

A FREE GUIDE

Where am I right now?

A GROWTH MINDSET & ALIGNMENT CHECK-IN

by Julie-Anne

BEGIN HERE

Pause for a moment.

This isn't about judging yourself, or finding the "right" answers.

It's about getting honest with where you are *right now* — in your mindset, your patterns, and your alignment.

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Growth doesn't start with a plan. It starts with awareness.

HOW IT WORKS

A simple, honest scale.

Rate each statement from one to five – based on who you are *right now*, not who you want to be.

1

2

3

4

5

Strongly disagree

Strongly agree

Answer quickly. Your first instinct is usually the most honest one.

Part one.

01 I believe I am capable of growing and shifting in meaningful ways.

02 I reflect on my patterns instead of blaming external circumstances.

03 I can recognize when something no longer aligns with me.

04 I allow myself to feel emotions instead of avoiding them.

05 I am open to change, even when it feels uncomfortable.

Part two.

06 I take responsibility for my growth.

07 I am willing to let go of what no longer serves me.

08 I have a sense of what feels aligned for me.

09 I invest time or energy into my personal growth.

10 I believe I am worthy of a life that feels aligned and fulfilling.

TALLY YOUR ANSWERS

Your total.

_____ / 50

_____ . _____

*Hold your number lightly. Turn the page
to read what it means.*

YOUR RESULT

40–50

You're expanding.

You're already doing deep internal work. The invitation now is to refine — to move from awareness into aligned action.

YOUR FOCUS

- Refining alignment

- Strengthening boundaries

- Taking aligned action

REFLECTION

Where am I holding back, even though I'm ready?

YOUR RESULT

30—39

You're awakening.

Something is stirring. You're beginning to sense what no longer fits — and that knowing is the first quiet shift.

YOUR FOCUS

- Trusting yourself

- Letting go of misalignment

- Taking the first action

REFLECTION

What have I already outgrown?

YOUR RESULT

20–29

You're becoming aware.

You're noticing — and noticing is everything. Stay curious. Resist the urge to fix yourself before you understand yourself.

YOUR FOCUS

- Awareness

- Identity exploration

- Allowing emotions

REFLECTION

Where do I feel stuck — and what does the stuckness protect?

YOUR RESULT

10–19

You're feeling stuck.

First, breathe. A low number isn't a verdict — it's an honest starting line.
Be tender with yourself here.

YOUR FOCUS

— Self-compassion

— Naming what you feel

— One small step

REFLECTION

What am I avoiding — and what would change if I named it?

If something came up for you — *that matters.*

This is the work I do. Helping you realign with what feels true, and understand yourself with more clarity and compassion.

→ Book a one-to-one session

→ Explore ongoing coaching

→ Reach out, just to say hi

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With warmth,

Julie-Anne

J. Nayler