

A REFLECTION TOOL

The Alignment Inventory

Where your attention is, and where it has thinned

Twenty-five questions across the five movements
of the process in *A Life Aligned*

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A LIFE ALIGNED PRESS

How to use this



This is not a test, and there is no score to achieve. It is a way of noticing where your attention is currently well resourced and where it has thinned, so that you can put your effort where it will actually do something.

- 1 Read each statement and write the number that fits, from 1 to 5. Answer for how things are now, not how they were last year and not how you would like them to be.
- 2 Do not deliberate. The first number that arrives is usually the honest one, and the second is usually the one you would prefer.
- 3 Add each set of five and write the total in the box at the bottom of the page.
- 4 Carry your five totals to the pattern page near the end.

- 1 Rarely true of me right now
- 2 Occasionally true
- 3 Sometimes true, sometimes not
- 4 Often true
- 5 Consistently true of me right now

The whole thing takes about fifteen minutes. It is worth doing in one sitting, somewhere you will not be interrupted, and it is worth doing again in a few months. The point of a spiral is that the same questions return and find you somewhere new.

This is a reflection tool for personal use, drawn from a coaching framework. It is not a psychological test, it does not assess or diagnose anything, and it is not a substitute for care from a licensed professional.

Vision

What do you truly want?

☐ I can describe what I want the next season of my life to feel like, even without knowing the details.

☐ When I picture my future, the images feel like mine rather than borrowed.

☐ I let myself want things before I know how to get them.

☐ There is something in my life right now that pings, however faintly.

☐ I make room for imagination and play, not only for planning.

☐ **VISION TOTAL**

WHEN THIS IS WELL RESOURCED

Vision is well resourced when you can feel the pull of something before you can justify it. You are able to want, and the wanting is your own.

WHEN THIS HAS THINNED

When this thins, life narrows to maintenance. The days are managed rather than chosen, and the question of what you actually want has gone unasked long enough that it feels unanswerable.

AN INVITATION

Sit somewhere unhurried and finish this sentence five times, without editing: *If nothing had to be practical, I would ...*

This dimension is explored at length in Chapter 5 of A Life Aligned.

THE 5-POINT PROCESS

Commitment

How willing are you to dedicate yourself?

☐

I return to what matters to me even after I have drifted from it.

☐

I have said yes to something without needing to be certain first.

☐

My daily choices reflect what I say is important to me.

☐

When something is hard, I adjust my approach rather than abandoning the aim.

☐

I am gentle with myself when I falter, and I begin again.

☐

COMMITMENT TOTAL

WHEN THIS IS WELL RESOURCED

Commitment is well resourced when returning is easy. Not when you never drift, but when drifting no longer means the end of the thing.

WHEN THIS HAS THINNED

When this thins, you may find yourself waiting for certainty before beginning, or treating a lapse as evidence that the whole intention was false.

AN INVITATION

Name one thing you have drifted from. Return to it once this week, in the smallest form that still counts. Notice what the returning asks of you.

This dimension is explored at length in Chapter 6 of A Life Aligned.

THE 5-POINT PROCESS

Awareness

How do you relate to what is unfolding?

☐ I notice when I am reacting from an old pattern rather than responding to what is here.

☐ I can name what I am feeling most days, without needing to fix it.

☐ I pay attention to what my body is telling me.

☐ I notice the ways I resist my own growth.

☐ I pause often enough to see what is actually happening in my life.

☐ **AWARENESS TOTAL**

WHEN THIS IS WELL RESOURCED

Awareness is well resourced when there is space between what happens and what you do next. The space is where choice lives.

WHEN THIS HAS THINNED

When this thins, the days move faster than you can see them. You may arrive at the end of a week unable to say what was in it, or find yourself surprised by your own reactions.

AN INVITATION

For three days, pause once each hour and name your dominant feeling. One word. Do not adjust it. Write the words down and read them at the end.

This dimension is explored at length in Chapter 7 of A Life Aligned.

THE 5-POINT PROCESS

Living Into

How do you bring intention into action?

☐ I take small steps toward what I want, even when the whole path is unclear.

☐ My actions in the last month reflect the direction I say I want to go.

☐ I adjust course based on what I learn rather than waiting for certainty.

☐ I act as though what I want is possible.

☐ I let progress be imperfect.

☒ **LIVING INTO TOTAL**

WHEN THIS IS WELL RESOURCED

Living Into is well resourced when the gap between what you intend and what you do has narrowed to something you can cross in a day.

WHEN THIS HAS THINNED

When this thins, intention stays interior. You may know exactly what you want and find that nothing in your calendar reflects it.

AN INVITATION

Choose one intention. For one week, write it each morning and note each evening how you lived into it. At week's end, write yourself a letter about the effort rather than the result.

This dimension is explored at length in Chapter 8 of A Life Aligned.

Integration

How does it feel to live in alignment?

☐ I recognize when I am living from something true rather than performing.

☐ I can receive good things without immediately looking for what is wrong.

☐ When I drift from center, I know how to find my way back.

☐ What I have learned shows up in how I am with other people.

☐ I feel like myself in most areas of my life, not only some.

☐ **INTEGRATION TOTAL**

WHEN THIS IS WELL RESOURCED

Integration is well resourced when the person you are in one part of your life is recognizable in the others. Alignment has stopped being a project and become a way of moving.

WHEN THIS HAS THINNED

When this thins, you may live in compartments, doing the work in one room of your life while another room stays untouched. Insight arrives and does not travel.

AN INVITATION

Name the area of your life where you feel least like yourself. Bring one small piece of your real self into it this week. Notice what happens, and notice what you feared would happen.

This dimension is explored at length in Chapter 9 of A Life Aligned.

Your pattern



Write your five totals here and look at them together. What matters is not any single number but the shape they make.

MOVEMENT	TOTAL	THE QUESTION IT ASKS
Vision		What do you truly want?
Commitment		How willing are you to dedicate yourself?
Awareness		How do you relate to what is unfolding?
Living Into		How do you bring intention into action?
Integration		How does it feel to live in alignment?
20 to 25	Well resourced. This movement is available to you right now and can carry weight while you work elsewhere.	
14 to 19	Alive but uneven. Present some days and absent others, which usually means it depends on conditions you have not yet made reliable.	
5 to 13	Asking for attention. Not a deficiency. This is simply where the next work is, and where effort will return the most.	

READING THE SHAPE

Your lowest number is the most useful thing on the page. It is not a verdict on your character. It is a location. Most people find that effort spent on a well-resourced movement produces very little, while the same effort spent on the thin one changes several things at once.

If Vision is thin, nothing downstream has anywhere to go, and it is worth beginning there regardless of what else the page says. If Vision and Commitment are strong while Living Into is thin, the gap is not one of desire but of translation, and the work is small and concrete. If everything sits in the middle, you are likely tired rather than misaligned, and rest is the honest first step.

Take the invitation from your lowest movement and give it a week. Then come back to this page.
The numbers will have moved, and the ones that moved will not always be the ones you worked on.

WHERE TO GO FROM HERE

The spiral keeps turning

*There is no final arrival. The gift lies in the returning, and in the willingness to meet
yourself as you are.*

Go deeper into the process

A Life Aligned works through all five movements in full. Available in paperback, eBook, and audiobook.
drmarkarcuri.com/a-life-aligned

More practices, freely offered

The Neutral Zone guided meditation, the Circle of Life packets, and Eight Days to Authenticity.
drmarkarcuri.com/free-downloads

Work through it with company

Integrative coaching, offered worldwide from Querétaro. Discovery conversations are free.
drmarkarcuri.com/integrative-coaching

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I am an integrative coach, author, and speaker living in Querétaro, México. I wrote *A Life Aligned* and the two books that follow it. If something in these pages opened a question you would like to talk through, you are welcome to write to me.

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