



THE WEEKLY ALIGNMENT CHECK

BELIEVE • BECOME • BE

A week that fits you.

Use at the beginning or end of your week. This is a reflection prompt, not a scored assessment.

01 PRIORITIES: What mattered, what happened, and what needs attention?

02 BOUNDARIES: What can I realistically commit to? What needs a limit?

03 ONE COMMITMENT: What will I do, when, and what is my smaller fallback?

ONE NEXT STEP

Choose a review time. Measure what you did and learned, not your worth.