



Step 3: Align and Flourish

Once you complete the LifeLine in step 2, notice where you have highs and lows. How did you move from low to high? Identify 3 specific actions.

1. _____
2. _____
3. _____

What is happening in your life right now? What highs and lows are you experiencing?

How are your own perfectionism or defined measures of success determining what is a high and what is a low?

Which measures of success are highly aligned with your values?

How might you redefine your highs and lows as learning experiences?

What are the best next steps to take to align with your true self and honor who you are?