

Date

mm/dd/yyyy



Daily Alignment Journal Page

A gentle daily check-in to align your emotions, intention, and one tiny action. No perfection, no performance — just a simple way to stay grounded in your manifestation system.

1. How am I feeling right now?

(Name your emotional state without judgment.)

Optional mood sketch:   

A few words or a sentence is enough.

2. Why does it make sense that I feel this way?

(Normalize your experience gently.)

Name any context, pressure, or history that makes your feelings understandable.

3. What emotional state would support my intention today?

(calm, steady, hopeful, grounded, confident)

For example: calm, steady, hopeful, grounded, confident.

4. My intention / direction:

(One clear sentence.)

Restate your goal or direction in one simple, honest sentence.

5. One small aligned action I can take today:

(Choose the smallest possible step.)

I completed this action.

6. Do I feel any resistance? (optional)

(Fill only if relevant.)

Yes / No (you can simply notice this)

7. If yes: How can I make this step smaller, simpler, or safer?

Example: cut the task in half, ask for support, shorten the time window.

8. I'm becoming the kind of person who...

Describe the kind of person you are steadily becoming, in simple, grounded language.

9. Small win from today (optional):

Name one thing, however small, that moved you in the direction you care about.