

Energy and Alignment Matrix Worksheet

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The Energy and Alignment Matrix

A Relationship Deep Dive Worksheet

The people you surround yourself with influence your standards, your thinking, your confidence, and ultimately the direction of your life. Some relationships energise you. They push you forward, challenge your thinking, and support your growth. Others slowly drain your energy, hold you back, or keep you anchored to an older version of yourself.

This worksheet helps you assess the relationships in your life through the lens of energy, alignment, and growth.

Remember: this exercise is not about judging people. It's about understanding where your energy is going and whether your relationships support the life you are trying to build.

Step 1 - Identify Your Key Relationships

List the people who currently have the greatest influence on your life.

Relationship | Role in My Life | Frequency of Interaction

Name	Relationship	Role in My Life	Interaction Frequency

Step 2 - The Energy and Alignment Matrix

For each relationship, reflect honestly on the following three dimensions.

Energy - Does this relationship give or drain energy?

Alignment - Do our values, direction and pace in life align?

Support - Are they genuinely supportive of my growth and evolution?

Step 3 - Self Reflection

Who do I feel most myself around?

Who do I feel I need to shrink around?

Which relationships feel energising, effortless and uplifting?

Where do I feel unseen, unheard or undervalued?

How am I showing up in these relationships?

Step 4 - The Relationship Mirror

How do I contribute to the energy of the relationships around me?

Do I bring support and encouragement to the people in my life?

Do I treat myself with the same respect I expect from others?

Step 5 - The Alignment Test

Does this relationship support the life I am trying to build?

Write any insights below.

Step 6 – Decide Your Next Action

Relationships to Strengthen

Relationships Requiring Boundaries

Relationships to Redefine

Relationships to Release

Step 7 – The Relationship with Yourself

What do I need to change in how I treat myself?

Final Thought

The people around you shape the direction of your life.

Choose relationships that energise you.

Protect the ones that matter.

Set boundaries where necessary.

And remember that growth sometimes means outgrowing environments that once felt comfortable.