

# 10-Minute Alignment Assessment

Does your time match your values?



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# WHY ALIGNMENT MATTERS

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So many of us are capable, driven, and responsible — but that doesn't always mean we feel aligned.

Our calendars don't always reflect our values. Our energy goes to what's urgent instead of what's meaningful. And sometimes we're moving so quickly that we forget to ask: Is this actually working for me?

This assessment gives you a quick snapshot of how aligned you are today and where small, strategic shifts could create a more intentional rhythm of life.



# THE ASSESSMENT

## Instructions

Rate each statement from 1–5 based on how true it feels right now. Don't overthink — go with your first honest instinct.

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## Scoring Scale:

- 5 = Consistently true
- 4 = Often true
- 3 = Sometimes true
- 2 = Rarely true
- 1 = Not true



# ALIGNMENT ASSESSMENT

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01 | My weekly calendar reflects what matters most to me.

not true ☐ ☐ ☐ ☐ ☐ true

02 | I spend my best energy on meaningful work rather than just urgent tasks.

not true ☐ ☐ ☐ ☐ ☐ true

03 | My time aligns with my current priorities and season of life.

not true ☐ ☐ ☐ ☐ ☐ true

04 | I set boundaries that protect my focus, rest, and relationships.

not true ☐ ☐ ☐ ☐ ☐ true

05 | I have rhythms of rest and recovery that support my wellbeing.

not true ☐ ☐ ☐ ☐ ☐ true

# ALIGNMENT ASSESSMENT

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06

I have systems that help me follow through on what I care about.

not true

☐☐☐☐☐

true

07

I live from identity and values, not just performance or productivity.

not true

☐☐☐☐☐

true

08

I cultivate community and connection instead of carrying life alone.

not true

☐☐☐☐☐

true

09

I make space for reflection, meaning, and inner life.

not true

☐☐☐☐☐

true

10

I have a sense of direction and clarity about what's next.

not true

☐☐☐☐☐

true

Total \_\_\_\_ /50

# SCORE INSIGHTS

Whatever score you landed on, take a breath. There's no moral value attached to being "high" or "low" here.

Misalignment happens for many reasons: seasons shift, priorities evolve, responsibilities expand, or sometimes survival mode takes over.

The point of this assessment isn't to judge your life, but to help you understand what's working, what's not, and what wants attention. From there, change becomes possible.



AWARENESS IS STEP ONE — ALIGNMENT IS  
BUILT THROUGH INTENTIONAL CHOICES  
OVER TIME.



# RESULTS

**41-50**

**High Alignment**

Your days mostly reflect what matters. You've built rhythms and systems that support the life you want. Continue refining and protecting what's working.

*Focus: refinement + protection + sustainability*



**26-40**

**Partial Alignment**

You're aware of what matters, but your time and energy don't always follow. This is the most common stage for high-capacity women — small adjustments can make a meaningful difference.

*Focus: boundary support + intentional rhythm*



**10-25**

**Low Alignment**

Life may feel productive on the outside but disconnected or unsustainable on the inside. Without alignment, friction increases and meaning decreases. The good news: this is highly changeable with clarity + support + intentional rhythms.

*Focus: clarity + stabilization + support structure*

# BEFORE YOU TAKE ACTION

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Alignment begins with awareness. Take a moment to notice what came up as you read your score insights. You might feel validated, relieved, curious, or even a little unsettled — all of that is normal. Alignment isn't about doing more, it's about paying attention to what wants to change.

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## **Ask Yourself:**

- What feels true about this season?
- What feels out of sync?
- What feels ready for attention?





# MICRO RESETS TO START THIS WEEK

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Here are a few micro shifts to experiment with this week as you begin noticing where alignment wants to emerge:

Pause

Pause 24 hours before saying 'yes' to a commitment.

Replace

Replace one "should" with a value-aligned "want."

Add

Add 10 minutes of solitude to bookend a day.

Remove

Remove one friction point from your morning routine.

Set

Set one micro boundary (email, response time, or tech).

Ask

Ask: "What would make this week meaningful?" then calendar it.

Name

Name one thing you're no longer willing to carry alone.

# WANT FURTHER SUPPORT?



Alignment work is less about changing everything and more about consistently integrating what matters into how you live. For most of us, that shift doesn't happen through willpower or good intentions — it happens through clarity, support, and sustainable rhythms. If you're feeling the desire to live with more alignment and less friction, that's a sign you're ready for guided change.

If you're noticing places where alignment is missing and you want support creating change, I would love to partner with you in that work.

**Schedule an  
Alignment Call**

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