

Alignment & Energy Reflections

Use this reflection and tracker set to notice how your values and energy interact throughout the week. There's no right or wrong way to do this—write as much or as little as you'd like. It's simply a way to bring awareness to moments when you feel aligned or pulled off course.

Section 1: Quick Reflection Prompts

- When I feel most aligned with my values, I notice...
- One value that's guiding my choices this week is...
- A recent situation that tested my values was...
- What helped me stay true to myself in that moment?
- What I'd like to remember next time I feel pulled away from my values...

Section 2: Energy & Integrity Tracker

Use the chart below to note moments or activities from your week. Rate how aligned you felt with your values and how your energy shifted after.

Date	Moment / Activity	Alignment (1–10)	Energy After (– / = / +)	Notes / Observations

Tip: At the end of the week, look for any patterns. When does alignment boost your energy? When does misalignment drain it? This awareness can guide small, intentional changes toward living in line with your values.