ALIGNMENT AUDIT

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The Alignment Audit

5 Self-Love Shifts to Unlock Abundance

Manifestation begins with alignment. Whenyour innerworld mirrors the energy of what you wish to attract, abundance flows effortlessly. Use this mini-guide to assess your current state, implement powerful mindset shifts, and align with the life you truly desire.

✨Quick Self-Assessment: Are You Aligned with Abundance?

🧭How to Complete This Assessment

1. **Read each statement carefully.** These are behaviors and beliefs that reflect alignment with abundance.
2. **Check the box** next to each statement that truly describes you most of the time (be honest and kind to yourself).
3. **Tally the number of boxes you checked.** Use the scoring guide to reflect on where you are right now.

✅ Check All That Apply:

- [ ] I speak kindly and encouragingly to myself, even during tough times.
- [ ] I wake up feeling calm, hopeful, or excited about the day ahead.
- [ ] I have clear and simple rituals that help me feel grounded and centered.
- [ ] I believe I am worthy of receiving love, success, and abundance—just as I am.
- [ ] I take consistent action that reflects the life I want to create.
- [ ] I pause regularly to check in with how I feel emotionally.
- [ ] I make choices based on inner alignment rather than external pressure.

🔍Scoring Guide:

- **6–7 checks:** You're in strong alignment—keep flowing and deepening the connection.
- **3–5 checks:** You're on the path—use this guide to strengthen your energetic alignment.
- **0–2 checks:** You're ready for a powerful realignment—start small and stay consistent.

Use this as a compassionate check-in, not a judgment. Awareness is your first step to transformation.

✨Mini Quiz: What's Blocking Your Abundance Flow?

Answer the following and tally your score:

1. How often do you speak kindly to yourself?

   A. Always (3 pts)
   B. Sometimes (2 pts)
   C. Rarely (1 pt)

2. How connected do you feel to your purpose or vision?

A. Very clear and connected (3 pts)
B. Somewhat clear (2 pts)
C. Confused or disconnected (1 pt)

3. When things go wrong, your first reaction is:

A. Pause and reflect with compassion (3 pts)
B. Blame yourself or overthink (2 pts)
C. Ignore it or spiral emotionally (1 pt)

4. Do you have daily self-care rituals?

A. Yes, and I protect them (3 pts)
B. Occasionally, when I have time (2 pts)
C. Not really (1 pt)

5. When making decisions, you usually:

A. Tune into what feels aligned (3 pts)
B. Consider what others expect (2 pts)
C. Act out of pressure or habit (1 pt)

Your Score: - **13–15:** You're highly aligned! Keep nurturing your self-love and presence. - **9–12:** You're making progress, but there's room for deeper self-connection. - **5–8:** Time to slow down, tune in, and realign your energy and mindset.

✨Shift #1: From Self-Doubt→ to Self-Loyalty

Why it matters:
Manifestation is rarely blocked by failure—it's blocked by self-abandonment.

Try this:
When your inner critic surfaces, pause and ask: "What would I say to my best friend right now?" Then speak that kindness to yourself.

Mini Affirmation:
"I back myself, even when I'm unsure."

✨Shift #2: From Scarcity Focus→ to Gratitude Mindset

Why it matters:
What you focus on expands. Gratitude shifts your frequency into receiving mode.

Try this:
Each morning, write down three things you're grateful for that already exist in your life.
Mini Affirmation:
"What I have is already enough. And more is on the way."

✨Shift #3: From Chaos→ to Ritualized Self-Care

Whyit matters:
Rituals soothe the nervous system and establish energetic consistency.

Try this:
Choose one 5-minute ritual to start or end your day. Examples: breathwork, tea, stretching, journaling.
Mini Affirmation:
"I honor myself through simple, sacred care."

✨Shift #4: From Numbness→ to Emotional Awareness

Why it matters:
Suppressed emotions block your ability to receive. Healing begins with feeling.

Try this:
Once daily, pause and ask: "What am I feeling right now?" Name the emotion without judgment.
Mini Affirmation:
"All my emotions are safe and valid."

✨Shift #5: From Hustle→ to Embodied Ease

Why it matters:
Manifestation flows from inspired action, not burnout. Ease is your superpower.

Try this:
Before beginning any task, ask yourself: "Is this rooted in pressure or purpose?" Choose purpose.

Mini Affirmation:
"I attract with ease because I am in energetic alignment."

✨Daily Alignment Tracker

Day	Self-Loyalty	Gratitude	Ritual	Emotional Check-In	Ease-Driven Action
M					
T					
W					
T					
F					
S					
S					

Check off each shift you practice daily. Remember: Progress = Power.

✨Ready for the Next Step?

Continue on to the Workbook For A Millionaire and start cracking your own codes!

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