

ALIGNMENT



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Introduction

Alignment is the state of being internally coherent—where your thoughts, values, emotions, actions, and decisions move in the same direction. It's the feeling of being rooted in yourself, clear in your choices, and at peace with how you're living.

When you are aligned, life feels simpler—not because it lacks challenge, but because you are no longer fighting yourself.

This E-book is about understanding alignment, recognizing when you're out of it, and learning how to return to it—again and again.

Chapter 1: What Alignment Truly Is

Alignment is not perfection. It's not having everything figured out. It's not a constant state of happiness.

Alignment is:

- Living in truth with yourself
- Making decisions that honor your values
- Acting in ways that reflect who you are
- Feeling grounded, even when life is uncertain

When you're aligned, your inner world and outer life are in conversation—not conflict.

Reflection Prompt: When was the last time I felt deeply aligned? What was true about my life during that time?

Chapter 2: Signs You Are Out of Alignment

Misalignment often shows up quietly before it becomes loud.

Common signs include:

- Chronic exhaustion or resentment
- Anxiety without clear cause
- Overthinking decisions that once felt simple
- Ignoring your needs to maintain peace
- Living according to “shoulds” instead of truth

Your body and emotions are often the first messengers.

Exercise: Identify one area of your life where you feel tension or resistance. What truth might you be avoiding there?

Chapter 3: Alignment Begins with Self-Honesty

You cannot live in alignment without radical self-honesty.

This means asking:

- What do I actually want—not what's expected of me?
- What no longer fits, even if it once did?
- Where am I betraying myself to be accepted or safe?

Alignment requires courage because it asks you to stop pretending.

Reflection Prompt: What truth have I been minimizing, justifying, or postponing?

Chapter 4: Alignment in Decision-Making

Aligned decisions are not always easy, but they feel clear.

They are marked by:

- Inner steadiness, not urgency
- Peace, even when fear is present
- A sense of integrity rather than obligation

Misaligned decisions often come from fear—fear of loss, rejection, or discomfort.

Exercise: Think of a decision you're currently facing. Ask yourself:

“Does this expand me or contract me?”

“Does this honor who I am becoming?”

Chapter 5: Alignment in Relationships

Alignment in relationships means:

- You don't abandon yourself to be loved
- Your boundaries reflect your values
- Your communication is honest, not performative
- You choose connection from wholeness, not lack

When you're aligned, you stop forcing relationships to work. You allow truth to reveal compatibility—or the lack of it.

Reflection Prompt: Which relationships in my life feel aligned? Which feel draining or misaligned—and why?

Chapter 6: Returning to Alignment

Alignment is a practice.

Ways to realign:

- Slow down and listen to yourself
- Reconnect with your values
- Adjust boundaries where resentment exists
- Let go of what no longer fits
- Choose truth over comfort

Daily Check-In Practice:

Ask yourself each morning:

“What does alignment look like for me today?”

Chapter 7: Living an Aligned Life

An aligned life feels:

- Grounded, not rushed
- Intentional, not reactive
- Peaceful, even amid change

When you live in alignment:

- You trust yourself
- You attract what resonates
- You stop chasing what isn't meant for you

Alignment simplifies life because it removes inner conflict. And where there is no inner conflict, there is clarity.

Optional Journaling Prompts

1. What does alignment mean to me personally?
2. Where in my life do I feel most aligned right now?
3. Where am I out of alignment—and what is it teaching me?
4. What values guide my decisions?
5. What would change if I chose alignment over fear?

