

Independence & Identity

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 rely on others' approval before making decisions.
- I avoid responsibility for my choices and blame circumstances or people around me.
- I struggle to take initiative and wait for others to lead the way.
- I define myself by how others see me, rather than by my own sense of self.
- I isolate from others out of pride or mistrust, mistaking it for independence.

Aligned

- I make choices that reflect my true self, even when others disagree.
- I take initiative and lead when it feels needed, without waiting for permission.
- I trust my instincts and am willing to take risks in alignment with my values.
- I balance independence with connection, valuing input without losing myself.
- I stand in my identity with clarity, knowing who I am and what I believe.

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Everyday Alignment Practices

Change doesn't happen overnight — it's built one choice at a time. Every decision to act from your truth, instead of from fear or dependence, strengthens your alignment. These small practices can help you shift from misalignment toward a steadier sense of self.

- **Practice decision-making.** Start with something small — what to eat, what to wear — and choose based on what *you* want, not what you think others expect.
- **Own your choices.** When something goes wrong, resist the urge to blame. Ask, *"What part of this is mine to take responsibility for?"*
- **Take initiative daily.** Pick one thing each day where you act without waiting for permission — send the email, make the plan, take the first step.
- **Define yourself inwardly.** Write down three qualities you value in yourself that have nothing to do with others' opinions. Revisit them often.
- **Stay connected, not isolated.** Reach out to someone you trust, not for validation, but to share who you are becoming. True independence grows alongside connection.