

# Crafting Your ALIGN™ Manifesto

# From Drifting to Intentional

*This is about how you choose to live next.*

A NOTE BEFORE YOU BEGIN

# Before You Start

## Create Your Space

Find a quiet space where you won't be interrupted.

This is not something to rush.

You might want to write as you go, or come back to this over a couple of days.

Let yourself think honestly here — not about what you *should* want, but what is actually true for you now.

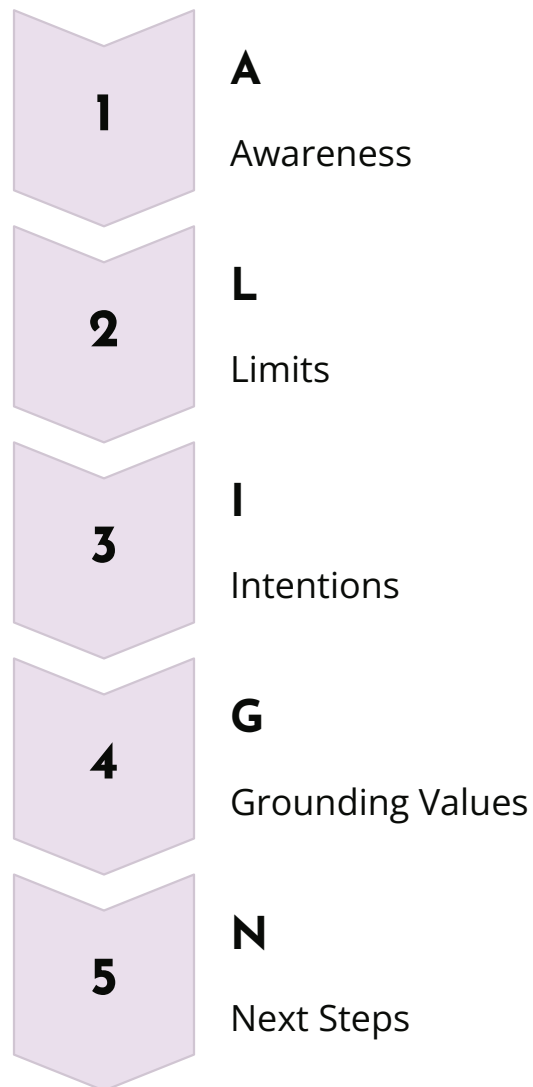
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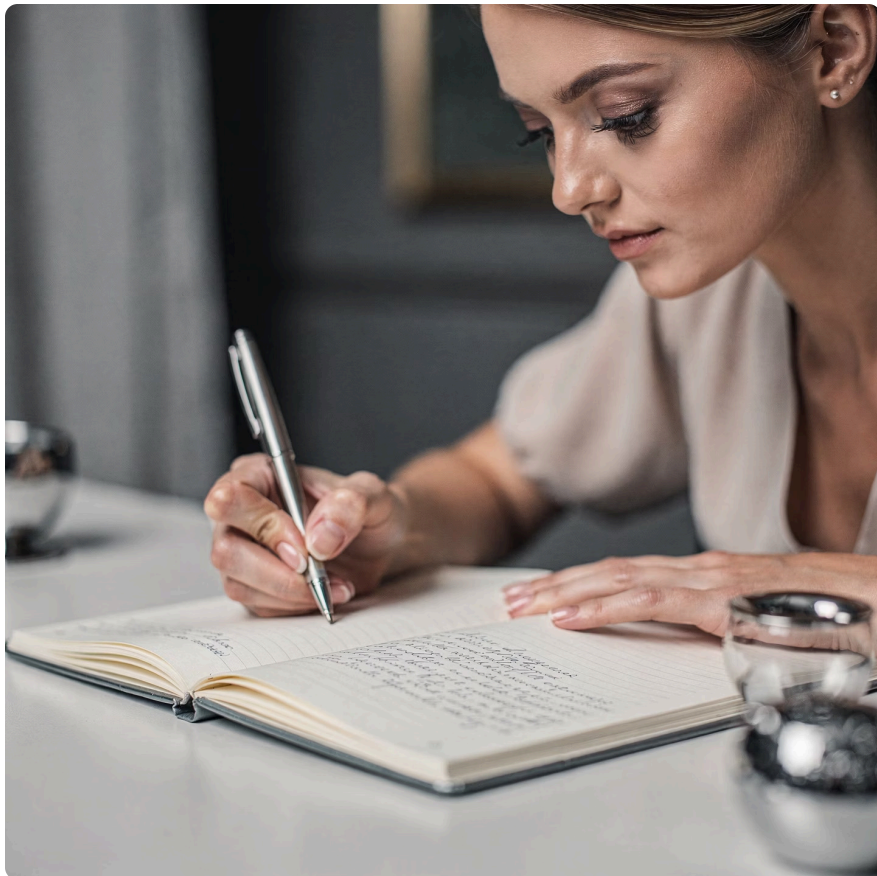


## THE FRAMEWORK

# The ALIGN™ Method

This framework has been designed as a reflective journey — not a checklist. Each letter invites you into a different quality of thought, and together they form the foundation of your personal manifesto. Work through each section at your own pace, returning as often as you need.





👁️ A — AWARENESS

## What Do You Know to Be True?

This first section asks you to pause and look at your life with clear, honest eyes. Not through the lens of who you used to be, or who others expect you to become — but who you actually are, right now, in this season of your life.

Awareness is not about criticism. It is about recognition. Something shifts when you are willing to see things as they genuinely are, rather than as you have long assumed them to be.

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Reflect on these questions:

### What do you know to be true about yourself at this point in your life?

Consider your strengths, your patterns, and the quiet knowing that has grown over years of experience.

### What have you outgrown?

Roles, habits, relationships, beliefs — what no longer reflects who you are becoming?

### What no longer fits – even if it once did?

Some things served you beautifully in an earlier chapter. What is ready to be released with gratitude?

📄 **Your Writing Space** — Take your time here. Write freely, without editing yourself. These words are for you alone.

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# Where Are You Overextending?

There is a particular kind of exhaustion that comes not from doing too much in general, but from giving too much of yourself in the wrong directions. This section invites you to look honestly at where your energy is going — and whether it is going there with your full, conscious agreement.

Setting limits is not a withdrawal from life. It is, in fact, one of the most generous things you can do — for yourself and for those around you. When you know where your edges are, you can show up fully within them, rather than thinly everywhere.

## Where are you currently overextending yourself?

Look at your commitments, your relationships, your daily rhythms. Where is there a quiet but persistent sense of depletion?

## What are you tolerating that is draining your energy?

Tolerations are slow leaks. They rarely feel urgent enough to address — and yet they accumulate. What have you simply been putting up with?

## Where do you need to create clearer limits?

With your time, your energy, or other people — where would a cleaner, kinder boundary actually free you?



**Your Writing Space** — Notice any resistance as you write here. That resistance often points to exactly where your work lies.

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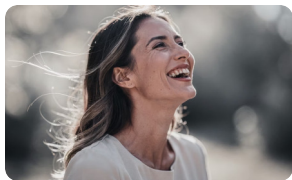
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📍 I — INTENTIONS

# What Do You Want More Of?

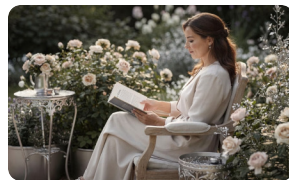
Intentions are not goals. They are not plans, timelines, or strategies. An intention is a quality of life you wish to cultivate — a direction you are choosing to move towards, consciously and with care. This section asks you to set aside practicalities for a moment and listen to what you actually want.

Often, we are so accustomed to organising our lives around other people's needs, external expectations, or inherited ideas of success, that we have lost touch with our own desires. This is your invitation to reconnect with what is genuinely true for you — not what sounds responsible, impressive, or selfless. What do *you* want?



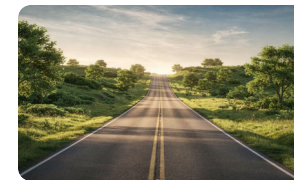
## What do you want more of in your life now?

Not what you think you should want. What genuinely lights something in you when you imagine it?



## What matters most to you – not in theory, but in practice?

The gap between stated values and lived experience is worth examining. What would you choose if you were already living by your own rules?



## If nothing was in your way, what would you choose?

Remove the obstacles in your imagination, even briefly. What remains when the excuses are set aside?

📄 **Your Writing Space** — Write without censoring. This is not a commitment — it is an honest conversation with yourself.

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G — GROUNDING VALUES

# What Do You Stand For?

Values are not aspirational posters on a wall. They are the quiet principles that, when lived, make you feel most like yourself. When you are living in alignment with your values, there is a steadiness — an ease — even in difficult moments. When you are not, there is a low-grade friction that can be difficult to name.

This section asks you to distinguish between the values you have absorbed from others — family, culture, institution — and the ones that feel genuinely, deeply yours. This is not about rejecting your history. It is about choosing consciously what you carry forward.

## What are the values you want to actively live by?

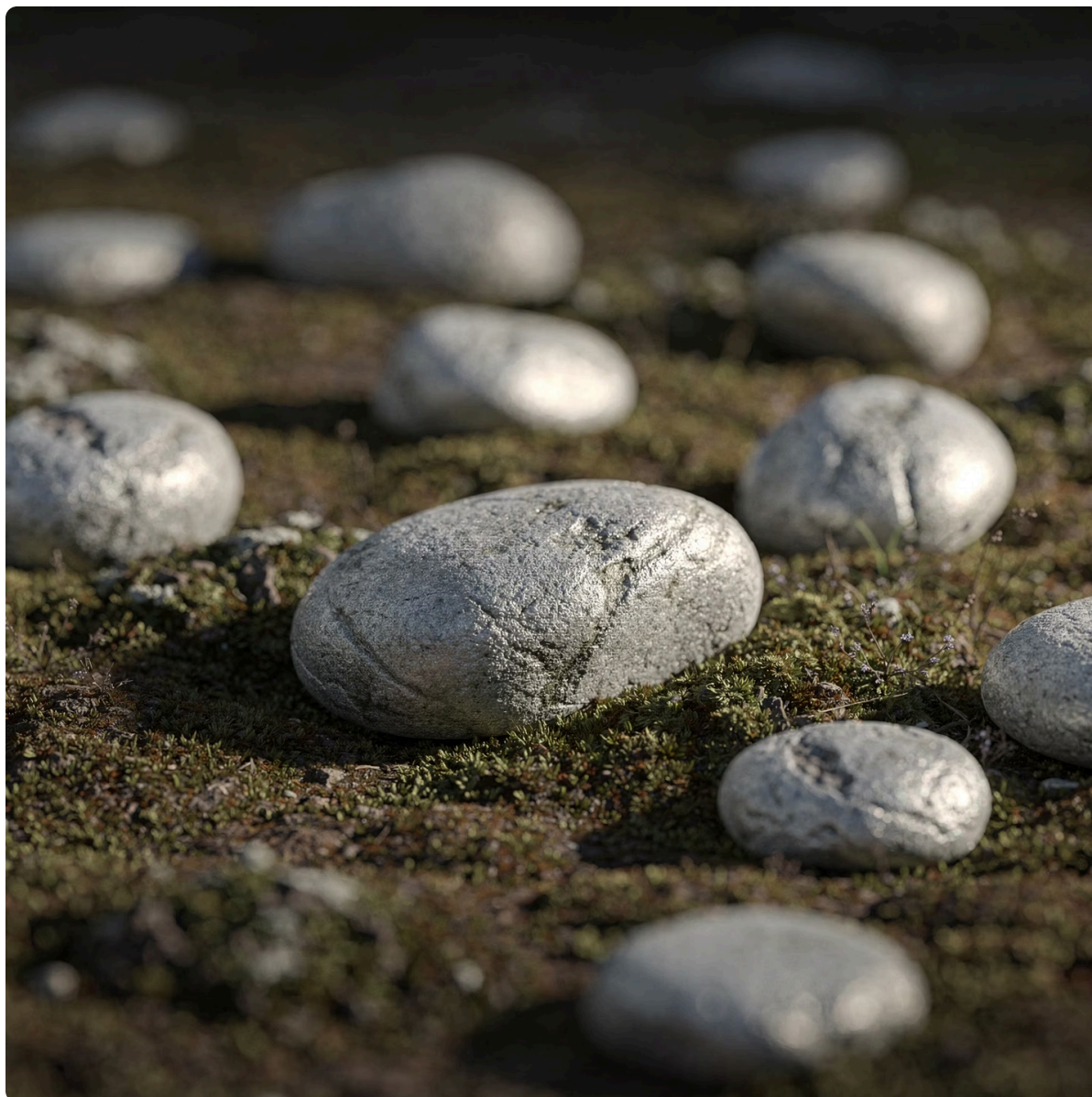
Not the ones you have inherited or performed. The ones that feel solid and true when you sit quietly with yourself.

## Not the ones you've inherited – the ones that feel true for you now.

Which values have you outgrown? Which have deepened with time? This is an evolving list, not a permanent declaration.

## What does living those values actually look like in your day-to-day life?

Values without expression remain abstract. How would someone observing your life see these values in action — in small choices, in how you spend your mornings, in what you say yes to?



**Your Writing Space** — List your values. Then, beside each one, write a single sentence describing what it looks like lived.

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# What Is One Real Step?

This final section of the ALIGN™ framework is perhaps the most important — and the simplest. It is not asking you to transform your life overnight. It is not asking you to write a five-year plan, overhaul your schedule, or make dramatic announcements. It is asking you for one real step.

Not a perfect step. Not a big step. A real one. Something you can actually do, in the life you have right now, with the energy you genuinely have available. The kind of step that, when you take it, tells your deeper self: *I am paying attention. I am willing to move.*

That single act of intentional movement is often what begins everything.



## What is one step you are ready to take?

One step. Real, specific, and genuinely yours. Not what someone else would advise — what you know.

## What are you planning to try next?

A new practice, a conversation, a boundary, a decision. What is already forming in you as you have worked through these pages?

**Your Writing Space** — Name your step. Make it as specific as possible. Write when you will take it.

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## CLOSING REFLECTION

# A Working Manifesto

There is no perfect version of this.

This is a working manifesto — something you return to, refine, and live by.

Because when you are clear on what matters, and willing to act on it,

**you stop drifting — and start leading your life with intention.**

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### Return to it

This manifesto is your living reflection — revisit it periodically, or whenever you feel the pull of drift returning.

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### Refine it

Your answers will change. You will change. Allow this to be a document that grows with you, not a static record of who you were on the day you wrote it.

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### Live by it

The manifesto only has power when it meets action. Not grand, sweeping action — but the quiet, daily choice to honour what you have named as true.

## A Final Note

# Prioritise What Matters

This work is yours. The clarity you find here, the honesty you bring, the steps you choose — none of it belongs to anyone else. This is a premium coaching experience designed with one intention: to help you hear yourself more clearly, and to act on what you hear.

Clarity. Calm. Intention. These are not luxuries. They are the foundations of a life that feels genuinely like your own.

*You already know more than you think you do. Trust what arises.*



### Clarity

Seeing yourself  
honestly

### Calm

Acting from stillness

### Intention

Living by design