

LIVING FROM ALIGNMENT REFLECTION WORKSHEET

A Mindfully Recharged Reflection Guide by Mariana Thomas

This worksheet will help you identify where you're aligned, where you're negotiating with yourself, and how to move forward with clarity instead of pressure.

Where Am I Acting From?

Where in my life do decisions feel calm and clear right now?

Where do I feel internal resistance or negotiation?

Am I saying yes because it feels right — or because it feels expected?

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Alignment Check

For each current commitment, ask:

Does this reflect who I am now?

Would I choose this again today?

Does this expand me or drain me?

Write your observations:

Quiet Adjustment

What is one small adjustment I can make this week to move from pressure into alignment?
(Example: delaying a decision, saying no, having an honest conversation, resting)

Closing Prompt

Alignment doesn't require a dramatic life change.

It requires honest choices.

What is one honest choice I'm ready to make?

Signature:

_____ (because commitment hits different when you sign it)