

A GENTLE GUIDE

13 SIGNS YOU'RE OUT OF ALIGNMENT

+ *WHAT TO DO ABOUT IT*



ARE YOU... FEELING OUT OF ALIGNMENT?

Not every rough patch means your life's off track. Sometimes you're just tired, stressed, or dealing with a bad week (or month). And that's just life being life.

But when certain feelings – maybe you're exhausted all the time, or nothing seems to excite you anymore, or you can't shake the feeling that you're stuck living someone else's life – become the *background noise* of all your days, that's usually a sign that something deeper is out of place.

It often stems from a case of your outer life not matching your inner self. Your actions, thoughts, and core values are out of sync, so you end up carrying around this constant sense of disconnection.



Being out of alignment doesn't mean you've failed. It's simply a sign that you've been living in ways that aren't really true to you – your values, your needs, your sense of self. And it happens to all of us, especially when we're moving fast, taking care of others, or simply trying to keep up.

I've faced misalignment in both small, situational ways and in deep, long-term ways. Sometimes it was a situation (usually at work) where I could address it somewhat promptly. But some other times, it took me years to even recognize that my deep-rooted feelings of overwhelm and dissatisfaction with my life were actually a sign of being in complete misalignment with my personal values and my true needs and desires.

I am still working on my personal journey and the prompts that I've included in this guide, are ones that I have come back to time and again to help me recenter.

This guide is meant to be a gentle check-in – the first step in recognizing and acknowledging the simmering misalignment – and to offer small, honest ways to come back home to yourself.

13 SIGNS YOU'RE OUT OF ALIGNMENT (1)

THINGS THAT YOU ONCE WANTED FEEL LIKE CHORES

If the things that you previously enjoyed (birthday celebrations, hobbies, random side quests) have started to feel like chores, that's like because your "why" is missing

YOU OVERTHINK... EVERYTHING

When you find yourself analyzing every choice like it's a high-stakes decision, that's a clue that your head and heart aren't on speaking terms

YOU LIVE IN A STATE OF CONSTANT OVERWHELM

Despite your best efforts, nothing ever seems to get done. You're just barely holding it together. Your priorities are all over the place and you just can't keep up.

YOU FEEL DISCONNECTED – FROM YOURSELF AND OTHERS

You're pulling away from people and your own body feels like it's on a different frequency. You're shutting down, simply going through the motions

YOU'RE CONSTANTLY AT ODDS WITH THE PEOPLE YOU LOVE

The passive-aggressive remarks, the way minor issues seem to flare up over nothing – they are stemming from unspoken needs or boundaries being overlooked.

YOUR SELF-TRUST IS MISSING IN ACTION

You're crowdsourcing decisions instead of trusting your own gut. You've ignore your intuition for so long that you're now stuck in a vicious cycle of lack of self-trust.

YOUR CREATIVITY AND MOTIVATION ARE NONEXISTENT

Your inner spark, your sense of awe, seems to have suddenly disappeared. Something for you to consider – "what was the last time you did something for the first time?"

13 SIGNS YOU'RE OUT OF ALIGNMENT (2)

YOU AVOID SILENCE OR BEING BY YOURSELF.

The quiet feels uncomfortable because deep down, you know it might reveal things you've been trying not to feel.

YOU ROMANTICIZE THE "OPPOSITE" LIFE

You're not using a romanticized mental image to inspire you or to fuel change, but rather as a form of escape from your current reality.

YOU SELF-SOOTHE THROUGH OVER-CONSUMPTION

Cheap dopamine hits give you temporary relief but also keep you disconnected from what really needs your attention.

YOU DON'T HAVE DREAMS FOR THE FUTURE ANYMORE

What happened to your 5/10-year plans? When did they fade away into the background? You're so focused on getting through each day that imagining more than that feels either pointless or too far out of reach

YOU'RE ONLY LIVING FOR THE WEEKEND OR VACATION TIME

If you're always just enduring every Monday through Friday and you're constantly counting down to your next escape, it makes the majority of your life feel like filler content between the "real" moments.

YOU FEEL CONSTANTLY DRAINED

No matter how much sleep you get or how many supplements you swallow down, your baseline is tired. Your energy is depleted because you're constantly fighting against your natural flow.



HOW TO START REALIGNING (1)

This isn't meant to be a full life overhaul. It's a necessary first step to move you onto the path of realignment, one conscious thought/step at a time.

1| Grab a journal and ask yourself these key questions

- What activities make you feel energized?
- When do you feel most like yourself?
- Where do you feel pressure that isn't your own?
- Who are you trying to prove something to?
- What have I been pretending is "fine" when it's really not?
- If your 15-year-old self could see you now, what would they be most proud of? And what would they feel most disheartened by?

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HOW TO START REALIGNING (2)

2| Reconnect with your values.

Write down your top five values right now. Are your daily actions reflecting them? If someone else were to observe your life for a week, what would they think your values really are? Would these two lists of values match?

Check out: [A Comprehensive List of Core Values](#)

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HOW TO START REALIGNING (3)

3| Try an energy audit.

List your day-to-day activities over the course of a week and mark each one as giving you energy or draining it. It's a simplistic exercise, but it will show you where changes need to happen.

And you don't have to make dramatic changes overnight. Begin with something manageable. Can you say "no" to one thing that drains you this week? Can you take out 15 minutes to do something fun/energizing for yourself? Can you delegate some things? Are there some "forced" obligations you can turn down?

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HOW TO START REALIGNING (4)

4| Create supportive routines.

Build daily habits that connect you to what matters most. Start small with just one or two changes so you don't get overwhelmed.

5| Incorporate some kind of grounding movement.

Your body often notices you are out of alignment before your mind catches on. Regular, grounding movement (yoga, light stretches, somatic exercises etc.) is one of the most effective ways to bring yourself back into the present.

6| Set clear intentions for different life areas.

Get specific about what you want your life to look like. Focus on how you want to feel rather than just what you want to achieve. Write down your desires for different life areas, such as:

- Relationships
- Work and career
- Health and wellness
- Personal growth
- Fun and creativity
- Faith and spirituality

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HOW TO START REALIGNING (5)

7| Stop hiding behind screens.

Try replacing even 15 minutes of screen time with something more intentional. Read a book, sit outside, doodle, or simply let yourself be bored. Those quieter moments give your mind space to find clarity.

8| Reinvest in connection.

We are social beings at the end of the day. Sure, your sense of introversion could run deeper than others, but you still need people in your life you can be yourself with. These are the people who lift you up and show up for you in both good and hard times.

Start small. Schedule a coffee date, send a short voice note (I love doing this!), or write a message that says, “Thinking of you.” The goal is not to suddenly become highly social. It is simply to remind yourself that you are not in this alone.



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Thank You!

If your sense of misalignment is too deep, it might seem impossible that you could get back to a simpler time, when everything in your life seemed to be in flow. But I want you to keep the faith that with a little bit of realignment, you can start feeling like you're back in the driver's seat of your life. I've been where you are, and I can tell you – it does get better, if you put in intentional effort.

While this guide isn't meant to be a complete life audit or a deep life makeover exercise, I hope you got some I hope you got a moment to pause, reflect, and see your own needs a little more clearly. Above all else, I want this to be a reminder that you're allowed to change what no longer fits.

If you found this helpful in any way or if you have some feedback, I'd love to hear about it! You can reach out to me via email (hello@heralignedself.com) or connect with me on Instagram ([@heralignedself](https://www.instagram.com/heralignedself)).



*Cheers,
Esqee*

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