

# Alignment Journal Prompts

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1. What do I value most right now in this season of life?
2. In what area am I misaligned-work, habits, relationships?
3. What is one small change I can make to restore that alignment?
4. How does my current routine reflect my goals?
5. Who or what do I need to release in order to grow?
6. What does peace look like for me this week?
7. What am I most proud of from yesterday?