

REALIGN

The seven steps to realign what you do with who you want to be.

Alignment is when your inner desires and your outer metrics finally match. You can be extremely disciplined and still be pointed in the wrong direction — these are the seven moves that turn that around.

R

REDEFINE SUCCESS

Success is “the progressive realization of a worthy ideal” — Earl Nightingale. So everything depends on whether the ideal is actually worthy, and actually yours. Write the honest definition, then keep asking why it matters until the surface answer stops being the goal and becomes a tool.

What is your definition of success — and what is it for?

E

EXAMINE THE FRUIT

Apple seeds don't make orange trees. Your fruit — choices, calendar, behavior, business, health, culture, results — tells you what root is actually planted underneath it.

Where does the fruit not match the root I claim matters to me?

A

AUDIT REALITY

Your intentions tell me what you think you believe; your actions and choices tell me what you value. Put the two side by side and don't flinch. If you're measuring the wrong things, that only accelerates your departure from what matters.

What does my week say I want?

L

LOCATE MISALIGNMENT

Name the exact places the inner and the outer conflict, instead of calling the whole life broken. Most misalignment shows up as drag — effort you are spending that moves nothing you care about.

Where do inner desires conflict with outer metrics, and where am I creating unnecessary drag?

I

IDENTIFY THE RIGHT METRICS

We try to solve misalignment with thrust, and most of the time effort was never the issue. Change what you measure, so you are the intentional pilot rather than a passenger who finds out last.

What am I measuring, and what should I be measuring instead?

G

GENERATE ALIGNED ACTION

Alignment becomes real in specifics: what stops, what starts, what continues, which goal or metric changes, which expectation dies, what deserves more of your time and what deserves less.

Who am I actually becoming, and who do I want to become?

N

NAVIGATE CONTINUALLY

You don't get extra credit for faithfully pursuing the wrong destination — if you're climbing the wrong mountain, the skill is knowing when to quit. Alignment is not a destination, it is a discipline: daily, weekly, monthly, quarterly, annually.

When do I run this again — and what would tell me it's time?

The video covered R, E and A. Page two is where you work L, I, G and N — the four that most people skip, and the four that make the change hold.

Now do the part the video didn't do **for you.**

Use what you already wrote for R, E and A. Be specific enough that you would know tomorrow whether you did it.

L · LOCATE MISALIGNMENT

THE ROOT

Identity · Values · Convictions · Purpose · Calling · Character · Relationships

THE FRUIT

Choices · Time / calendar · Behavior · Business · Health · Culture · Results / money

THE CLEAREST PLACE MY FRUIT DOES NOT MATCH MY ROOT

WHERE I AM CREATING UNNECESSARY DRAG

I · IDENTIFY THE RIGHT METRICS

INNER OUTCOMES

Meaning · Fulfillment · Peace · Relationships · Health · Identity · Purpose · Character

OUTER OUTCOMES

Revenue · Performance · Achievement · Impact · Growth · Title · Profit · Measurable results

WHAT I MEASURE TODAY

WHAT I WILL MEASURE INSTEAD

G · GENERATE ALIGNED ACTION

STOP

START

CONTINUE

A GOAL OR METRIC THAT CHANGES

AN EXPECTATION THAT HAS TO DIE

A BOUNDARY THAT HAS TO EXIST

MY ONE ACTION THIS WEEK — AND THE DAY IT IS ON MY CALENDAR

N · NAVIGATE CONTINUALLY

I CHECK THIS WEEKLY ON

I RERUN THE WHOLE PROCESS ON

Alignment is not a destination.
It is a **discipline.**

Want to run all seven with us, in a room, in person?

Come see what REALIGN is — REALIGNSTL.com