

Your Alignment

Workbook

A guided workbook for reflection,
awareness, and intentional growth.

SELF-GROWTH JOURNEY

Your Alignment

At times, life can begin to feel disconnected, scattered, or out of balance without us fully understanding why. We may continue moving forward, meeting responsibilities, and doing what needs to be done, while quietly feeling farther away from ourselves, our values, or the life we genuinely want to live.

Alignment is often the feeling that what you believe, value, want, and do are moving in the same direction.

Not perfectly. Not constantly.

But honestly enough that your life feels more connected, grounded, and true to who you are.

This workbook is an invitation to slow down and gently explore where your life currently feels aligned—and where it may not.

Not to judge yourself harshly.

Not to force immediate change.

But to notice what feels supportive, meaningful, draining, disconnected, or out of harmony within your life right now.

As you move through these pages, you may begin to notice patterns in your choices, habits, priorities, relationships, energy, and daily routines.

Some reflections may feel clarifying and grounding. Others may reveal tension, imbalance, or areas that need more attention and honesty. That's completely okay.

Sometimes awareness itself becomes the beginning of meaningful change.

Take what resonates.

Leave space for uncertainty.

Return to anything that feels important.

This is not about building a perfect life.

It's about becoming more aware of what feels true and aligned for you.



Exploring Your Alignment

You've taken the time to identify the direction you want to move toward.

This next step focuses on how the different parts of your life—your values, strengths, skills, habits, and passions—connect to that direction.

As you move through these pages, consider what already supports your goals consistently, and where gaps, friction, or opportunities for growth may still exist.

Often, greater clarity comes from seeing how the pieces fit together more fully.



Values Alignment

Look at your goals through the lens of your core values.

Which values already support this direction consistently?

Which values may require more conscious attention, prioritization, or alignment moving forward?

#1 Goal: _____

Supporting Values	Values to Strengthen

#2 Goal: _____

Supporting Values	Values to Strengthen

#3 Goal: _____

Supporting Values	Values to Strengthen



Resources Alignment

Look at your goals and reflect on what you already have that can support you. You may notice strengths, skills, or passions that naturally align with this direction. You may also notice areas where growth could make things easier. Just observe what stands out.

#1 Goal: _____

Supporting Strengths	Supporting Skills

Supporting Passions	Areas to Grow

Areas I'd like to strengthen

-
-
-

Skills I'd like to develop further

-
-
-

Passions I'd like to give more space to

-
-
-



Resources Alignment

Look at your goals and reflect on what you already have that can support you. You may notice strengths, skills, or passions that naturally align with this direction. You may also notice areas where growth could make things easier. Just observe what stands out.

#2 Goal: _____

Supporting Strengths	Supporting Skills

Supporting Passions	Areas to Grow

Areas I'd like to strengthen

-
-
-

Skills I'd like to develop further

-
-
-

Passions I'd like to give more space to

-
-
-



Resources Alignment

Look at your goals and reflect on what you already have that can support you. You may notice strengths, skills, or passions that naturally align with this direction. You may also notice areas where growth could make things easier. Just observe what stands out.

#3 Goal: _____

Supporting Strengths	Supporting Skills

Supporting Passions	Areas to Grow

Areas I'd like to strengthen

-
-
-

Skills I'd like to develop further

-
-
-

Passions I'd like to give more space to

-
-
-

Continue Your Journey

Thank you for taking the time to reflect on the areas of your life that feel aligned, disconnected, supportive, or out of balance.

Alignment is not something we achieve once and hold perfectly forever.

It often shifts as life changes, priorities evolve, and our understanding of ourselves continues to deepen over time.

Some of what you explored in these pages may already feel grounded and deeply connected to who you are. Other parts may reveal areas that need more honesty, attention, adjustment, or care moving forward.

Small moments of awareness and intentional change can begin to create a stronger sense of clarity, connection, and direction over time.

If something in these pages resonated with you, you may want to continue exploring the broader Self-Growth Journey Blueprint, along with additional guided workbooks and reflective resources available through SGJ.

Take what feels helpful.
Leave what doesn't.
Return whenever you need to.

Explore the Full Blueprint:

sgjourney.life/blueprint

Additional printable tools, planning pages, and guided growth resources are available online.

selfgrowthjourney.life