

Completion

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 resist endings, holding onto jobs, relationships, or habits long past their time.
- I replay old hurts or regrets, unable to move forward.
- I avoid closure, leaving situations unresolved.
- I carry resentment, refusing to forgive myself or others.
- I identify so strongly with the past that I miss opportunities in the present.

Aligned

- I view endings as a natural part of growth, not as failures.
- I release what no longer serves with clarity and grace.
- I forgive and let go, creating space for new beginnings.
- I honour the lessons of the past without clinging to them.
- I close chapters fully, allowing life to move forward with openness.

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Everyday Alignment Practices

Change doesn't happen all at once — it's the result of small, intentional steps toward release. Each choice to let go of what no longer serves creates space for renewal and growth. These practices can help shift you from resistance into freedom.

- **Practice conscious release.** Choose one small thing you've been holding onto — an item, a habit, or an outdated belief — and take one clear step to move it out of your life. That could mean donating the item, replacing the habit with a healthier one, or writing the belief down and then crossing it out as a signal you're choosing differently.
- **Acknowledge endings.** When something comes to a close, mark it with a simple ritual: write about what you learned, or light a candle to honour its role in your journey.
- **Reframe forgiveness.** Remind yourself that forgiving doesn't mean excusing; it means freeing yourself from the weight of the past.
- **Stay present.** When your mind drifts to old regrets, gently bring your focus back to one thing you're grateful for today.
- **Create closure.** Tie up loose ends where you can — return the call, finish the task, have the conversation — so you aren't carrying unfinished business.