

Life Alignment Journal

What is a Life Alignment Journal?

A look at each area of your life to see to what extent you are living a full expression of your true self.

The Value of a Life Alignment Journal

You're satisfied, fulfilled, and excited when your life is a true expression of who you really are, in each area of your life.

How To Do It

For each area on the Life Alignment Wheel, you will write quickly and “automatically” to answer three questions:

- What's present now (in this area of my life)?
- What does the future look like (in this area of my life) if I continue on the “current trajectory”?
- What would I like the future to be (in this area of my life)?

Use the pages that follow to write quickly about each area.

Life Area: Home

What's present now (in this area of my life)?

What does the future look like (in this area of my life), if I continue on the “current trajectory”?

What would I like the future to be (in this area of my life)?

Life Area: Family

What's present now (in this area of my life)?

What does the future look like (in this area of my life), if I continue on the "current trajectory"?

What would I like the future to be (in this area of my life)?

Life Area: Primary Relationship

What's present now (in this area of my life)?

What does the future look like (in this area of my life), if I continue on the "current trajectory"?

What would I like the future to be (in this area of my life)?

Life Area: Friends and Community

What's present now (in this area of my life)?

What does the future look like (in this area of my life), if I continue on the "current trajectory"?

What would I like the future to be (in this area of my life)?

Life Area: Play

What's present now (in this area of my life)?

What does the future look like (in this area of my life), if I continue on the "current trajectory"?

What would I like the future to be (in this area of my life)?

Life Area: Work

What's present now (in this area of my life)?

What does the future look like (in this area of my life), if I continue on the “current trajectory”?

What would I like the future to be (in this area of my life)?

Life Area: Finance

What's present now (in this area of my life)?

What does the future look like (in this area of my life), if I continue on the “current trajectory”?

What would I like the future to be (in this area of my life)?

Life Area: Fitness

What's present now (in this area of my life)?

What does the future look like (in this area of my life), if I continue on the “current trajectory”?

What would I like the future to be (in this area of my life)?

Life Area: Learning and Creativity

What's present now (in this area of my life)?

What does the future look like (in this area of my life), if I continue on the “current trajectory”?

What would I like the future to be (in this area of my life)?

Life Area: (your custom-defined area)

What's present now (in this area of my life)?

What does the future look like (in this area of my life), if I continue on the “current trajectory”?

What would I like the future to be (in this area of my life)?

