

HOLISTIC AVENUE



Identity Alignment  
*Reflection*

HOW ALIGNED ARE YOUR DAILY CHOICES  
WITH THE PERSON YOU WANT TO BECOME?

A SELF-AWARENESS EXERCISE

# Before You Begin

This is a reflection exercise—not a test or diagnosis. There are no right or wrong answers, only honest ones.

The purpose is to help you notice patterns in how you are currently making choices and moving through life. Noticing is the first step to intentional change.



## A note on seasons of life

If you are in a particularly difficult season—grief, major transition, health challenges, caregiving, your answers may reflect that season rather than your overall patterns. That is okay. Be gentle with yourself. This exercise will be here when the timing feels right.

For the most useful results:

→ Answer based on your typical patterns, not your best or worst days

→ Go with your first instinct

→ Be honest, no one sees this but you

→ Remember: lower scores are not failures, they are information



## How Scoring Works



Each answer has a point value shown in the green box. Add up your points at the end to see where you fall on the spectrum. The score simply helps you identify areas for reflection—it is not a grade or judgment.

# The Reflection



1 If I kept living exactly as I am now for the next few years, I would likely:

4	<b>A)</b> Mostly intentional, my time reflects what matters to me
3	<b>B)</b> A mix, some intentional choices, some autopilot
2	<b>C)</b> Mostly reactive, I respond to what comes at me
1	<b>D)</b> Disconnected, my days do not reflect what I care about

2 If someone observed my typical week, they would see:

4	<b>A)</b> Someone whose actions match what they say matters to them
3	<b>B)</b> Someone making progress in some areas, drifting in others
2	<b>C)</b> Someone busy with activity but unclear on direction
1	<b>D)</b> Someone whose life looks different from what they want

3 When a new opportunity comes up, I usually:

4	<b>A)</b> Can quickly sense whether it fits where I am headed
3	<b>B)</b> Feel interested but need time to figure out if it fits
2	<b>C)</b> Say yes because it seems good, then sometimes regret it
1	<b>D)</b> Feel unsure how to evaluate it without more input

4 The content I consume (social media, videos, podcasts, books) is

4	<b>A)</b> Mostly chosen intentionally to support who I want to become
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3	<b>B)</b> A mix of intentional and whatever catches my attention
2	<b>C)</b> Mostly whatever is in front of me or recommended to me
1	<b>D)</b> Something I have not thought much about

**5** If asked to describe the person I am becoming, I could:

4	<b>A)</b> Paint a fairly clear picture—I have thought about this
3	<b>B)</b> Give a general sense, though some details are fuzzy
2	<b>C)</b> List some goals, but not really describe the person
1	<b>D)</b> Honestly, I am not sure—that is part of why I am here

**6** My current daily habits and routines:

4	<b>A)</b> Were mostly chosen to support the life I want
3	<b>B)</b> Include some intentional choices and some defaults
2	<b>C)</b> Are mostly things I have always done or fell into
1	<b>D)</b> Are something I have not examined closely

**7** When I notice myself comparing to others, I:

4	<b>A)</b> Can usually refocus on my own path fairly quickly
3	<b>B)</b> Sometimes get pulled in but can redirect with effort
2	<b>C)</b> Often feel behind or like others have it figured out
1	<b>D)</b> Frequently compare and it affects how I feel about myself

**8** The gap between who I am now and who I want to become feels:

<b>4</b>	<b>A)</b> Clear and manageable—I can see a path forward
<b>3</b>	<b>B)</b> Visible but uncertain—I see the destination but not all the steps
<b>2</b>	<b>C)</b> Large and unclear—I am not sure how to close it
<b>1</b>	<b>D)</b> Hard to define—I am not sure who I want to become

**9** At the end of most days, I feel:

<b>4</b>	<b>A)</b> Like my time went toward things that matter to me
<b>3</b>	<b>B)</b> Okay—some meaningful moments, some wasted time
<b>2</b>	<b>C)</b> Busy but unsure what I actually accomplished
<b>1</b>	<b>D)</b> Like the day happened to me rather than being shaped by me

**10** If I kept living exactly as I am now for the next few years, I would likely:

<b>4</b>	<b>A)</b> Continue growing toward the person I want to be
<b>3</b>	<b>B)</b> Make some progress but probably plateau in areas
<b>2</b>	<b>C)</b> Stay roughly where I am—moving but not in a clear direction
<b>1</b>	<b>D)</b> End up somewhere different from what I actually want



# Your Score

<b>Question 1:</b>	
<b>Question 2:</b>	
<b>Question 3:</b>	
<b>Question 4:</b>	
<b>Question 5:</b>	
<b>Question 6:</b>	
<b>Question 7:</b>	
<b>Question 8:</b>	
<b>Question 9:</b>	
<b>Question 10:</b>	
<b>TOTAL</b>	<b>/ 40</b>

# What Your Score Reveals

Find your range below. Remember: this is a snapshot of your current patterns, not a fixed trait. Patterns can change with awareness and intention.

## Strong Alignment

Score: 32–40

Your daily choices largely reflect who you want to become. You have a sense of direction and your actions support it. This does not mean everything is perfect—it means you have built a foundation of intentionality.



### Reflection questions:

- What practices or habits have helped me build this alignment?
- Where do I still notice gaps between my intentions and actions?
- How might I deepen or refine my sense of direction?

## Partial Alignment

Score: 20–31

You have some clarity and some intentional patterns, but also areas where you are on autopilot or uncertain. This is very common—most people are here. You likely have goals but may be less clear on the bigger picture of who you are becoming.



### Reflection questions:

- Which areas of my life feel most aligned? Which feel most on autopilot?
- What would help me get clearer on who I am becoming, not just what I want to achieve?
- What is one small shift I could make this week?

## Opportunity for Alignment

Score: 10–19

Your answers suggest you may be in a season of drifting—making choices reactively rather than intentionally, or unclear about where you are headed. This is not a character flaw. Many people reach this point, especially after major transitions or when previous goals no longer fit.



### Reflection questions:

- What might have contributed to this sense of drift? (Transition, burnout, unclear direction?)
- If I imagined feeling more aligned, what would be different?
- What is one question I have been avoiding asking myself?



# Where to Go From Here

This reflection is a starting point, not a destination. The value is in the awareness it creates—noticing patterns is the first step to shifting them.

What surprised me about my answers?

Which question made me pause the longest?

If I could change one pattern I noticed, which would have the biggest impact?

What would it feel like to have more clarity on who I am becoming?



## A Gentle Reminder

Alignment is not about perfection. It is about noticing when you are on autopilot and gently choosing again. It is about having a sense of direction, even a fuzzy one—that helps you navigate choices.

You do not need to have everything figured out. You just need to start paying attention.

