

The Realignment Manual

Reset your rhythm. Reclaim your role. Realign your life.

PART ONE: Relationships

Healthy relationships start with alignment, not attachment.

Ask Yourself:

- Do I shrink or silence myself in any close relationships?
- Where am I giving more than I'm receiving?
- Who do I feel most 'me' around?

Tools:

- Daily self-check: 'Am I being honest or avoiding?'
- Communicate your boundaries clearly, not angrily.

PART TWO: Leadership

Leadership isn't a title - it's how you show up.

Ask Yourself:

- Where am I leading with clarity vs. control?
- What would it look like to lead with vision, not just vigilance?

Core Practices:

- Define your values - not just for work, but for life
- Align your calendar to your priorities
- Lead yourself first: food, sleep, energy, honesty

PART THREE: Burnout

Burnout doesn't come from doing too much - it comes from doing the wrong things for too long.

Check-In:

- Are you resenting the very thing you once loved?

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- What activities give you life back?
- What can you drop or delegate?

Recovery Steps:

- Daily non-negotiables (sleep, sun, silence)
- Weekly off-grid window
- Say no fast. Say yes with intention.

Your Reset Commitment

What will you do differently starting this week?

- I commit to protecting my ____
- I will no longer ignore ____
- I will reach out to ____ for support

This is the start of your next chapter - more aligned, more honest, and more alive.