

Your Sustainable Success Check-In

A simple reflection to help you recognise what success is costing you — and make one meaningful adjustment.

The Aligned Leadership Method™

REVEAL → RECONNECT → REALIGN

Notice what is happening

What is success costing you?

REVEAL — Recognise what is happening in your life right now.

You may be achieving, progressing and fulfilling your responsibilities. But how often do you stop to consider what it is taking to maintain that success?

Take a moment to reflect on your current experience. There are no right or wrong answers.

1. Which areas of your life currently feel as though they are receiving less attention than you would like?

- ☐ My physical health and wellbeing
- ☐ My emotional wellbeing
- ☐ My relationships and family
- ☐ My rest and personal time
- ☐ My purpose and personal fulfilment
- ☐ Other

2. What are you currently doing, carrying or maintaining that may be contributing to this?

Your reflection...

3. If nothing changes over the next six months, what might the personal cost be?

Your reflection...

Make one meaningful adjustment

What would sustainable success look like for you?

RECONNECT → REALIGN

Sustainable success is not simply about how much you achieve. It is also about recognising what matters to you and making conscious decisions about how you live, work and lead.

You do not need to change everything today. Begin with what you have noticed.

4. Looking at your reflections, what matters most to you right now?

Your reflection...

5. What is one meaningful adjustment you could make to support this priority?

Your reflection...

6. What is one small, realistic step you are willing to take over the next seven days?

Your reflection...

Your commitment to yourself

One thing I want to do differently is...

When I will begin:

You do not have to change everything at once. Sustainable success can begin with one conscious decision.