

ALIGNED ELEMENTS

THE ALIGNMENT STARTER

A practical first step for seeing where you are, what deserves your attention, and what to build next.

INTERACTIVE + PRINTABLE

SEE. TRACE. BUILD.

ALIGN. BUILD. ELEVATE.

BEGIN WITH ALIGNMENT

Everything worth building begins with alignment.

Alignment does not mean having every part of life figured out. It begins with seeing clearly enough to make an intentional decision.

SEE

where you are today.

TRACE

what may be creating the gap.

BUILD

one practical next move.

There is no score. There is no personality label. There is no diagnosis.
You are not defining who you are. You are looking at where you are right now.

THE FIVE AREAS

PURPOSE	What you are moving toward.
ESSENCE	How closely the way you live reflects who you want to be.
RELATIONSHIPS	How you connect, communicate, trust, and establish boundaries.
RHYTHM	How your time, habits, energy, and environment support the life you are building.
LEGACY	What your decisions are ultimately building toward.

Start with what feels true today.

Not what should be true. Fill this in on screen or print it and write by hand.

SEE

Your Five-Area Alignment Check

For each area, choose the response that feels most accurate today.

ALIGNED

Clear, intentional, generally moving in the right direction.

NEEDS ATTENTION

Something feels off, neglected, inconsistent, or harder than it should.

UNCLEAR

You are not yet sure what you want, what is working, or what needs to change.

PURPOSE

How clear are you about what matters to you and what you are currently building toward?

☐ ALIGNED

☐ NEEDS ATTENTION ☐ UNCLEAR

ESSENCE

How closely does the way you are living reflect who you genuinely want to be?

☐ ALIGNED

☐ NEEDS ATTENTION ☐ UNCLEAR

RELATIONSHIPS

How aligned do your important relationships feel with the trust, communication, boundaries, and connection you want?

☐ ALIGNED

☐ NEEDS ATTENTION ☐ UNCLEAR

RHYTHM

How well do your routines, time, habits, energy, and environment support the life you are trying to build?

☐ ALIGNED

☐ NEEDS ATTENTION ☐ UNCLEAR

LEGACY

How connected are your current choices to what you want your life, work, family, or contribution to ultimately stand for?

☐ ALIGNED

☐ NEEDS ATTENTION ☐ UNCLEAR

YOUR ALIGNMENT SNAPSHOT

Today

There is nothing to calculate. Step back and look at the whole picture.

PURPOSE	☐ ALIGNED	☐ NEEDS ATTENTION	☐ UNCLEAR
ESSENCE	☐ ALIGNED	☐ NEEDS ATTENTION	☐ UNCLEAR
RELATIONSHIPS	☐ ALIGNED	☐ NEEDS ATTENTION	☐ UNCLEAR
RHYTHM	☐ ALIGNED	☐ NEEDS ATTENTION	☐ UNCLEAR
LEGACY	☐ ALIGNED	☐ NEEDS ATTENTION	☐ UNCLEAR

WHAT DO YOU NOTICE?

The area that feels strongest right now:

The area asking for the most attention:

The area I understand least:

Something that surprised me:

One pattern I can see across more than one area:

This is your Alignment Snapshot.
Not forever. Today.

TRACE

Look Beneath the Gap

Choose one area from your Alignment Snapshot. Do not try to work on all five.

THE AREA I AM LOOKING AT

☐ PURPOSE

☐ ESSENCE

☐ RELATIONSHIPS

☐ RHYTHM

☐ LEGACY

WHAT AM I NOTICING?

What feels misaligned, difficult, unclear, or inconsistent?

WHAT MIGHT ACTUALLY BE CAUSING IT?

Look beneath the most obvious symptom.

WHAT ELSE DOES THIS AFFECT?

Where else does this gap show up?

The area where you feel the problem may not be the area creating it.

A difficult Rhythm may begin with unclear Purpose. A strained relationship may be affected by inconsistent boundaries. A distant Legacy may be the result of what receives your time every day.

You are not trying to diagnose the problem. You are tracing the pattern far enough to make a better decision.

BUILD

Turn Awareness Into Action

Greater alignment does not require changing everything. Choose one move.

WHERE AM I NOW?

WHERE WOULD I RATHER BE?

WHAT COULD I

STOP doing?

START doing?

DO DIFFERENTLY?

MY 7-DAY BUILD

Over the next seven days, I will:

I will know I did it when:

Keep it specific. Keep it realistic. The goal is evidence that you can move intentionally.

SEVEN DAYS LATER

Return to the Build

Come back to this page after seven days.

DID I MAKE THE MOVE?

☐ YES

☐ PARTLY

☐ NO

WHAT ACTUALLY HAPPENED?

WHAT CHANGED?

WHAT DID I LEARN?

DOES THIS AREA STILL NEED MY ATTENTION?

☐ YES

☐ NO

☐ I SEE IT DIFFERENTLY NOW

WHAT DESERVES MY ATTENTION NEXT?

Progress becomes more useful when you return, look again, and learn from what actually happened. Alignment is not a one-time decision. It is something you continue to practice.

CONTINUE

You Have Already Started

You paused long enough to look. You created an Alignment Snapshot. You identified one gap. You traced what may be contributing to it. You chose one practical build. And you returned to see what happened.

SEE. TRACE. BUILD.

Then look again.

YOUR NEXT STEP

The Alignment Starter helped you identify an area worth examining. Find Your Melement takes the reflection further through five guided questions across Purpose, Essence, Relationships, Rhythm, and Legacy.

No score.

No personality label.

No diagnosis.

CONTINUE WITH FIND YOUR MELEMENT

alignbuildelevate.com/five-melements



For personal reflection only. Not a diagnostic or clinical tool.

Everything Worth Building Begins with Alignment.

ALIGN. BUILD. ELEVATE.