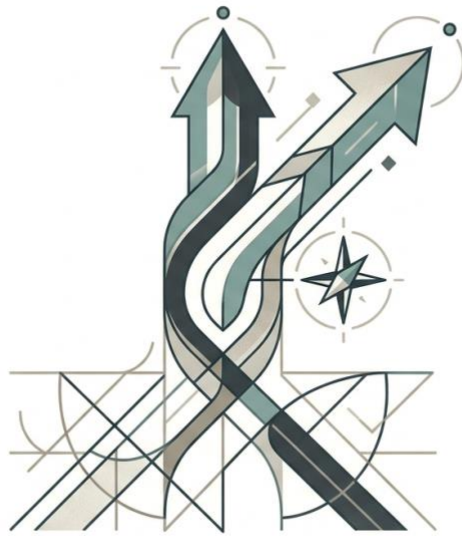




The Alignment Blueprint

The Goal Setting & Daily Planning Workbook



Design a life that fits who you are—not who you think you are supposed to be.



Introduction

Most people don't struggle because they can't set goals. They struggle because they're chasing goals that no longer fit who they are. This workbook helps you find alignment first, then turn that clarity into meaningful action.



Reflection: Where Are You Now?

- What areas of life feel most aligned?
- Where do you feel tension?
- What gives you energy?
- What drains your energy?
- What do you wish looked different in one year's time?



Your Vision

Create a one-paragraph vision for the following:

Life

Career

Wellbeing

Relationships

Purpose



Five-Year Direction

Write your vision.

Prompts:

- Where do I want to be?
- Why does this matter?
- How will life feel?

Finish with one SMART goal.



Two-Year Milestone

Goal	Why it matters	Deadline	Progress



Six-Month Priorities

List three priorities

For each priority outline the following:

Objective

First action

Potential obstacles

Support/accountability



Weekly Alignment Check

Use the checklist below to stay accountable

- ☐ My actions reflected my priorities.

- ☐ I protected my wellbeing.

- ☐ I made progress.

- ☐ I need to adjust.



Daily Intentions

Today's most important task:

Today's biggest distraction:

How I'll protect my energy:

One thing I'll celebrate today: