

# Alignment Architecture – Self-Alignment Check-In

*A brief reflection to identify drift, restore structure, and return to integrity.*

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## 1. PAUSE & ORIENT

Take one slow breath in. Longer breath out.

Ask yourself: **“Where do I feel off, strained, or scattered right now?”**

Write one word:

## 2. NAME THE VALUE

What value feels most relevant in this moment?

- Integrity    Clarity    Rest    Honesty    Peace  
 Courage    Care    Other: \_\_\_\_\_

**This value matters to me because:**

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## 3. CHECK THE STRUCTURE

Answer honestly. No fixing yet.

- My current choices support this value.    Yes    Somewhat    No
- My schedule reflects this value.    Yes    Somewhat    No
- My boundaries protect this value.    Yes    Somewhat    No

**Where do I notice drift?**

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#### 4. IDENTIFY THE GAP (NOT THE FLAW)

Complete this sentence:

“I’m not misaligned because I’m failing – I’m misaligned because my structure is missing \_\_\_\_\_.”

#### 5. REBUILD ONE SUPPORT

Choose **one** small adjustment.

- A boundary     
  A decision   
  A daily practice   
  A conversation  
 Rest/recovery   
  Support or help

**One aligned action I can take today:**

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#### 6. LOAD-BEARING TRUTH

Choose one sentence to carry pressure:

- “No is safe.”   
  “Clarity matters more than comfort.”   
  “Rest is responsible.”  
 “I don’t need permission to align.”                     
  My own truth: \_\_\_\_\_

#### 7. CLOSE WITH INTEGRITY

Complete one line: **Today, alignment looks like:**

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#### DECLARATION

*My values deserve structure. I can repair without shame. I return to alignment one choice at a time.*