

#3 – THE PEACE & ALIGNMENT AUDIT

Five quick checks to see if your life is supporting you... or draining you.

Peace isn't accidental.

Alignment isn't mysterious.

Both leave a trail – and it's always in how you feel, not what you hope.

Use this audit anytime you feel “off,” overwhelmed, restless, or unsure why life feels heavier than it should.

1. Does this area of my life feel like a deep breath or a tight chest?

Your nervous system doesn't lie.

It reacts before you rationalize.

Your thoughts: _____

2. Am I choosing this because it's aligned... or because it's familiar?

Aligned feels steady.

Familiar often feels like déjà vu with consequences.

Your thoughts: _____

3. Do I feel more myself here – or less?

Anything that requires self-erasure, shrinking, or masking isn't alignment.

It's exhaustion waiting to happen.

Your thoughts: _____

4. If nothing changed, would I be okay staying here another year?

Peace says yes.

Misalignment says *please don't make me do this.*

Your thoughts: _____

5. Does this support the life I'm building or the life I outgrew?

Old identities try to keep their jobs.

You don't have to rehire them.

Your thoughts: _____

FINAL REMINDER:

Peace is found in the choices that don't need you to recover from them.

Alignment is simply listening sooner.