

# THE LIFE ALIGNMENT AUDIT<sup>M</sup>



REVEAL. RELEASE. REALIGN.



HONOR YOUR ESSENCE

# *Welcome To The Life Alignment Audit™*

**Reveal. Release. Realign.**

A Sacred Inventory to Design a Life Fully Aligned With Your  
Vision, Energy, and Essence.

There comes a moment when you realize: alignment isn't a vibe  
—it's a standard.

This is that moment.

**The Life Alignment Audit™** is a soul-level inventory designed to help you see where you're living by design... and where you're still living by default. Through gentle but radical self-awareness, you'll uncover hidden patterns, habits, and energies that either support or sabotage the life you're here to live.

This is not about perfection—it's about clarity. It's about making empowered choices. It's about remembering that your life is your ritual. Let's realign.

*With love & fire,*

*Margie, Honor Your Essence*

# 01

## *Section 1*

### **CLARITY — VISION OF YOUR IDEAL LIFE**

#### **Vision of Your Ideal Life**

Let's start with vision—unfiltered, unapologetic, and expansive. This is not about what feels “realistic.” This is about what feels true.

If you could design your life on your own terms—with no limitations, no fear, no conditioning—what would it look and feel like?

#### **JOURNALING PROMPT:**

 Take your time. Let the answers rise from your intuition—not from your programming.

































*What is your energy like? What version of you shows up?*

**WHAT'S YOUR FREQUENCY ON A DAILY BASIS?**

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**HOW DO OTHERS EXPERIENCE YOU?**

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**WHAT DO YOU EMBODY—CONFIDENCE, SOFTNESS, CERTAINTY, PEACE?**

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# 02

## *Section 2*

### **INVENTORY — CURRENT LIFE EVALUATION**

#### **INVENTORY**

##### **Current Life Evaluation**

Now that you've envisioned your highest life, it's time to take sacred inventory. Where are you living in alignment—and where are you unconsciously out of sync? This step requires honesty, not judgment. Grace, not guilt.

This section is broken into two parts:

- ❑ What supports your ideal life now
- ❑ What sabotages or misaligns you

## LIST A: What Currently SUPPORTS My Ideal Life

✎ Write down everything you're doing, thinking, believing, or engaging with that supports your ideal vision—even if it's something small. These are your aligned behaviors, thoughts, relationships, habits, or practices that move you toward the life you're calling in.

Examples to spark ideas:

- Morning rituals or journaling
- Nourishing food or movement
- Saying no to misaligned things
- Therapy or personal development
- Decluttering your space
- Networking, investing, saving
- Speaking truth, setting boundaries
- Consuming high-vibrational content
- Spending time in nature or in solitude



## LIST B: What Currently DOES NOT Support My Ideal Life

✎ This is where we gently but truthfully acknowledge the habits, relationships, beliefs, or environments that sabotage or pull you out of alignment. These may not seem “bad,” but they no longer serve who you’re becoming.

Examples to spark ideas:

- Negative self-talk or imposter syndrome
- Procrastination, self-sabotage, overconsumption
- Toxic environments, gossip, or people-pleasing
- Doom-scrolling, comparison on social media
- Skipping rest, meals, or movement
- Overcommitting, undercharging, avoiding
- Energy leaks and avoidance
- Mindsets based on fear or lack

### ◆ GENTLE REMINDER

*This is not about shaming the parts of you that are still learning.*

*This is about reclaiming your power from the unconscious places it's been hiding.*

*What you see clearly, you can change completely.*

## SECTION 2: INVENTORY — Current Life Evaluation

◆ Energy doesn't lie.

Every habit, thought, action, and relationship is either contributing to your expansion or quietly pulling you out of alignment.

The table below offers examples of what supportive vs. misaligned energies can look like. Use it as a guide—but remember, your truth is unique.

Let this be a compassionate observation, not a critique.

You're not here to shame yourself—you're here to see clearly, so you can choose powerfully.

### ? Your Life Alignment Table - Example

Aligned Energies 	Misaligned Energies 
(Your rituals, habits, environments, relationships, thoughts that align with your ideal life.)	(Anything you do, tolerate, or believe that contradicts your vision or drains your energy.)
◇ Example: Morning journaling and grounding breathwork	◇ Example: Waking up and reaching for social media immediately
◇ Example: Working with a coach or mentor	◇ Example: Avoiding decisions out of fear or overwhelm
◇ Example: Nourishing meals and hydration	◇ Example: Skipping meals, emotional eating, or dehydration

## SECTION 2: INVENTORY — Current Life Evaluation

This is your energetic mirror. One side reflects everything that fuels your highest self. The other reveals what drains, distracts, or delays your alignment.

Be honest. Be compassionate. Be clear.

You are not judging—you are reclaiming.

### Your Life Alignment Table

Aligned Energies 	Misaligned Energies 
(Your rituals, habits, environments, relationships, thoughts that align with your ideal life.)	(Anything you do, tolerate, or believe that contradicts your vision or drains your energy.)

# 03

## *Section 3*

### **AWARENESS**

#### **Reflection & Integration**

Now that you've mapped what supports you and what misaligns you, let's go deeper.

This section invites you into sacred reflection. We're not just looking at the what—we're exploring the why.

Because when you understand the role a misalignment plays, you can release it without resistance.

You're not just eliminating habits—you're reclaiming your power.

## **Journaling Prompts for Deep Awareness**

This is where the transformation begins.

Awareness is the bridge between your current reality and the one you're ready to create. These prompts are designed to help you understand the roots of your patterns—not to judge them, but to witness them with compassion and clarity.

Take your time. Let your truth rise. Let these questions open a dialogue between your conscious self and your higher self.

If something stirs, lean in. That's where the shift begins.













# 04

## Section 4

### RITUAL

#### Release & Realign

Now that you've gained clarity and awareness, it's time to transmute.

Release what no longer serves your becoming—and realign with the energy of your highest vision.

This is your turning point. A moment of conscious choice. A moment of liberation. A sacred agreement between you and your next level.



## ◆ *STEP ONE: Write Your Release Statement*

*Let go with intention. Complete this declaration by listing what you're ready to release—habits, thoughts, patterns, relationships, beliefs, or behaviors that no longer reflect who you're becoming.*

 *"I now choose to release the following energies, patterns, or beliefs that no longer serve my highest alignment..."*



# *CLOSING RITUAL*

## *Full Moon or Sacred Fire Release*

*To release is to reclaim. To let go is to rise. This is your sacred act of devotion—to your growth, your truth, and your becoming.*

*If you feel called, complete this ritual beneath the Full Moon, or with the symbolic energy of fire and intention. You may also incorporate water or breath as a cleansing force.*

*To release is to reclaim. To let go is to rise. This is your sacred act of devotion—to your growth, your truth, and your becoming.*

### *◆ Ritual Steps:*

- 1. Create Sacred Space.*
- 2. Light a white or black candle. Cleanse your space with incense, herbs, or Florida water. Play soft music or sit in silence.*
- 3. Read Your Release Statement Aloud.*
- 4. Speak it with conviction. Let the energy of release rise from your body and exit through your voice.*
- 5. Burn or Safely Discard the List.*
- 6. Place it in a fire-safe bowl or gently tear it and release it into water.*
- 7. Do this with reverence. No rush. Just intention.*
- 8. Speak Your Realignment Declaration.*
- 9. Let it pour from your heart. Declare who you are now becoming. Who you already are.*
- 10. Let each word seal your new frequency.*
- 11. Close the Ritual.*
- 12. Breathe deeply. Anoint your body with oil, lotion, or water—especially your hands, heart, and forehead.*
- 13. Sit in stillness. Visualize the energy of alignment settling into your field.*
- 14. Feel your future self smiling. She's already within you.*

*◇ This is your line in the sand. Your "I choose me" moment. Your energetic homecoming. Mark it with intention—and walk forward in alignment.*

## *STEP TWO: Write Your Realignment Declaration*

*Anchor into your new frequency. This is a declaration of who you are now choosing to become and embody.*

 *"I now choose to embody the following energies, habits, and beliefs that align with the highest vision for my life..."*

 *"I now walk in alignment with..."*



# REALIGNMENT RITUAL

## *Anointing Your Becoming*

*After the release, we rebuild. Not from who you've been—but from who you're here to become.*

*Realignment ritual is a sacred seal—a moment to embody your new standard, your new frequency, and your highest self. Let this be the energetic signature that follows you forward.*

### ◆ *Ritual Steps:*

#### *1. Return to Your Realignment Declaration.*

- *Read it aloud slowly. Speak as if you already are her—because you are.*
- *Let the energy settle in your body. Let it feel true.*

#### *2. Ground Into the Body.*

- *Place one hand on your heart, the other on your belly.*
- *Breathe deeply, feeling your body as a vessel for this new alignment.*
- *With each inhale: "I receive."*
- *With each exhale: "I align."*

#### *3. Create a Symbolic Act of Embodiment.*

*Choose a small but intentional act that anchors your new self into the now:*

- *Dress in something that reflects your future self's energy.*
- *Apply perfume or oil as an anointing of your becoming.*
- *Step outside and walk like the version of you that's already arrived.*
- *Light a candle and say: "From this moment forward, I walk in alignment with my essence."*

#### *4. Affirm Your New Identity.*

*Repeat a chosen affirmation or write your own:*

- *"I am in alignment with the life I was born to live."*
- *"I no longer chase—I magnetize."*
- *"I choose clarity, devotion, and divine alignment."*

◇ *This ritual is your energetic seal. Your moment of full embodiment.*

*Realignment is not a concept—it is a decision, made in the body, felt in the soul, and honored with action.*

# 05

## Section 5

### REINFORCEMENT

#### The Alignment Plan™

Alignment is not a one-time act—it's a daily decision. This section is where your vision becomes action. Where ritual becomes rhythm. Where your aligned self becomes your default.

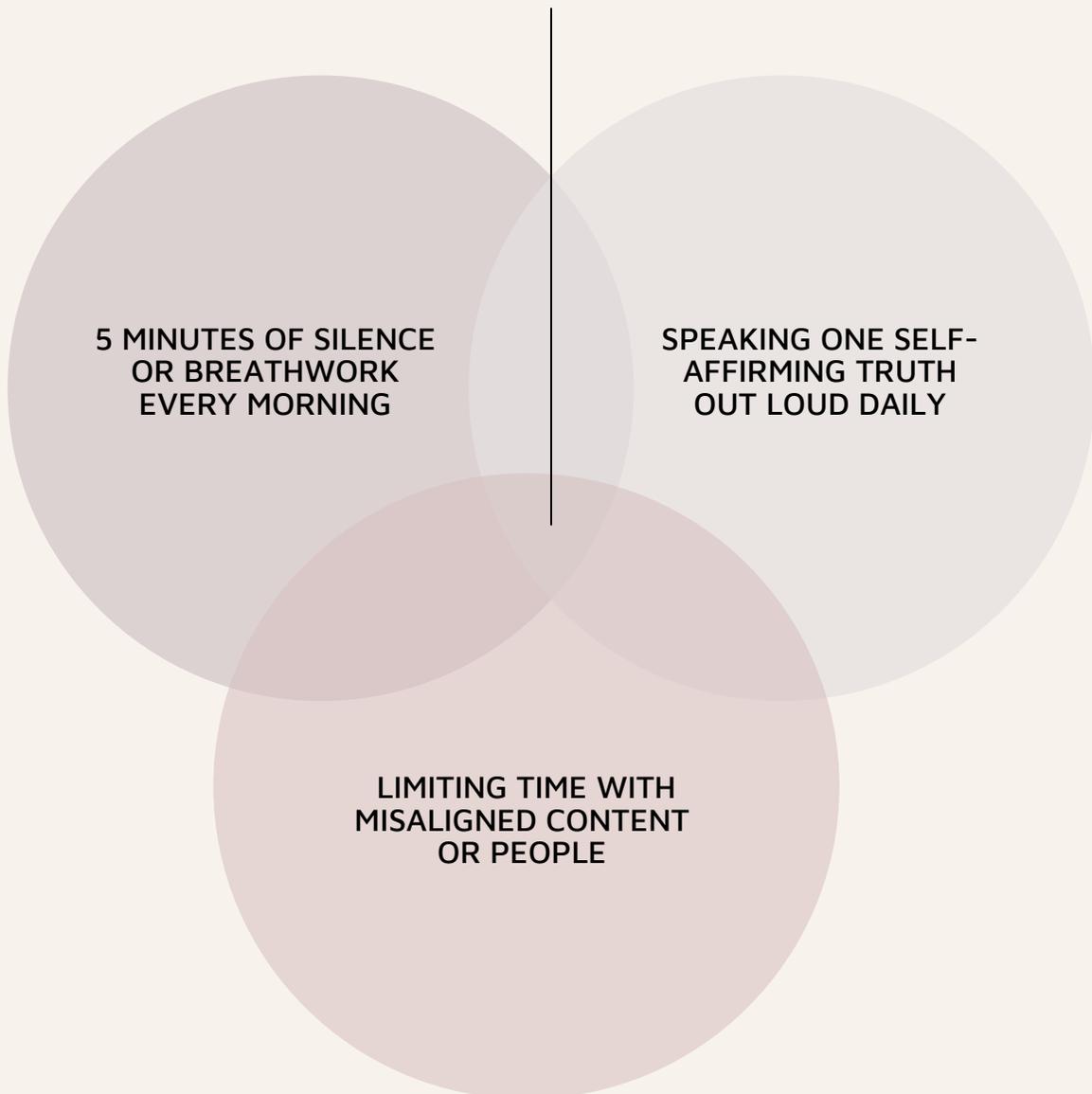
Your life is your altar now. Let this be the map.



# *PART 1: Daily Anchors*

CHOOSE 3-5 HABITS, RITUALS, OR MINDSET SHIFTS THAT WILL SERVE AS ANCHORS FOR YOUR ALIGNMENT. THESE CAN BE MORNING OR EVENING PRACTICES, AFFIRMATIONS, ENERGETIC BOUNDARIES, OR MINDSET TOOLS.

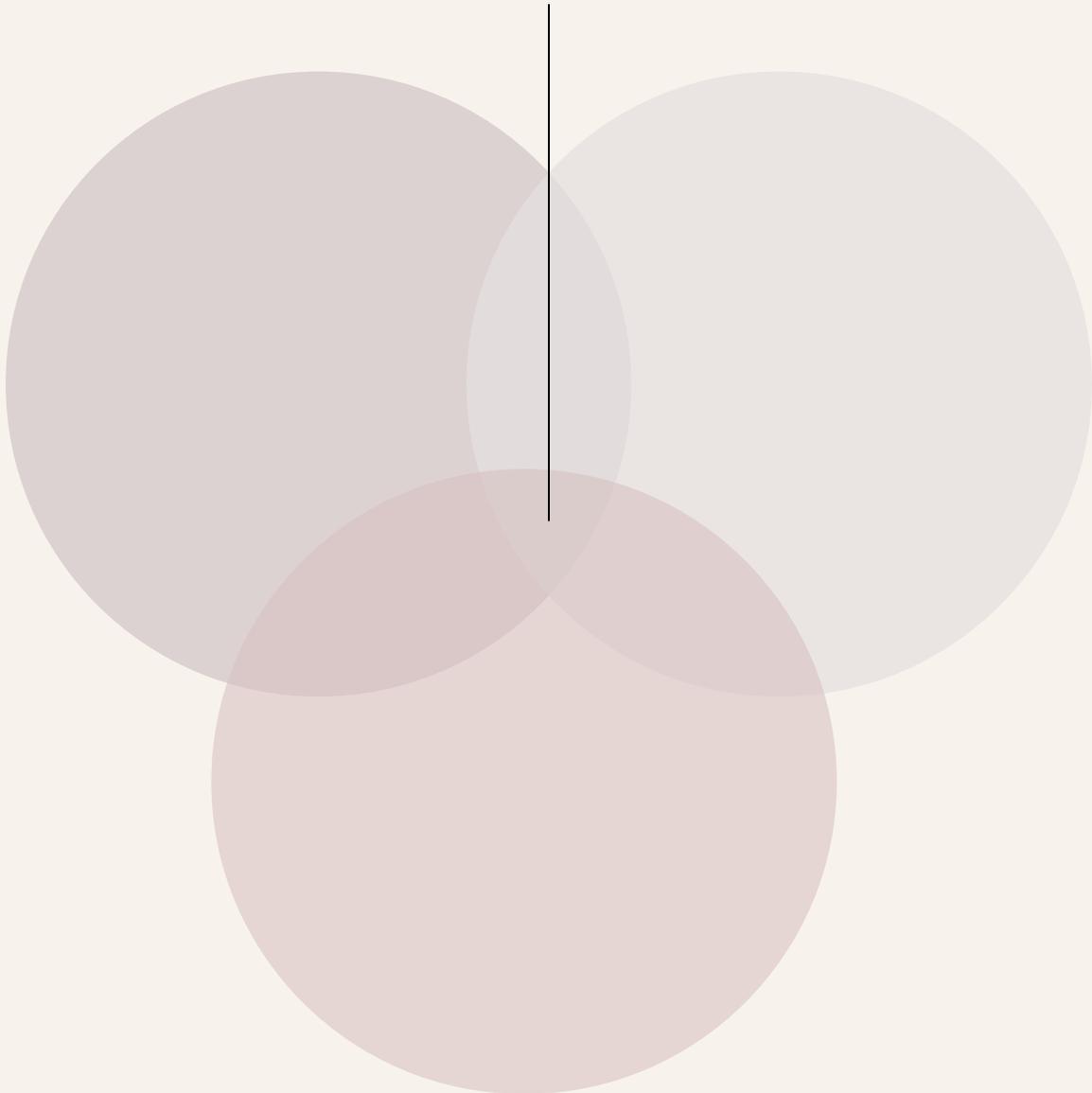
 **"TO STAY IN ALIGNMENT, I COMMIT TO..."**  
**EXAMPLES BELOW**



# *PART 1: Daily Anchors*

CHOOSE 3-5 HABITS, RITUALS, OR MINDSET SHIFTS THAT WILL SERVE AS ANCHORS FOR YOUR ALIGNMENT. THESE CAN BE MORNING OR EVENING PRACTICES, AFFIRMATIONS, ENERGETIC BOUNDARIES, OR MINDSET TOOLS.

 **"TO STAY IN ALIGNMENT, I COMMIT TO..."**  
**WRITE 3 ANCHORS**



## *PART 2: Weekly Check-In Ritual*

*Every 7 days, invite yourself into reflection. Realignment is a rhythm.*

*Weekly Check-In Prompts:*

- *What felt aligned this week?*
- *What drained me or felt forced?*
- *What am I proud of?*
- *What needs gentle refinement?*
- *What's one thing I will do to deepen my alignment next week?*











## *PART 3: Monthly Vision Review*

*Each month, return to your ideal vision. Update it. Refine it. Embody it more deeply.*

 *"This month, my vision is evolving into..."*

- *What has shifted in your desires or clarity?*
- *Are there new energies you're stepping into?*
- *What have you outgrown?*
- *What do you now feel ready for?*









## *PART 4: Personal Alignment Commandments*

*Create 3-5 personal codes—beliefs or standards that define your aligned self. These become your North Star when things feel unclear.*

*Examples:*

- *I do not abandon myself to be liked.*
- *I am worthy of beauty, peace, and wealth without proving.*
- *I choose clarity over chaos.*
- *I honor my energy like a sacred currency.*

 *"My Alignment Codes Are..."*

# Personal Alignment Commandments

My Alignment Codes Are...



## *PART 5: Daily Power Affirmation*

*Words shape energy. Energy shapes reality. This affirmation becomes your new frequency—your daily spell, your energetic anchor.*

*Choose or create a declaration that aligns with the woman you are becoming. Speak it aloud every morning. Whisper it at night. Let it become the vibration you live by.*

*✎ "I am a woman in full alignment with her essence. I choose power. I choose peace. I choose me."*

*You may also write your own:*

*✎ "My soul-aligned power statement is..."*

*✧ Repeat it. Feel it. Live it. This is your energetic signature now.*

# AFFIRMATIONS

My Declaration

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

I am in alignment  
with my highest self.

I live in my power,  
not my patterns.

I am worthy of  
receiving abundance.

I attract love  
by being myself.

I choose clarity,  
not chaos.

I honor my boundaries  
and my energy.

I release what  
no longer serves me

I embody the  
woman I am meant to be

I am a magnet for miracles

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**Honor Your Essence™**

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## A Final Word From Margie

If you've reached this page, it means you've done something most people never do.  
You've paused. You've listened. You've chosen to see yourself clearly.  
You've taken sacred inventory of your life.

You've confronted the patterns, beliefs, and energy leaks that have kept you small.

And you've remembered what's always been true:

❖ *You are the creator. The authority. The embodiment of your highest self.*

This audit wasn't about becoming someone new.  
It was about returning to the essence of who you've always been.  
Aligned. Empowered. Free.

Now the work is simple—but sacred.  
Live it.  
Walk it.

Recommit to it, moment by moment.

✍ Let this be the start of a new chapter—  
One where you no longer seek permission.  
One where your energy speaks before you ever say a word.  
One where your life is the clearest reflection of your alignment.

With devotion and fire,  
— Margie  
Honor Your Essence™

# YOUR ALIGNMENT JOURNEY DOESN'T END HERE.

YOU'VE DONE THE INNER WORK. YOU'VE TAKEN SACRED INVENTORY.  
YOU'VE RELEASED WHAT NO LONGER SERVES AND REALIGNED WITH  
YOUR HIGHEST SELF.

NOW, IMAGINE WHAT'S POSSIBLE WITH PERSONALIZED GUIDANCE,  
INTUITIVE SUPPORT, AND HIGH-LEVEL COACHING DESIGNED TO HELP YOU  
FULLY EMBODY THE LIFE YOU'VE ENVISIONED.

This is your invitation to go deeper.  
To be seen. Held. Activated.

If you're ready to:

- Stop playing small and start living from overflow
- Receive intuitive guidance and energetic alignment
- Build habits, boundaries, and beliefs that support your next level
- Create powerful, lasting transformation from the inside out

Then it's time to say yes to your next chapter.

Work With Me

🔗 Explore Coaching + Intuitive Sessions

🔗 Join The Radiance Blueprint

🔗 Book Your Discovery Call

💎 Visit: [[Work With Me](#)]

💎 Or scan the QR code below to view available offerings

