



The Alignment Practice

A 3-step process for choosing alignment over familiarity.

Familiarity can feel like alignment, but they are not the same. We often mistake what is “practiced” for what is “true” because the known path feels safer. This process helps you distinguish the safety of the past from the clarity of who you are becoming.

The 3-Second Pause:

Before responding, pause and breathe for three slow, deep breaths. Inhale 4 counts. Exhale 7 counts. Feel the support of the chair or the ground beneath your feet. Presence is where alignment begins.

1. THE SIGNAL | PAUSE

What signals are showing up in your body or in your schedule?

- ☐ Am I over-explaining a boundary or managing others’ feelings instead of honoring my choice?
- ☐ Am I staying busy with manageable “safe” tasks while the aligned action waits beneath the busyness?
- ☐ Am I feeling a tightness or urgency in my body even when nothing on my calendar warrants it?

2. THE SPACE | EXPLORE

There are no wrong answers here. Write whatever surfaces first. That’s the signal.

What feels familiar but costs your peace or energy?

What feels risky, but fundamentally aligned?

3. THE INTEGRATION | EVOLVE

The next aligned step is rarely dramatic. It is usually the one we’ve been postponing because it feels unfamiliar rather than practiced. That is often the signal that it’s the right one.

The next aligned step I will take:

