

Alignment Architecture

60-Second Reset

Pause. Take one slow breath in. Longer breath out.

Name what matters. Quietly ask: *“What do I value in this moment?”*

Let one word surface.

Notice the structure.

Ask gently: *“Is my next choice supporting that value... or drifting away from it?”*

No judgment. Just clarity.

Stabilize. Soften your shoulders. Feel your feet. Lengthen your exhale.

Choose. Ask: *“What is one small action that aligns with this value right now?”*

Let it be simple. Let it be doable.

Anchor. Say quietly: *“I build alignment one choice at a time.”*

Proceed. Move forward from structure, not pressure.

Optional one-line reflection

I returned to alignment when I _____.

Personal Notes: