



02 OUT OF ALIGNMENT

Where does the way I am living contradict what I actually value, want, or know?

Use these prompts if helpful:

- Where am I breaking my word to myself?
- Where are my actions inconsistent with my values?
- Where am I living according to someone else's expectations?
- What do I already know needs to change?



03 DEPLETED

Where does my body or nervous system simply need recovery, space, movement, sleep, or stillness?

Use these prompts if helpful:

- Am I actually rested?
- What does my body need more of: sleep, movement, nourishment, recovery, solitude, nature, or play?
- Where am I overstimulated or constantly available?
- Is my life wrong - or am I simply exhausted?



CALLING ME

What makes me feel alive? What wants to be built, experienced, repaired, or pursued?

Use these prompts if helpful:

- What am I genuinely looking forward to?
- What part of myself needs to come alive again?
- What adventure, mission, relationship, creation, service, or challenge keeps calling me?
- If I created more life instead of merely eliminating pain, what would I create?



FROM AWARENESS TO ACTION

Truth without action becomes another story. Decide what needs to be carried, changed, released, and reclaimed.

WHAT MUST I CARRY?

Which responsibilities are difficult but meaningful - and still mine to carry?

WHAT MUST I CHANGE?

What is within my control that I am no longer willing to tolerate?

WHAT MUST I RELEASE?

What obligation, resentment, expectation, habit, or false responsibility needs to be put down?

WHAT MUST I RECLAIM?

What brings me alive that deserves a deliberate place in my life again?

MY NEXT CLEAN ACTION

What is one specific action I will take in the next 24 hours to move toward greater alignment?

**Tell the truth. Own what is yours. Change what you can. Carry what matters.
Build something worthy of another day.**