

What Are You Holding Together?

Use this simple matrix to identify what you're carrying—and whether it's truly aligned.

CAN (You're good at it / it comes easy)	SHOULD (Expectation / Pressure)	HAVE TO (Obligation / feels required)

Reflect + Recalibrate:

HAVE TO:

What could be delegated, automated, or removed? If not, how can you bring more ease or enjoyment into it?

SHOULD:

On a scale of 1–10, how aligned does this feel? What might be ready to release?

CAN:

Which of these truly energize you? What's worth keeping, delegating, or letting go?

Awareness creates space. And space allows alignment to emerge.