

How to use the Alignment Spectrum

The paper remembers. The marker moves.

The Alignment Spectrum is a temporary reflection map. It makes a present pattern visible so you can decide what deserves attention. It does not tell you who you are, and it does not produce a score.

READ THE MAP

01 **Consciousness**

The part that notices. It frames the map; it is not a marker.

02 **Purpose**

The first of ten solid marker continua.

03 **Alignment**

The shield around Health, Wealth, and Self Love. It is not another marker.

04 **Six patterns**

Mindset, Value, Communication, Wounding, Power, and Outcomes describe how you move.

05 **Fear and Love**

Directional poles, not identities or ratings.

06 **Referral**

A source-layer draft. Leave it out of today's ten marks.

FOUR PASSES

01 **Choose a window**

Reflect on right now, today, or the recent week. Keep the window specific.

02 **Place ten marks**

Put one mark on every solid continuum. The named words are anchors; the space between them counts.

03 **Write the evidence**

Record the event, feeling, sentence, choice, or body signal that made each placement feel honest.

04 **Choose one move**

Select one useful row. Name one action small enough to do and specific enough to notice.

Reading the result

The center is a baseline, not a finish line. Do not add the rows, average them, or compare a total. When you return, compare the context and ask what changed.

Not a diagnosis. Not a grade. No total score.

This worksheet is not a clinical assessment or care plan. If Crisis reflects immediate danger or an inability to stay safe, contact local emergency or crisis support.