

# #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.