

SELF-ALIGNMENT CHECK-IN

A one-page reflection tool to clarify what's misaligned—and what needs support (Presence-Driven).

1) ARRIVE (30 seconds)

One breath in. One breath out. Ask: **“What is true for me right now?”**

2) QUICK SCAN (circle or type)

Body (energy / tension): Low / Medium / High Notes: _____

Emotions (dominant): _____ Intensity (1-5): 1 2 3 4 5

Mind (looping thoughts): _____

Theme (fear / control / approval / scarcity / other): _____

Spirit / meaning (connection): Disconnected / Neutral / Connected

Notes: _____

3) ALIGNMENT COMPASS (check the boxes)

Values: Clear Mixed Foggy

Voice: Free Filtered Silent

Boundaries: Strong Leaking Collapsed

Choices: Aligned Half-aligned Reactive

Energy: Supported Strained Drained

Connection: Safe Unclear Performative

4) NAME THE MISALIGNMENT (one honest sentence)

SELF-ALIGNMENT CHECK-IN

Right now, I am out of alignment because:

5) WHAT NEEDS SUPPORT? (fill in)

A boundary I need:

A truth I need to name:

A rest/reset I need:

A next step (small + doable):

PRESENCE CLOSE

“I can return to myself. One honest choice at a time.”

Other Notes: