



Autumn Alignment Challenge – Week 1 Worksheet

Theme: Clear the Clutter + Regret as a Compass

Reflection

1. Clear the Clutter (Mental, Emotional, Practical)

- **List 3 things weighing on you right now (unfinished tasks, draining habits, clutter in your space).**

- **Circle one you can clear or simplify this week.**

2. Regret as Data

Regret isn't failure—it's feedback. It shows us what matters most.

Looking back can point us forward.

- **What's one regret you carry about something you *didn't do* (a bold move you skipped, a chance you didn't take)?**

- **What's one regret you carry about something you *did* (a choice you wish you'd made differently)?**

- **What values do those regrets reveal about what matters to you now?**

3. Reframe the Story

Write a new forward-focused sentence for each regret:

- **“Because I regret ____, I now choose to ____.”**

- **What's one "small bold move" I can make this week?**

2. Weekly Alignment Action

Write down your one non-negotiable action for the week:

Anchor Statement :

"My past regrets don't define me—they direct me. This week I will clear space and take one bold step toward alignment."