



## Career Alignment Audit Worksheet

Use this worksheet to reflect on how aligned your current role, business, or work path is with your deeper values, purpose, and strengths. Rate each area honestly and use your insights to identify shifts you may need to make.

### Part 1: Alignment Ratings (Scale of 1-5)

My work reflects my values. [1] [2] [3] [4] [5]

I feel a sense of purpose in what I do. [1] [2] [3] [4] [5]

I get to use my natural strengths regularly. [1] [2] [3] [4] [5]

I feel energized, not depleted, by my work. [1] [2] [3] [4] [5]

I believe my work contributes to something meaningful. [1] [2] [3] [4] [5]

My work environment supports my growth and wellbeing. [1] [2] [3] [4] [5]

### Part 2: Reflection Questions

Which areas of my work feel most aligned? Why?

---

—

Where do I feel out of sync or disconnected?

---

—

What small shift could bring more alignment into my daily work?

---

—

If I trusted myself fully, what would I start doing - or stop doing?

---

—