' into concrete, actionable scores and priorities.

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## Built For

This MCP is for coaches, therapists, or anyone dedicated to serious self-improvement. It helps professionals move beyond generalized advice by providing data that points directly to the source of client (or user) dissatisfaction.

### Life Coach

Uses this MCP to run diagnostic assessments for clients, helping them move past vague goal-setting and pinpointing which core value needs immediate structural attention.

### Therapist/Counselor

Integrates the resulting gap data into sessions, giving concrete metrics of a client's misalignment between self-identity and current behavior patterns.

### Executive Coach

Assesses leadership candidates or executives to identify if their professional actions are actually aligned with their stated personal values, guiding career pivots when necessary.

## What Changes When You Connect

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- 01** Stop guessing where your energy leaks. Instead of vague feelings of unhappiness, use `generate_dissatisfaction_ranking` to see a precise list of which values are causing the most friction in your life right now.

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  - 02** Get hard numbers, not just gut feelings. The `calculate_alignment_gaps` tool quantifies the distance between what you value and what you actually do, making abstract concepts measurable for coaching or self-review.

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  - 03** Don't waste time fixing everything at once. Use `identify_priority_area` to get one specific recommendation—the single best place to focus your energy for maximum positive impact.

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  - 04** Accelerate the coaching process. By quantifying misalignment, you move past months of discussion and jump straight into actionable, data-backed change plans.

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  - 05** Structure difficult conversations. When advising clients, presenting a clear gap score is more powerful than simply pointing out behavioral patterns; it provides undeniable evidence.
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## Real-World Applications

### The burnout pivot

A high-performer feels exhausted but can't name the cause. They run the MCP, and the `generate_dissatisfaction_ranking` immediately flags 'Personal Time' as their biggest gap. The agent suggests they need to cut back on professional commitments, solving the root issue instead of just managing symptoms.

### Redefining career success

An employee feels stuck in a job that pays well but drains them. They use `calculate_alignment_gaps` and see their 'Ethical Integrity' score is far below their declared importance. This data proves to them they need a different industry, not just a better title.

### Prioritizing self-care

Someone knows they should exercise more but doesn't know where to start. They run the diagnostics, and `identify\_priority\_area` points directly to 'Physical Health.' This gives them a singular focus point rather than overwhelming them with general wellness goals.

### Post-breakup realignment

After a relationship ends, a person feels lost. They use the MCP to compare their pre-relationship values against their current reality gaps. This helps them realize that 'Independence' was always a higher priority than partnership.

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## Patterns to Avoid

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### Vague self-help

#### X AVOID

Reading articles that say, 'You just need to be more mindful of your work/life balance.' This advice is useless because it doesn't tell you *what* part of your life is failing.

#### ✓ INSTEAD

Use the MCP. First, run `calculate\_alignment\_gaps` to quantify where the imbalance lies (e.g., 'Work vs. Family'). Then use `identify\_priority\_area` to get one specific, actionable focus point instead of vague advice.

### Ignoring gaps

#### X AVOID

A coach just tells you that your job is the problem without showing proof. You argue or deflect because there are no objective metrics.

#### ✓ INSTEAD

Run `generate\_dissatisfaction\_ranking`. This tool provides a data-driven, undeniable list of where the friction exists, forcing an objective discussion about your true priorities.

### Overwhelming focus

#### X AVOID

Getting suggestions to improve sleep, diet, career, and finances all at once. It leads to paralysis.

#### ✓ INSTEAD

Use `identify\_priority\_area`. This tool filters out the noise and gives you a single, most critical value or area that requires immediate attention, making your next move clear.

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## The Right Fit

You should use this MCP if your goal is deep self-diagnosis: figuring out *why* you feel unfulfilled or stuck. Use it when you need to measure the difference between your stated values and your actual behavior. It's perfect for coaching, therapy, or major life transitions.

Don't use this if you just need tactical advice (e.g., 'How do I write a better email?'). For those, general workflow tools are better. Also, don't rely on it to solve complex external problems; the MCP only diagnoses *you*. If your problem is technical or logistical, this tool won't help. It tells you *where* to focus, not *how* to fix the plumbing.

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## The Vague Feeling of Being Misaligned

You know that feeling. That dull ache of dissatisfaction. You've been working hard, hitting goals, and yet, something feels fundamentally wrong. You spend hours compiling notes, listing your values, and writing down everything you *should* be doing to fix it. It's a mess of 'maybe,' 'probably,' and overwhelming complexity.

With this MCP, that vague feeling becomes precise data. Instead of just knowing you're unhappy, the system quantifies exactly which value—say, family time versus career ambition—is causing the biggest gap between your ideals and reality. You get a clear, measurable starting point.

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## Values Alignment Score: Pinpoint Your True Focus

The manual process of self-reflection involves endless journaling and cross-referencing lists—it's slow and subjective. You spend hours trying to figure out if the problem is your finances, your relationships, or your core identity.

This MCP aggregates all that potential friction into a single priority recommendation. It doesn't just point out problems; it directs your energy using `identify_priority_area`, telling you exactly where to put your focus for maximum return on effort.

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## Values Alignment Score: 3 Tools

Use these tools to quantify your life's gaps by measuring the difference between your stated values and your current level of realization.

#	TOOL	DESCRIPTION
01	<code>calculate_alignment_gaps</code>	Takes a list of declared values and returns the numerical gap between how important they are to you and how much you currently realize them in your life.
02	<code>identify_priority_area</code>	Reviews all calculated data points to pinpoint one single, high-impact area where focusing your energy will yield the biggest positive change in well-being.
03	<code>generate_dissatisfaction_ranking</code>	Analyzes the gaps and lists which specific values or life areas are causing the most significant friction and dissatisfaction right now.

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## See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

- U** Calculate the alignment gaps for these values: Honesty (Importance 9, Realization 7), Career (Importance 8, Realization 4), and Health (Importance 10, Realization 9).



```
[{"name": "Honesty", "gap": 2}, {"name": "Career", "gap": 4}, {"name": "Health", "gap": 1}]
```

- U** Based on these gaps: Honesty (2), Career (4), Health (1), which value is causing the most dissatisfaction?



```
["Career", "Honesty", "Health"]
```

- U** Identify the priority area using these gaps: Honesty (2), Career (4) and metadata: Honesty is Personal, Career is Professional.



```
Career
```

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## Frequently Asked Questions

### 01 What does the Values Alignment Score MCP calculate?

It calculates a numerical score that measures the distance between how important certain values are to you and how much space those values take up in your actual life.

### 02 How do I use the generate\_dissatisfaction\_ranking tool?

You input your values with their importance and realization scores. The tool then ranks them, showing which areas are causing you the most friction based on the calculated gaps.

**03 Is this helpful for career changes?**

Yes. By calculating alignment gaps between 'Desired Career' and 'Current Reality,' it can prove whether a job change or a personal mindset shift is required first.

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**04 Does the identify\_priority\_area tool give generic advice?**

No, it's designed to pinpoint one specific value or category that requires immediate focus based on all the data you provided. It gives a singular area of intervention.







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# Go Live in 60 Seconds

Get your connection token from [cloud.vinkius.com](https://cloud.vinkius.com), then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

```
https://edge.vinkius.com/[TOKEN]/mcp
```

CLIENT	WHERE TO CONFIGURE
 <b>Claude AI</b>	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 <b>Cursor</b>	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
 <b>VS Code</b>	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"values-alignment-score": { "url": "..." }</code>
 <b>Windsurf</b>	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 <b>ChatGPT</b>	Settings → Tools & plugins → Add MCP server → Paste endpoint
 <b>Gemini</b>	Extensions → Add MCP Server → Paste endpoint URL

## ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

-  **Ask ChatGPT** 
-  **Ask Claude** 
-  **Ask Perplexity** 
-  **Ask Gemini** 
-  **Ask Grok** 

READY TO CONNECT

# Values Alignment Score is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and  
start building. No SDK. No deployment. Just results.

[Start at cloud.vinkius.com](https://cloud.vinkius.com) →

[vinkius.com](https://vinkius.com) · [support@vinkius.com](mailto:support@vinkius.com)

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### DOCUMENT INFORMATION

Generated	June 2026
MCP Server	Values Alignment Score MCP
Server ID	019f048a-2da5-7080-93fc-9962c568e198
Platform	Vinkius Cloud for AI Agents
Endpoint	<a href="https://edge.vinkius.com/{token}/mcp">https://edge.vinkius.com/{token}/mcp</a>

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