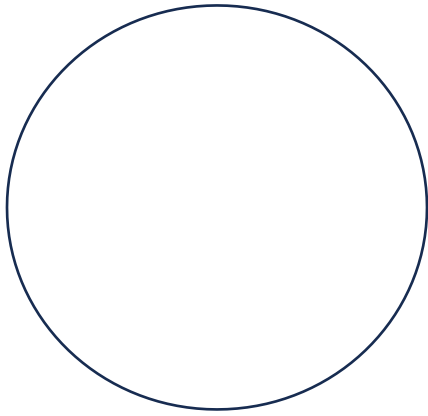


My Life Alignment Snapshot Name : _____ Date : _____



"This is my life... right now."

How to read this snapshot

- This reflects how life feels today, not how it should feel
- Areas closer to the centre may be asking for attention
- Areas extending outward feel more aligned at this stage

This is not a judgement. It is a moment of awareness.

SELF

- (3-12) : Inner clarity feels blurred at this stage. Life may be moving faster than reflection. Decisions tend to be reactive rather than consciously chosen.
- (13-21) : Awareness is present, but reflection is inconsistent. With deeper self-clarity, life can feel steadier and more grounded.
- (22-30) : You are reflective and self-aware. Inner clarity supports confident decisions and strengthens other areas of life.

How to read this snapshot

- This reflects how life feels today, not how it should feel
- Areas closer to the centre may be asking for attention
- Areas extending outward feel more aligned at this stage

This is not a judgement. It is a moment of awareness.

"This is my life... right now."

PROFESSION

- (3-12) : Work may feel draining or directionless. Effort exists, but meaning or ownership feels limited.
- (13-21) : Work is functioning, but not fully satisfying. A clearer sense of direction can restore energy and engagement.
- (22-30) : Work feels meaningful and energising. Direction and ownership support confidence and momentum.

FINANCE

- (3–12) : Money may be creating mental pressure. Financial uncertainty quietly affects peace and focus.
- (13–21) : Finances are manageable, but not fully settled. Greater clarity can reduce hidden anxiety.
- (22–30) : You feel stable and at peace with money. Financial confidence frees mental space for growth.

FAMILY & RELATIONSHIPS

- (3–12) : Emotional connection feels limited. Relationships exist, but nourishment or support may be missing.
- (13–21) : Relationships are functional, but deeper presence and openness can strengthen connection.
- (22–30) : You feel connected, supported, and emotionally available. Relationships contribute positively to well-being.

HEALTH (*Energy & Inner Stability*)

- (3–12) : Energy feels strained or inconsistent. Emotional balance and mental clarity may be disturbed.
- (13–21) : Stress is managed reasonably well, but sustainability needs attention. Inner stability can be strengthened.
- (22–30) : Energy and inner stability support calm thinking, resilience, and balanced living.

This snapshot does not define you. It simply shows where attention can restore alignment.

VP – Life Mastery Coach Website: _____ *Master life. Gently. Completely.* QR Code / Link (optional)