

THE ALIGNMENT AUDIT

Where Peace Meets Productivity

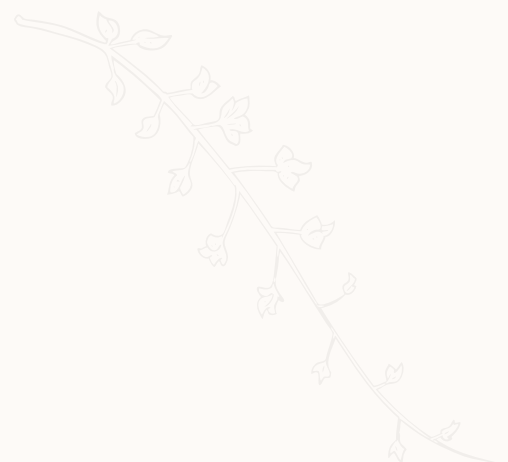
The Hustle Detox

Most people don't burn out because they're lazy – they burn out because they're misaligned. They spend their days doing tasks that look productive but don't move them closer to who they actually want to be.

The Alignment Audit helps you close that gap between intention and execution. It's where structure becomes self-respect.

The Clarity Check

Before we can align anything, we have to know what matters. List your top five priorities in this season – the things that truly matter most. Then, note how much time and energy you actually give them each week.



Priority	Why It Matters	Hours / Energy Given Weekly	Needs More or Less?
Example: Health	I want energy to enjoy my life	3 hrs	More
Example: My business growth	I want stability and freedom	20 hrs	Balanced
Example: Family	I want to be present, not distracted	5 hrs	More

Which of your top priorities are being starved of attention?

Which non-priorities are taking up most of your energy?

The Misalignment Map

1. Think of where your life feels heavy, forced, or draining. Those are usually signs of misalignment.
2. Use the chart below to unpack them.

Area of Life	What Feels Out of Alignment	Why It's Happening	What Needs to Shift
Work	Constantly reacting to things instead of leading	No clear plan or delegation	Create structure & boundaries
Relationships	Feeling unsupported	Not communicating needs	Set expectations & distance from draining people
Self	No time to rest	Overcommitting	Schedule recovery time

Track your weekly energy highs and lows. This helps you identify what gives life vs. what drains it.

Task/Activity	Energy (1-10)	Keeps Me Aligned (Y/N)	Notes
Morning journaling	9	Y	Feels grounding
	3	N	Need more buffer time
	3	N	Replace with reading

Where are you wasting your best energy on things that don't matter?

What can you delegate, delay, or delete?

Meet the Aligned You

Visualize your most successful, peaceful, and confident self. Describe them in detail. This is identity design – clarity gives direction.

Category	Describe the Successful You
----------	-----------------------------

Appearance	
------------	-------

Environment	
-------------	-------

Routine	
---------	-------

Lifestyle	
-----------	-------

Work Flow	
-----------	-------

Appearance	
------------	-------

Mindset & Habits	
------------------	-------

Relationships	
---------------	-------

Car / Space Symbolism	
-----------------------	----------------

What Needs to Shift

You've met the future version of you. Now, identify what must change to meet them halfway.

[illegible]

Micro-Moves Toward Macro Change

Success is built one decision at a time. List three small, consistent actions that bring you closer to your aligned self.

[illegible]

My New Success Standard

“You don’t need to look successful. You need to feel free.”

In one paragraph, define what success means to you now.

Focus on peace, purpose, and progress – not pressure, performance, or perfection.

Fill-in space:

“Success, for me, now means...”

(add lined section or journaling space)

Micro-Commitment Challenge

A small behavioral anchor creates the first neural link between reflection and embodiment.

Mini Challenge:

For the next 7 days, live by your new definition of success.

Each night, ask yourself:

- Did I chase peace or validation today?
- Did I move with purpose or pressure?
- Did I make progress, even if it wasn't perfect?

Alignment Reminder:

- ☐ My schedule reflects my priorities
- ☐ My boundaries protect my peace
- ☐ My work supports my purpose
- ☐ My growth feels sustainable
- ☐ My success feels like me

“When I stopped chasing someone else’s definition of success, I started catching peace.”

“I no longer need to prove. I just need to align.”

You’ve detoxed the noise and met the real you.

Now let’s translate that clarity into action.

Explore the next tool: **The Alignment Audit – where peace meets productivity.**



Re-Alignment Plan

Your Next Right Steps

List 3 small changes that will bring your actions closer to your values.

Alignment Action	Why It Matters	When I'll Start
Block off one day for CEO work	Creates clarity	Monday
Unfollow accounts that trigger comparison	Protects focus	Today
Schedule daily walk	Boosts energy	Tomorrow

“Peace isn’t found — it’s protected.”

The Alignment Scorecard

(Quick self-assessment you can repeat monthly.)

Rate yourself 1–5 for each category, where 1 = completely misaligned and 5 = fully aligned.

Rate yourself 1–5 for each category, where 1 = completely misaligned and 5 = fully aligned.

Category	1	2	3	4	5
My daily actions match my priorities	☐	☐	☐	☐	☐
My business feels purposeful, not pressured	☐	☐	☐	☐	☐
My energy supports my goals	☐	☐	☐	☐	☐
My rest is intentional, not guilty	☐	☐	☐	☐	☐
My decisions come from peace, not panic	☐	☐	☐	☐	☐

Total your score and reflect.

What's one small adjustment you can make this week to improve by one point?

Integration & Closing Reflection

Alignment isn't about perfection – it's about proximity.

Each day, ask yourself: “Am I living closer to the person I said I wanted to be?”

Mini Affirmation Bank:

Use one daily for 7 days:

1. My structure honors my peace.
2. I'm not behind – I'm aligning.
3. My schedule reflects my values.
4. I move with clarity, not chaos.
5. My boundaries are bridges to peace.
6. My energy is sacred.
7. I'm building success that feels good inside.

