

You Do You – Alignment Worksheet

1. What currently feels fun, energizing, or naturally interesting?

- _____
- _____
- _____

2. Where have you been waiting, researching, or hesitating instead of acting? (Circle one and write one small next step.)

I'm waiting I'm researching I'm hesitating

My smallest next step:

3. Where are you comparing yourself to someone playing under different conditions?

Comparison I've been making:

A more honest benchmark:

4. One small action I can take today that aligns with the story I want my actions to tell:

5. By next week, I will complete this one meaningful action:
