

# THE FOUR-QUADRANT ALIGNMENT MAP

*A Strategic Tool for Deliberate Alignment*

*TheAlignedReset.com*



# WHAT THIS TOOL HELPS YOU DO...

To live an aligned life, you must see clearly where you are — and where you desire to be. This map helps you assess your alignment across the four essential life domains:

- **Health & Well-being**
- **Relationships & Connection**
- **Career / Purpose / Contribution**
- **Inner Self, Leisure & Energy**

You will visually map your current reality, your desired reality, and the micro-actions that move you closer to alignment.

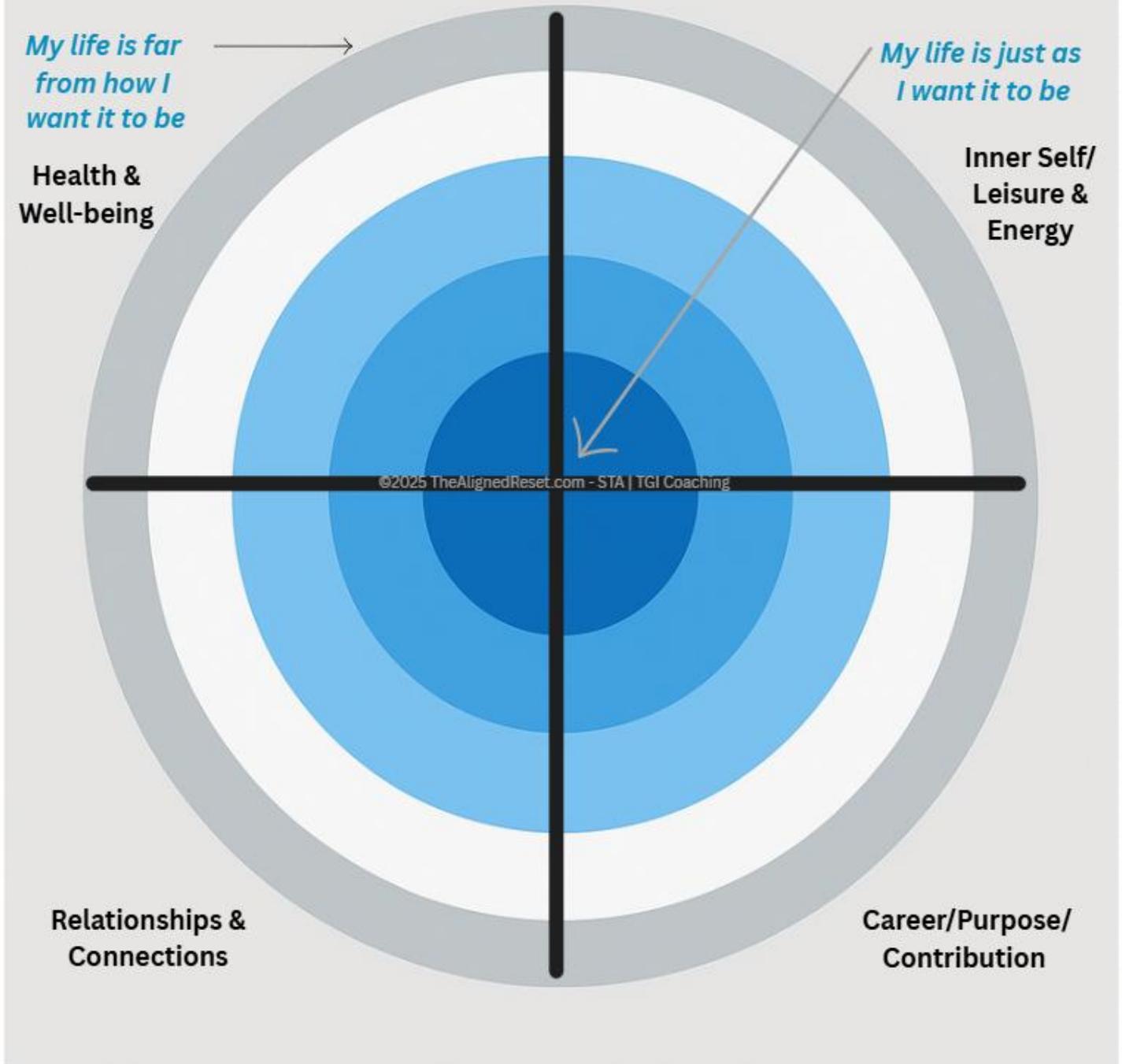
This is where **clarity becomes strategy...** and strategy becomes embodiment.





Subject Area: \_\_\_\_\_

## The Four-Quadrant Alignment Map



# HOW TO USE THE FOUR-QUADRANT ALIGNMENT MAP

(5 Steps)



## Step 1 — Choose ONE Area to Focus On

Pick the life domain that feels most important right now and list the Subject Area at the top of the *Four-Quadrant Alignment Map*. (See page 8 for a few examples in each area!).

- Health & Well-being
- Relationships & Connection
- Career / Purpose / Contribution
- Inner Self, Leisure & Energy

Ask yourself:

**“Which part of my life most needs deliberate alignment?”**

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## Step 2 — Identify Your Desired Reality

Close your eyes and imagine this area of your life *exactly as you want it to be*.

Ask:

- What would “aligned” feel like? \_\_\_\_\_
- What would I be doing differently? \_\_\_\_\_
- How would I show up? \_\_\_\_\_

Your desired reality represents the **center of the target**.

## Step 3 — Honestly Mark Where You Are Now

Place an “X” somewhere within the quadrant:

- **Center** = fully aligned
- **Middle ring** = somewhat aligned
- **Outer ring** = far from aligned

There is no right or wrong — only clarity.

Let the “X” simply show you the truth of this moment.

## Step 4 — Choose ONE Micro-Action

Ask:

“What is one small shift that would pull me *one ring closer* to alignment?”

Examples:

- One healthier boundary
- One conversation
- One hour of self-care
- One courageous career step
- One act of emotional honesty

Write it down. This becomes your **Strategic Alignment Action** for the week.

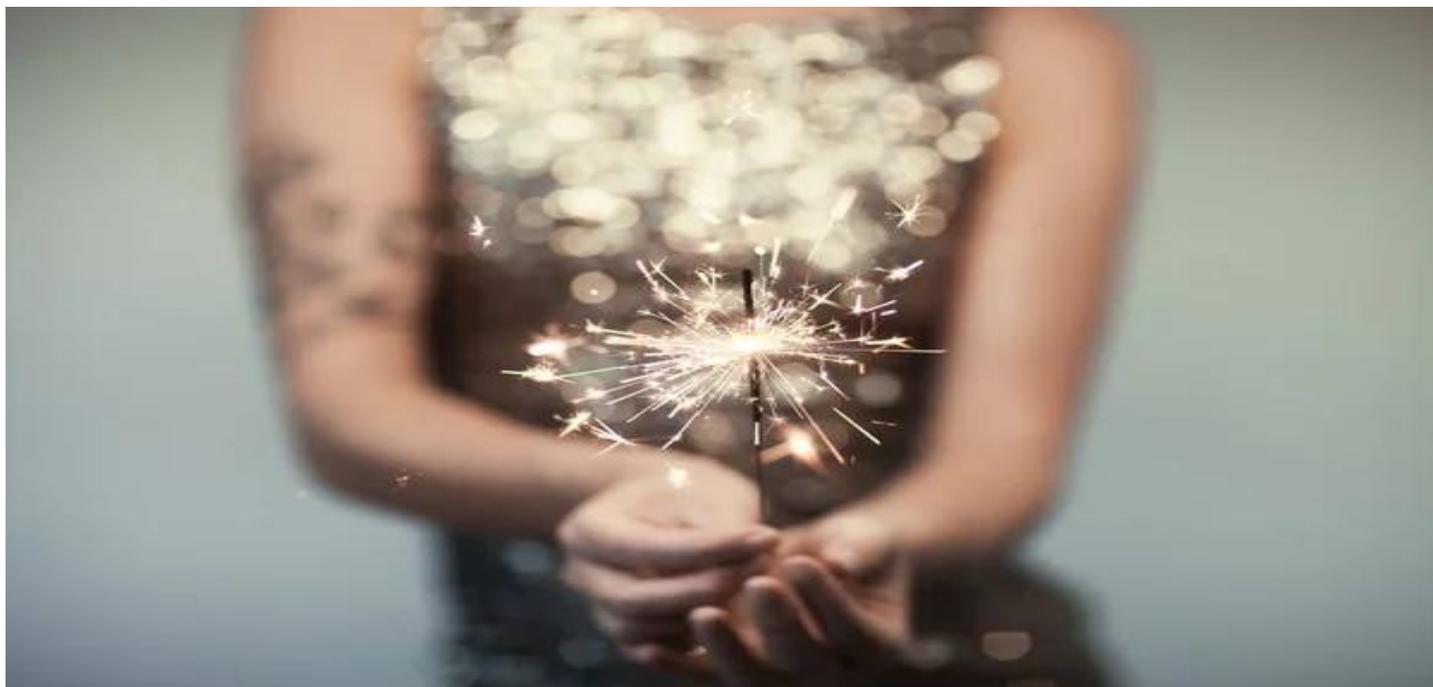
## Step 5 — Commit for 7 Days

Keep it simple. Keep it doable.

You are building **alignment**, not perfection



# EXAMPLES TO SPARK INSIGHT



## Health & Well-being Examples

- “X” in middle ring → Micro-action: Drink water before coffee.
- “X” in outer ring → Micro-action: Schedule a physical or therapy session.

## Relationships & Connection Examples

- “X” near edge → Micro-action: Send one thoughtful message to a friend.
- “X” in middle → Micro-action: Practice a daily check-in with your partner.

## Career / Purpose / Contribution Examples

- “X” toward center → Micro-action: Update one section of your LinkedIn.
- “X” near edge → Micro-action: Block 30 mins to explore career desires.

## Inner Self / Leisure / Energy Examples

- “X” in outer ring → Micro-action: 10-minute evening quiet time.
- “X” in middle → Micro-action: Schedule one hour of guilt-free leisure.

## WHEN TO USE THIS MAP?



This tool is ideal when:

✓ **You feel scattered or overwhelmed**

It instantly reveals where your energy is leaking and where clarity is needed.

✓ **You know what you want, but you're not embodying it**

The map shows the “gap” between desire and daily choices.

✓ **You feel misaligned but can't quite identify why**

The quadrants help isolate the specific domain needing attention.

✓ **You're ready for strategic, deliberate change**

This tool turns emotional awareness into directional movement.

✓ **You're preparing for the next evolution of your life**

Perfect before setting new goals, shifting identity, or making lifestyle changes.

# WHY THIS TOOL WORKS

It is **visual**, not overwhelming

- It focuses on **one area at a time**, which reduces pressure
- It encourages **self-honesty without shame**
- It provides **simple micro-actions**
- It offers clarity and direction in a life stage where responsibilities are heavy

**It's about ease, not intensity at this stage.**

**This tool delivers that.**

