



SIMPLE NORTH

The Alignment Audit

A 10-minute self-assessment to reveal where your days are out of sync with your priorities and where you are aligned.

Welcome

Are your days aligned with what's most important to you?

Most people think they know their priorities — but their calendar, energy, and attention often tell a different story.

This quick audit is intended to help you:

- Identify your core values
- Clarify your roles and goals
- See where your time and energy are going
- Spot misalignments
- Identify mindset and boundary gaps
- Pinpoint your biggest opportunity for change

For each step, you'll calculate your score. Then at the end, add them up to reveal your overall Alignment Score.

You'll walk away with a clear picture of where you're aligned... and where small shifts could create a big impact.

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STEP ONE

Core Values Snapshot

Choose your top 3–5 core values from the list below (or write your own):

- | | |
|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> Integrity | <input type="checkbox"/> Freedom |
| <input type="checkbox"/> Family | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Growth | <input type="checkbox"/> Leadership |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Community |
| <input type="checkbox"/> Contribution | <input type="checkbox"/> Purpose |
| <input type="checkbox"/> Health | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Connection | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Learning | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Service | <input type="checkbox"/> _____ |

Reflection:

How often do your daily actions reflect these values?

- Almost always (15 points)
- Often (12 points)
- Sometimes (9 points)
- Rarely (6 points)
- Almost never (3 point)

Your Core Values Score: _____ / 15 Points

STEP TWO

Roles & Goals

1. List your key roles (e.g., parent, leader, partner, community member, friend, creator).
2. Then, for each role, identify what success for that role looks like.

Here are a couple of examples:

Role: Team Leader

What does success for this role look like?

Creating a supportive, psychologically safe environment where people feel heard and able to do their best work. I lead with clarity and intention so my actions reflect my values, not just the urgency of the moment

Role: Parent / Caregiver

What does success for this role look like?

Success looks like showing up with presence, warmth, and curiosity, even on imperfect days. I model the values I want to teach while caring for my own wellbeing so I can be grounded and available.

Role #1: _____

What does success for this role look like?

Role #2: _____

What does success for this role look like?

Role #3: _____

What does success for this role look like?

Role #4: _____

What does success for this role look like?

Role #5: _____

What does success for this role look like?



Role #6: _____

What does success for this role look like?

Reflection:

When reviewing your roles, rate your clarity on what “success” for your roles looks like right now:

- Very clear (15 points)
- Mostly clear (12 points)
- Somewhat clear (9 points))
- Unclear (6 points)
- Very unclear (3 point)

Your Roles and Goals Score: _____ / 15 Points

STEP THREE

Priority Alignment

When you think about the last 7 days...

What were your top three priorities in your professional life?

1. _____

2. _____

3. _____

What were your top three priorities in your personal life?

1. _____

2. _____

3. _____

3A. How clear were you on what your professional and priorities for the last 7 days were?

- Very clear (5 points)
- Mostly clear (4 points)
- Somewhat clear (3 points)
- Unclear (2 points)
- Very unclear (1 point)



3B. How often did you spend meaningful time on your top professional priorities?

- Daily (5 points)
- Most days (4 points)
- A few times (3 points)
- Once (2 points)
- Not at all (1 point)

3C. How often did you spend meaningful time on your top personal priorities?

- Daily (5 points)
- Most days (4 points)
- A few times (3 points)
- Once (2 points)
- Not at all (1 point)

Reflection:

Add up all the numbers you calculated from the above sections 3A, 3B & 3C.

- Section 3A: _____
- Section 3B: _____
- Section 3C: _____

Your Priority Alignment Score: _____ / 15 Points

STEP FOUR

Time, Energy & Attention Inventory

Rate the following statements:

4A) "I know where my time actually goes."

- Strongly agree (5)
- Agree (4)
- Neutral (3)
- Disagree (2)
- Strongly disagree (1)

4B) "I end most work days with energy left for my personal life."

- Strongly agree (5)
- Agree (4)
- Neutral (3)
- Disagree (2)
- Strongly disagree (1)

4C) "My attention is focused more on what I choose than on what demands me."

- Strongly agree (5)
- Agree (4)
- Neutral (3)
- Disagree (2)
- Strongly disagree (1)

Reflection:

Add up all the numbers you calculated from the above sections 4A, 4B & 4C.

- Section 4A: _____
- Section 4B: _____
- Section 4C: _____

Your Time/Energy/Attention Score: _____ / 15 Points

STEP FIVE

Mindset & Boundaries

Rate the following:

5A) "I focus on what is within my control".

- Always (5)
- Often (4)
- Sometimes (3)
- Rarely (2)
- Never (1)

5B) "I set and maintain boundaries that protect my time and energy."

- Always (5)
- Often (4)
- Sometimes (3)
- Rarely (2)
- Never (1)

5C) "I respond to challenges with a solution-focused mindset."

- Always (5)
- Often (4)
- Sometimes (3)
- Rarely (2)
- Never (1)

Reflection:

Add up all the numbers you calculated from the above sections 5A, 5B & 5C.

- Section 5A: _____
- Section 5B: _____
- Section 5C: _____

Your Time/Energy/Attention Score: _____ / 15 Points



SCORING

Add Up Your Scores

Step	Your Score	Total Points
1. Core Values		15
2. Roles and Goals		15
3. Priority Alignment		15
4. Time, Energy & Attention		15
5. Mindset & Boundaries		15
Total		75

Your Alignment Score _____ / 75 Points

Score Ranges + Result Types

60 - 75: The Purposeful Aligner

You're living with intention, clarity, and strong alignment. Your next step is refinement — optimizing systems, strengthening boundaries, and deepening your values-based decision-making.

Your biggest opportunity:

Fine-tuning your habits and structures so alignment becomes effortless and sustainable.

40 - 59: The Overextended Achiever

You care deeply and work hard, but your days don't consistently reflect your priorities. You're juggling too much, and your energy is stretched thin.

Your biggest opportunity:

Clarifying priorities, simplifying commitments, and strengthening boundaries.

10 - 39: The Drifting Doer

You're busy, but not necessarily on what matters most. You may feel reactive, scattered, or disconnected from your deeper values.

Your biggest opportunity:

Reconnecting with your values, defining what success looks like, and building aligned routines.

3 - 19: The Disconnected Helper

You're giving a lot — often to others — but not in ways that nourish you. Your values, goals, and daily actions are misaligned.

Your biggest opportunity:

Reclaiming your time, energy, and attention by reconnecting with your core values and setting supportive boundaries.



How Simple North Can Support You

If the Alignment Audit sparked something for you, there are a few ways we can continue this work together — each one designed to help you create more clarity, alignment, and ease in your days.

[1. Reach out for 1:1 Coaching](#)

If you're ready for personalized support, I offer one-to-one coaching rooted in neuroscience, systems thinking, and values-aligned action. Together, we'll clarify what matters most, strengthen boundaries, and build sustainable habits that support your wellbeing and effectiveness.

[2. Join the waitlist for the Align Mastermind](#)

The Align Mastermind is a small-group coaching program designed to help you align your days with your priorities through community, accountability, and practical tools. This six-week program is designed to help you:

- Clarify and live in alignment with your values
- Give your time, attention and energy to your priorities
- Build supportive habits
- Strengthen boundaries
- Focus on what's within your control
- Create sustainable, meaningful change

Registration opens twice per year — join the waitlist to be the first to know when registration opens.

[3. Subscribe to the Simple North Newsletter](#)

If you'd like ongoing insights, stories, and practical tools to support effectiveness and wellness in the workplace, the Simple North Newsletter is a great place to start. It's where I share grounded, actionable guidance to help you navigate work and life with more clarity and intention.