



LEARN MORE. LIVE WELL.

LACY LITTEN

Life Alignment Guide

A simple reflection workbook for getting clear on where you are, where you want to go, and what matters most.

YOUR LIFE IS NOT A FORMULA.

Your work, relationships, wellbeing, and finances are connected. This guide helps you step back, look at the whole picture, and identify one or two meaningful next steps.

Learn more about yourself.

Make better decisions.

Live well.

A FREE PERSONAL REFLECTION WORKBOOK

Start With the Whole Picture

You don't need to have everything figured out. The purpose of this guide isn't to create a perfect plan; it's to help you see your life more clearly.

How to use this guide

Set aside 15–20 quiet minutes. Answer honestly rather than trying to give the “right” answer. Circle the areas that deserve your attention, then choose one small action you can take this week.

REMEMBER
Clarity often comes from asking better questions, not from having more answers.

1. WHERE ARE YOU NOW?

Rate each area from 1 (needs significant attention) to 10 (feels strong and aligned).

AREA	1–10	WHY?
Personal growth & mindset		
Physical & emotional wellbeing		
Relationships & support		
Career & work		
Leadership & purpose		
Financial confidence		
Future planning		

What number surprised you most and why?

Know What Matters Most

A plan can be technically sound and still be wrong for you. Your values help define what “success” actually means.

Choose your top five values

Examples: family, freedom, security, growth, health, faith, creativity, adventure, stability, service, independence, connection, achievement, peace.

MY TOP FIVE VALUES

1. _____ 2. _____ 3. _____
4. _____ 5. _____

Reflection

Where are your current choices aligned with these values?

Where are they not?

TRY THIS

Before making a major decision, ask: “Does this move me closer to the life I value or, simply, the life I feel expected to live?”

Your Work Is Part of Your Life

Career decisions are rarely just career decisions. Your work affects your time, energy, relationships, identity, and financial future.

Ask yourself

What do I want more of in my work?

What do I want less of?

What skill, relationship, or decision could improve my next chapter?

REFRAME

Your career can be more than a source of income. It can be a tool for creating the time, freedom, purpose, and life you want.

Your Money Has a Purpose

Financial planning isn't only about numbers. It's about what those numbers allow you to protect, experience, and build.

Complete these statements

I feel most confident about money when...

I feel least confident about money when...

One financial question I would like to understand better is...

The future I want my money to help create is...

LEARN MORE

You don't have to know everything before you start planning. You simply need to understand your options well enough to make your next informed decision.

Educational note: This workbook is for general educational and reflection purposes and is not individualized financial, investment, tax, legal, or medical advice.

Make Your Future More Intentional

Imagine yourself three years from now. Things don't need to be perfect. Just imagine that you've made meaningful progress.

What is different?

My work looks like...

My financial life looks like...

My relationships feel like...

My health and wellbeing feel like...

The person I have become is...

THE QUESTION

What is one decision you can make today that your future self will be proud of?

Turn Insight Into Action

You don't need a complete life overhaul. Choose one area where a small, intentional action could create meaningful progress.

My one priority

MY PRIORITY

Why it matters to me:

My next three steps

1. _____
2. _____
3. _____

Who can support me?

When will I check in with myself?

SMALL STEPS COUNT

Progress isn't always dramatic. Sometimes it looks like asking a better question, having a hard conversation, learning something new, or finally making a decision you've been avoiding.

Learn More. Live Well.

Your life is unique. Your strategy should be, too.

WHAT'S NEXT?

If this guide helped you identify an area of your life that deserves more attention, consider taking the next step: learn more, ask questions, and seek guidance that fits your goals and circumstances.

A simple philosophy

LEARN MORE: Understand yourself, your options, and the decisions in front of you.

LIVE WELL: Use that knowledge to build a life aligned with what matters most to you.

START WITH A CONVERSATION

Your life is unique. Your strategy should be, too.

Explore where you are, where you want to go, and what personalized guidance could look like.

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Personal • Professional • Financial

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