

Life Categories: Alignment Check

Notice Where You Are



Before setting intentions, take a moment to honestly observe where your life currently stands. There is no need to judge or fix anything here.

This reflection simply creates awareness - your starting point for the year ahead. For each life area, notice what feels supportive, challenging, or ready for change. Rate each area from 1-5 to represent your current level of satisfaction or alignment.

Self & Inner Growth

Self-awareness, mindset, emotional well-being, habits, intuition, values

- How do I currently feel about my relationship with myself?
- What inner patterns or beliefs are most present right now?
- What personal growth feels important this year?
- Other thoughts:

Current satisfaction rating (1-5): _____

Health & Energy

Physical health, sleep, movement, nourishment, mental health, stress levels

- How would I describe my overall energy and well-being?
- What habits support my health?
- Where do I feel depleted or out of balance?
- Other thoughts:

Current satisfaction rating (1-5): _____

Relationships & Connection

Family, friendships, romantic relationships, community, communication

- Which relationships feel supportive and nourishing?
- Are there connections that need attention or boundaries?
- How connected do I currently feel to others?
- Other thoughts:

Current satisfaction rating (1-5): _____

Vocation & Contribution

Career direction, meaningful work, productivity, purpose, impact

- How do I feel about my work or daily contribution?
- Where do I feel fulfilled or challenged?
- What direction or change feels meaningful?
- Other thoughts:

Current satisfaction rating (1-5): _____

Creativity & Expression

Art, writing, hobbies, play, imagination

- How present is creativity in my life right now?
- What activities bring me joy or inspiration?
- What creative desire has been waiting for attention?
- Other thoughts:

Current satisfaction rating (1-5): _____

Home & Environment

Living space, work space, organization, comfort, routines, sense of sanctuary

- Does my environment support how I want to live?
- What aspects of my space feel nourishing?
- What changes would improve my daily environment?
- Other thoughts:

Current satisfaction rating (1-5): _____

Money & Resources

Financial habits, spending awareness, earning, stability, generosity

- How do I currently feel about my financial situation?
- What habits support financial wellbeing?
- What changes would create more stability or ease?
- Other thoughts:

Current satisfaction rating (1-5): _____

Time & Freedom

Use of time, spaciousness, balance, rest, flexibility, priorities

- Does my schedule reflect what matters most to me?
- Where do I feel rushed or overwhelmed?
- Where do I experience spaciousness or freedom?
- Other thoughts:

Current satisfaction rating (1-5): _____

Looking at these life categories:

What stands out most to me right now?

Where do I feel the greatest sense of alignment?

Which area is asking for attention in the coming months?

What feelings or words would I like to guide this year?

Word or intention for the year:

