

THE ALIGNMENT Assessment

A SELF-ASSESSMENT
TO HELP YOU EVALUATE HOW ALIGNED YOUR LIFE,
ROLES, AND RESPONSIBILITIES ARE.



PURPOSE

This assessment helps you identify areas of alignment and misalignment in key areas of your life so you can make intentional, strategic adjustments.



HOW TO USE

Read each statement and rate yourself honestly using the scale below. There are no right or wrong answers. This is about awareness, not perfection.

SCORING KEY

- 5 = Highly Aligned
- 4 = Mostly Aligned
- 3 = Somewhat Aligned
- 2 = Slightly Aligned
- 1 = Not Aligned

Be honest.
Clarity creates change.

YOUR RESULTS

Add your scores
for each category.

1. _____ /25
2. _____ /25
3. _____ /25
4. _____ /25
5. _____ /25

TOTAL SCORE

_____ /125

WHAT YOUR SCORE MAY MEAN:

105 – 125
Strong alignment.
Keep protecting
your peace and
maintaining your
rhythms.

75 – 104
Moderate alignment.
Some areas need
attention and
adjustment.

50 – 74
Low alignment.
Your current systems
may be creating
stress and
disconnect.

Below 50
Critical misalignment.
Major intentional
changes are needed
for clarity and peace.

RATE YOUR ALIGNMENT

1 2 3 4 5

WHY YOU GAVE YOURSELF THIS SCORE



1. MENTAL & EMOTIONAL CLARITY

- I feel mentally clear and focused most days.
- I can manage stress without becoming overwhelmed.
- I have healthy outlets for processing emotions.
- I make decisions from a place of peace, not pressure.
- I protect my mental and emotional well-being.

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2. TIME & STRUCTURE

- My days have rhythm, routine, and structure.
- I prioritize what matters most.
- I manage my time intentionally.
- I follow through on commitments consistently.
- My calendar reflects my values and priorities.

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3. PURPOSE & ALIGNMENT

- I am clear on my purpose and current season.
- My daily actions align with my long-term vision.
- I feel fulfilled by the work and responsibilities I carry.
- I am moving toward my goals with consistency.
- I am not distracted by things that don't matter.

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4. SPIRITUAL HEALTH

- My relationship with God is a priority.
- I spend consistent time in the Word and prayer.
- I walk in faith, not fear or pressure.
- I honor Sabbath and rest without guilt.
- My faith is reflected in my daily life.

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5. LEADERSHIP, FAMILY & RESPONSIBILITY

- I lead with clarity, patience, and wisdom.
- I balance leadership, family, work, and personal life.
- I have healthy boundaries.
- I have support and don't carry everything alone.
- I show up well without sacrificing my well-being.

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REFLECTION

What areas surprised you?

What area needs the most immediate attention?

What is one aligned step you can take this week?



COMMITMENT

I commit to creating more alignment by:

My Next Step:

Date:



“ ALIGNMENT ISN'T ABOUT DOING MORE. IT'S ABOUT DOING WHAT MATTERS MOST, IN THE WAY THAT HONORS GOD AND YOUR PURPOSE. ”

