

Power & Manifestation

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 tie my worth only to outcomes, productivity, or achievement.
- I pursue success at the expense of my integrity.
- I seek control or domination rather than collaboration.
- I neglect balance and become consumed by work or ambition.
- I avoid leadership, doubting my ability to influence or make an impact.

Aligned

- I use ambition and influence in ways that align with my values.
- I pursue goals with resilience and integrity.
- I balance achievement with deeper purpose.
- I root my self-worth in who I am, not in what I achieve.
- I manifest opportunities by combining vision, effort, and trust in the process.

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Everyday Alignment Practices

Change doesn't happen overnight — it's built one choice at a time. Every decision to act with integrity, balance ambition, and honour your self-worth beyond outcomes strengthens your alignment. These small practices can help you shift from misalignment toward a healthier relationship with power and success.

- **Redefine success.** Write down ways you feel proud of yourself that aren't tied to productivity or external results.
- **Act with integrity.** Before making a choice, pause and ask, "Does this align with my values?"
- **Balance ambition with rest.** Schedule downtime as intentionally as you schedule goals.
- **Practice collaborative leadership.** Invite others' perspectives instead of carrying control alone.
- **Affirm your worth.** Remind yourself: *My value is inherent — it exists regardless of achievement, recognition, or outcomes.*