

HUMANITY
UNCODED

WORKSHEET: REALIGNMENT

WORKBOOK: REALIGNMENT

Realignment is a return, not a reinvention.

It's the process of shifting from conditioned expectations to inner truth.

Reflection Prompts

What do you want less of in your life — mentally, emotionally, relationally, physically?

What do you want more of — clarity, rest, connection, purpose, creativity?



REALIGNMENT

Reflection Prompts Continued

What boundaries would support your realignment?

Where are you over-functioning?

What does “unbound” look like for you in this season?

