



Aligned Action

Make It Real

Turn inner clarity into practical momentum— one intentional choice at a time.

Now that you've clarified your top areas of focus from the Wheel of Life and identified your core values, it's time to bring them to life through grounded, intentional action.

This module is about **turning reflection into rhythm**—creating steady, supportive commitments that align with what matters most to you.

Why This Matters

Commitments help you move from awareness to embodiment. Rather than aiming for perfection, the goal is consistency—small, meaningful actions that reinforce your growth and alignment.



Your Monthly Aligned Action Plan

Use the worksheet provided in the resource section to complete the following:

1. **Choose one action or habit for each of your top three Wheel of Life areas.**

These should feel realistic and supportive—not overwhelming.

2. **Choose one small way to honour each of your top three core values.**

Think of these as intentional reminders of who you want to be each day.

Example:

- Wheel Focus: Physical Health → Commit to 3x walks/week
- Core Value: Compassion → Practice self-kindness in daily self-talk



Daily Journal Prompts

These five prompts are designed to support consistency, self-awareness, and on track with your aligned action plan:

1. What is one small action I took today that aligned with my top 3 focus areas?
2. How did I live out one of my core values today?
3. Where did I feel most in or out of alignment with myself today?
4. What emotion or sensation stood out to me today?
5. What do I want to carry into tomorrow?

You can rotate or repeat these prompts throughout the month. There's no right way—just stay present with the process.

Reflection at the End of the Month

- What Aligned Actions felt sustainable and supportive?
- Which ones need adjusting or releasing?
- What did you learn about yourself this month?