

Sensing Heart–Mind Alignment

Purpose: Help leaders recognise alignment as a felt, embodied state.

1) Decisions that feel aligned to me usually feel:

(choose a few)

- settled
- proportionate
- clear but not rushed
- grounded
- calm but firm
- spacious
- other: _____

2) Decisions that feel *misaligned* often feel:

- pressured
- urgent
- over-justified
- heavy
- tight in the body
- rushed or delayed

3) One recent decision that felt aligned (big or small):

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4) The internal signals I associate with alignment are:
(e.g. steadiness in chest, slower pace, clarity without strain)

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5) One sentence that captures alignment for me is:

“Alignment feels like _____.”

*Alignment isn't certainty.
It's integration.*