

Expression & Joy

Alignment Assessment

Both alignment and misalignment are part of the human experience. Misalignment doesn't mean failure — it's a signpost pointing to where growth is calling you. Alignment isn't perfection either — it's the daily practice of living closer to your values and truth.

The statements that follow are here to help you notice patterns. Some may feel familiar, others less so. They aren't labels, but gentle mirrors — showing where you may already be strong, and where you may be invited to grow.

Awareness is only the first step. Real change happens choice by choice, in the way you respond to everyday moments. That's why you'll also find Everyday Alignment Practices — simple, practical steps to help shift from misalignment toward greater balance and clarity.

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Misaligned

- I hold back my creativity or self-expression out of fear of judgment.
- I use humour or charm to cover up deeper feelings I don't want to face.
- I avoid vulnerability by keeping conversations light or superficial.
- I scatter my energy, starting projects without finishing them.
- I use gossip or distraction instead of expressing myself authentically.

Aligned

- I express myself with honesty and creativity, even when it feels vulnerable.
- I find joy in communication that feels authentic and uplifting.
- I use my imagination in ways that inspire and connect with others.
- I bring lightness and optimism without avoiding depth.
- I allow play and creativity to fuel my sense of purpose.

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Everyday Alignment Practices

Change doesn't happen overnight — it's built one choice at a time. Every decision to express yourself openly, instead of hiding behind fear or distraction, strengthens your alignment. These small practices can help you shift from misalignment toward a more authentic and joyful sense of self.

- **Create without judgment.** Set aside 10 minutes to write, draw, sing, or move — not for perfection, but simply to express.
- **Name your feelings.** When tempted to gloss over emotions, pause and say, *"Right now I feel..."* This builds honesty with yourself and others.
- **Finish one thing.** Choose a small creative project and see it through to completion — proving to yourself that your voice and ideas matter.
- **Share something real.** Instead of defaulting to humour or small talk, offer one genuine thought or story in conversation.
- **Speak with integrity.** If you catch yourself gossiping, shift to expressing your own experience instead of someone else's.