

*THE ENERGY
ALIGNMENT*

Checklist



The Energy Alignment Checklist

This checklist is designed to help you assess your energy alignment and make conscious shifts to stay in harmony with your highest self. Use this as a guide to realign whenever you feel off balance.

Energy Alignment Checklist

1. Mindset Check: Are my thoughts aligned with love, abundance, and possibility?
2. Emotional Awareness: Am I holding onto any emotions that need to be released?
3. Physical Well-being: Have I nourished my body with movement, rest, and healthy food?
4. Energy Protection: Am I maintaining my personal energy field and setting boundaries?
5. Gratitude Practice: Have I expressed gratitude today?
6. Connection to Source: Have I taken time to meditate, pray, or connect with my higher self?
7. Purpose & Passion: Am I engaging in activities that light me up and align with my soul's purpose?
8. Authentic Expression: Am I speaking and acting in alignment with my truth?
9. Letting Go: Have I released what no longer serves me today?
10. Joy & Playfulness: Have I made time for joy, fun, or creativity?

Final Thoughts

Energy alignment is a daily practice. Use this checklist to bring awareness to where you are, adjust as needed, and trust the process. The more you align with your true energy, the more effortless and abundant your life will become.