

THE ALIGNMENT RESET

A diagnostic for the burned-out achievers, the high-functioning individuals who look successful... but feel internally off.

This Is Not Burnout the Way You've Been Taught to See It.

You are still performing.

Still delivering.

Still reliable.

Still impressive.

And yet... something feels muted.

You've likely explored burnout before. Read articles. Taken quizzes. Maybe even sought support.

But the conventional definitions never quite fit, did they?

That's because you're experiencing something more nuanced: **Alignment Drift.**

This diagnostic isn't about hitting rock bottom. It's about recognizing the subtle disconnect between your outer achievements and your inner landscape.

Move through it slowly. Answer honestly. No one else needs to see your responses.

Section 1: Recognizing Alignment Drift

Alignment drift happens when the core elements of your being – your values, your needs, your desires – become misaligned with your daily actions and long-term goals.

Indicators of Alignment Drift:

- A persistent sense of unease or dissatisfaction, despite external success.
- Difficulty accessing your natural energy and enthusiasm.
- Increased reliance on external validation to fuel your motivation.
- A feeling of being 'on autopilot' or disconnected from your work.
- Strained relationships that may not be clearly visible to others

When these drift too far apart, you don't fall apart. You go flat.

Common Signs:

- Feeling like you're constantly 'should-ing' on yourself.
- A subtle but persistent feeling of resentment.
- Difficulty saying 'no,' even when you're overloaded.
- Prioritizing achievement over enjoyment.
- Reduced ability to rest, even if the opportunity is there

Reflection:

Take a moment to consider which of these signs resonate most strongly with you. Where are you feeling the most friction or resistance in your daily life?

Section 2: The Alignment Diagnostic

On a scale of 1 to 5 (1 = Strongly Disagree, 2 = Disagree, 3 = Neither Agree or Disagree, 4 = Agree, 5 = Strongly Agree), rate the following statements based on how true they feel **right now**. Write down the number in the box along with short reflection.

Domain 1: Purpose & Values

☐ I am actively pursuing goals that are aligned with my core values.

Reflection: _____

☐ My daily actions reflect what matters most to me in life.

Reflection: _____

☐ I feel a strong sense of purpose and meaning in my work.

Reflection: _____

Domain 2: Energy & Wellbeing

☐ I consistently prioritise my physical and mental health.

Reflection _____

☐ I have healthy boundaries and am comfortable saying “no.”

Reflection: _____

☐ I regularly engage in activities that recharge and rejuvenate me.

Reflection: _____

Domain 3: Connection & Intimacy

☐ I feel deeply connected to the people in my life.

Reflection: _____

☐ I nurture meaningful relationships and prioritise quality time with loved ones.

Reflection: _____

☐ I feel seen, heard, and understood in my closest relationships.

Reflection: _____

Domain 4: Creative Authority & Authenticity

☐ I freely express my unique talents and perspectives.

Reflection: _____

☐ I feel empowered to make decisions that are aligned with my intuition.

Reflection _____

☐ I embrace my imperfections and allow myself to be vulnerable.

Reflection: _____

Alignment Snapshot Summary

Your Alignment Snapshot

Domain 1: Energy & Nervous System	_____ / 15
Domain 2: Identity & Roles	_____ / 20
Domain 3: Emotional Honesty	_____ / 20
Domain 4: Direction & Desire	_____ / 15

Lowest Domain: _____

Primary Area of Misalignment: _____

Section 3: The Cost of Staying the Same

Alignment drift doesn't always manifest as dramatic crashes. More often, it's a slow erosion of your vitality and joy. Consider the potential costs of remaining misaligned:

Health: Chronic tension becomes baseline. Stress becomes personality. Fatigue becomes normal.

Intimacy: Emotional flatness reduces connection. Resentment builds quietly. Performance replaces presence.

Creative Authority: You default to what works. You delay bold decisions. You become excellent at maintaining — not evolving.

Avoiding change is still a decision.

Section 4: The Alignment Reset

RECALIBRATE AND RECLAIM

Taking Action

Resetting your alignment isn't about making drastic changes overnight. It's about taking small, consistent steps in the direction of greater authenticity.

Three Steps to Reclaim Your Alignment:

1. **Awareness:** Cultivate a deeper understanding of your values, needs, and desires. Regularly check in with yourself and notice where you're feeling misaligned.
2. **Experimentation:** Identify small changes you can make to bring your actions into greater alignment with your inner landscape. Don't be afraid to try new things and see what resonates.
3. **Integration:** Gradually integrate these changes into your daily routine. Focus on building sustainable habits that support your long-term wellbeing.

Consistency > intensity.

An Invitation:

What is one action will you take today to move closer to alignment?

Closing Reflection:

What did you learn from completing this alignment diagnostic?

The question is not whether change is coming. The question is whether you will lead it.
