



Alignment Audit

Make sure the things you are spending your time and energy on, are actually worth it

Example:

Item/ Activity	Perceived Value	Actual WHY	Amount of Time/Energy	Satisfaction/ Passion/ Alignment
Instagram	• Learning • Connection • Visibility	• dopamine • FOMO	2-5 hours/ week including content creation	• sharing chiropractic is important • gratification is not long lasting though
Fitness/ Self Care	• health • feels good	• I like it • I want to look good • Perceived as active/athletic	2-5 hours per week.	I love it, am never sorry, never regret it. I want to do more!

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