



The MindShui Alignment Audit™

A private self-assessment to identify where your choices, values, identity, and behaviors may no longer be working together.

Most people don't wake up one day feeling stuck, frustrated, or out of sync in their life. They arrive there slowly, unaware of the small compromises made, repeated patterns, and choices that no longer match what they value, who they say they are, or who they want to become. Over time, that misalignment creates friction, you may still be functioning and performing. You may even look successful from the outside, but inside, you know something is off.

That is where this audit begins.

The MindShui Alignment Audit™ is designed to help you see where you may be negotiating against yourself, not to judge yourself, but to get to the truth.

Because alignment starts with honesty which often leads to a conversation of integrity.

The Central Question

Where am I getting in my own way?

What am I doing, avoiding, tolerating, or repeating that keeps this area cluttered?

This audit helps you examine seven areas of life through one simple lens:

Am I living in alignment with what I say matters most, to me?

How to Use This Audit

For each statement, rate yourself from 1 to 5.

Score	Meaning
1 - Not True	This does not honestly describe me right now.
2 - Rarely True	This shows up occasionally, but it is not consistent.
3 - Somewhat True	This is partly true, but inconsistent or unclear.
4 - Mostly True	This is generally true and visible in my choices.
5 - Very True	This strongly reflects how I am living right now.

Do not answer based on who you wish you were, answer based on the reality of what your life is currently showing you.

Section 1: Mental Alignment

Your thoughts, focus, beliefs, decisions, and inner dialogue.

Statement	Score
I can usually tell the difference between what is true and what is just fear, habit, or old programming.	/5
My thoughts are mostly directed toward what matters, not scattered across noise, worry, and distraction.	/5
I make decisions from clarity more often than pressure, guilt, or avoidance.	/5
My inner dialogue supports and reflects the person I am becoming.	/5

Mental Alignment Score: ____ /20

Reflection:

Where is my thinking creating clutter, confusion, or unnecessary friction?

Section 2: Emotional Alignment

Your emotional patterns, triggers, resilience, reactions, and ability to regulate yourself.

Statement	Score
I am aware of my emotional patterns instead of being controlled by them.	/5
I can feel discomfort without immediately reacting, shutting down, blaming, or escaping.	/5
I am willing to take responsibility for my emotional state without making everything someone else's fault.	/5
My emotional life generally supports trust, calm, and wise decision-making.	/5

Emotional Alignment Score: ____ /20

Reflection:

What emotion do I most often avoid, suppress, defend, or overuse?

Section 3: Spiritual Alignment

Your meaning, purpose, values, faith, inner guidance, and connection to something larger than achievement.

Statement	Score
I have a clear sense of what gives my life meaning beyond achievement and approval.	/5
My daily choices reflect my deeper values, not just my obligations.	/5
I create space to listen inwardly instead of constantly chasing external noise.	/5
I feel connected to a purpose, path, or principle that helps guide my life.	/5

Spiritual Alignment Score: ____ /20

Reflection:

Where have I been living from obligation instead of meaning?

Section 4: Physical Alignment

Your body, energy, sleep, health, movement, nutrition, recovery, and vitality.

Statement	Score
My physical habits support the life I say I want to live.	/5
I treat my body as a partner, not as a machine I can keep overusing without consequence.	/5
My energy is generally stable enough to support my responsibilities and relationships.	/5
I am honest with myself about the physical habits I need to improve.	/5

Physical Alignment Score: ____ /20

Reflection:

What is my body trying to tell me that I have been ignoring?

Section 5: Financial Alignment

Your money, wealth, stewardship, income, security, generosity, and long-term independence.

Statement	Score
My financial choices reflect my values and long-term priorities.	/5
I have enough financial clarity to make grounded decisions rather than reactive ones.	/5
I am not using money, spending, saving, or avoidance to compensate for something unresolved.	/5
I am taking responsibility for my financial future with honesty and discipline.	/5

Financial Alignment Score: ____ /20

Reflection:

Where am I avoiding financial truth, responsibility, or clarity?

Section 6: Vocational Alignment

Your work, business, leadership, contribution, productivity, calling, and use of your gifts.

Statement	Score
My work is connected to contribution, not just obligation or survival.	/5
I am using my skills, experience, and gifts in a way that feels aligned with who I am becoming.	/5
I am honest about what in my work energizes me and what drains me.	/5
My current work choices support the life, leadership, and legacy I want to create.	/5

Vocational Alignment Score: ____ /20

Reflection:

Where am I trading too much energy for too little meaning?

Section 7: Relational Alignment

Your marriage, family, friendships, team, community, communication, boundaries, and trust.

Statement	Score
The people closest to me experience a version of me that reflects my stated values.	/5
I communicate honestly instead of relying on silence, resentment, performance, or avoidance.	/5
My relationships are built on trust, respect, accountability, and clear boundaries.	/5
I am willing to look at my part in the relationship patterns I keep experiencing.	/5

Relational Alignment Score: ____ /20

Reflection:

Where am I being unclear, guarded, resentful, or dishonest in my relationships?

Total Score

Area	Score
Mental	/20
Emotional	/20
Spiritual	/20
Physical	/20
Financial	/20
Vocational	/20
Relational	/20
Total Alignment Score	/140

Score Interpretation

119-140: Strong Alignment

You are likely living with a strong degree of clarity, honesty, and alignment across most areas of life. Your opportunity is refinement, protection, and deeper mastery.

91-118: Functional Alignment

Your life is likely working in many ways, but there are areas where friction is building. This is the zone where people often look fine on the outside but quietly know something is off.

63-90: Divided Alignment

You may be spending significant energy managing the gap between what you value and how you are actually living. Your opportunity is to stop managing the symptoms and start telling the truth about the misalignment.

28-62: Misalignment Warning Zone

There may be one or more areas where you are deeply out of alignment with your values, identity, needs, or truth. This is not a 'character flaw', it is an indicator of misalignment.

The Three Follow-Up Questions

Where am I most clearly aligned?

Where am I most clearly out of alignment?

What truth have I been negotiating with?

The First Alignment Move

Do not try to 'fix' everything, you're not broken.

ie choose one realization/area, one truth, one action to take.

My first area of focus is:

The truth I need to stop negotiating with is:

One action I will take in the next 7 days is:

Coaching Bridge

The MindShui Alignment Audit™ is not designed or intended to label you; it is designed to support you in locating possible points of friction. This opens the door to self-reflection and self-assessment.

Once you can see where your choices, values, identity, and behaviour are out of alignment, you can begin clearing the mental and emotional clutter underneath it.

That is the work of The MindShui Way.

Clear the clutter, (re) align with your identity, create flow, leverage new found energy.

Short Lead Magnet Positioning

The MindShui Alignment Audit™

Where are you negotiating against yourself?

This private self-assessment helps you identify where your choices, values, identity, and behaviours may no longer be working together across the seven core areas of life.

Use it to find the areas where hidden friction, emotional clutter, and quiet misalignment may be costing you energy, confidence, connection, and momentum.

CTA: Take the Alignment Audit

Coaching Call Positioning

Before our coaching conversation, complete the MindShui Alignment Audit™.

Do not overthink it. Do not answer as the person you wish you were. Answer as honestly as you can based on what your life is currently showing you.

The goal is not perfection. The goal is clarity.

We will use your results to identify where the real coaching conversation needs to begin.

Suggested Website Copy

Most people do not need someone to tell them what is wrong with their life.

They need a private, honest way to see where they have drifted from what matters most.

The MindShui Alignment Audit™ helps you identify where your choices, values, identity, and behaviour are no longer fully aligned - and where that misalignment may be quietly costing you clarity, energy, confidence, and momentum.

CTA: Start the Audit

Recommended Use

- A second-step lead magnet after the MindShui Grid™
- A pre-call exercise for coaching applicants
- A self-directed reflection tool inside a MindShui program
- A conversation opener for private coaching

Not recommended as the first cold-traffic opt-in unless paired with a strong hook and trust-building copy.