THE ALIGNMENT SCORECARD

Discover Where You Are Living Deliberately and Where You May Be Running on Autopilot

A simple check in to help you pause and notice where life feels good, where something might feel a little off and where you might want to make some changes.

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Helping people move from default to deliberate.

Before You Begin

Most of us don't wake up one morning and consciously choose a life that feels disconnected, unfulfilling or out of alignment.

Instead, it happens gradually.

We take on responsibilities, meet expectations, wWe get busy and just keep going and before we know it, we have drifted away from the things that matter most to us.

This scorecard is an opportunity to pause and check in.
Not to judge or criticise yourself, but simply to notice.

As you work through this guide, ask yourself:

Am I living deliberately, or have I drifted onto autopilot without even noticing?

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Your Alignment Assessment

Rate each area of your life from:

1 = Not Aligned At All
10 = Fully Aligned

Do not overthink it.
Go with your first instinct.

Purpose & Meaning I feel connected to a sense of purpose and direction in my life.	Score
Work & Career The work I do feels meaningful and aligned with who I am.	Score
Relationships My relationships are supportive, authentic and fulfilling.	Score
Health & Wellbeing I prioritise my physical, mental and emotional wellbeing.	Score
Personal Growth I am continuing to learn, grow and develop.	Score
Fun & Enjoyment I make time for things that genuinely bring me joy.	Score
Self-Expression I feel free to be myself and express who I really am.	Score
Daily Choices The way I spend my time reflects what matters most to me.	Score

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A Moment of Reflection

1 The area of my life where I currently feel most aligned is:

2 The area of my life where I currently feel least aligned is:

3 If I could make positive changes in just one area over the next six months, it would be:

4 One small deliberate action I could take this week is:

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A Final Thought

Alignment is not about creating a perfect life, but about creating a life that feels more like yours.
A life that feels right for you, where what matters most is not constantly being pushed to the bottom of the list.
A life where you are making choices more intentionally and spending less time running on autopilot.
So the question we should ask is not:
"What's wrong with my life?"
The better question is:
"Am I living deliberately, or have I drifted onto autopilot without even noticing?"

Ready To Explore This More Deeply?

Closing the Alignment Gap™ is a practical workshop designed to help you:

- Identify where misalignment exists
- Reconnect with what matters most
- Gain clarity and direction
- Take meaningful next steps

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