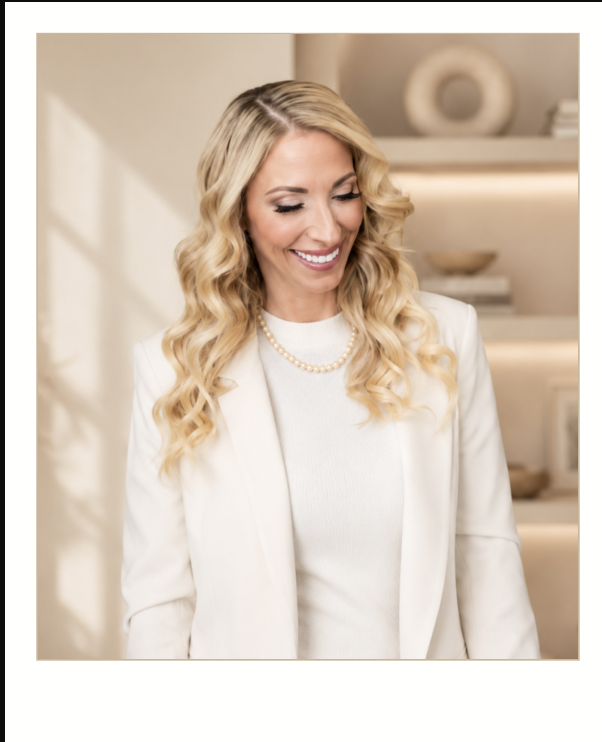


THE ABUNDANCE BLUEPRINT



The Alignment Audit

Discover where your life is thriving, where it feels quietly out of alignment, and what is ready to shift.

ABUNDANCE IS AN INSIDE JOB.

ANITA GUERINI
FOUNDER OF THE ABUNDANCE BLUEPRINT

You did not arrive here by accident

You may have a life that looks successful on paper. You have worked hard. You have carried a great deal. You have learned how to keep moving, lead well, and make things happen.

Still, there may be a quiet place within you that knows something is no longer moving in the same direction.

That knowing is not ingratitude. It is not failure. It is an invitation.

You are not stuck. You are out of alignment.

The Abundance Blueprint Alignment Audit is a space to pause, listen, and tell yourself the truth with tenderness. It will help you see where alignment is already creating abundance in your life and where a part of you may be asking to come home.

There is nothing here to perform. There is no perfect score to reach. Your only work is to answer honestly from the life you are living today.

Women come to me chasing abundance and leave unveiling it.

The abundance you are seeking may be closer than you think. Let us begin within.

With Gratitude,

Anita

BEFORE YOU BEGIN

How to use your audit

This audit explores the seven pillars of The Abundance Blueprint: Identity, Alignment, Vision, Stewardship, Discernment, Gratitude, and Impact.

Read each statement slowly. Circle the number that feels most true for you right now. Answer from your lived experience, not from the woman you think you should be or the version of you others expect to see.

YOUR FIVE-POINT SCALE

1	This does not feel true for me right now
2	This rarely feels true for me
3	This sometimes feels true for me
4	This often feels true for me
5	This feels fully true for me right now

Add the five responses in each pillar to create a total out of 25. Your score is information, not judgment. Let it show you what is already strong and what is ready for your attention.

Move slowly. Notice what creates relief, emotion, resistance, or recognition. Your response is part of the answer.

PILLAR 1 OF 7

Identity

Who you believe you are sets the standard for everything else.

Every result in your life begins with the identity you are living from. You can build a beautiful business, a full calendar, a home, and a reputation. If the woman holding it all has lost connection with herself, achievement will never feel like embodiment.

Identity is not the version of you others learned to depend on. It is the truth of who you are, what you believe, and what you are willing to become. When identity expands, possibility expands with it.

Your self-assessment

- 01

I make decisions from who I am becoming, not only who I have been.

1

2

3

4

5
- 02

I recognize myself in the life and work I am building.

1

2

3

4

5
- 03

I trust my voice, even when it asks me to choose differently.

1

2

3

4

5
- 04

I no longer need achievement to prove my worth.

1

2

3

4

5
- 05

The way I show up privately feels connected to how I show up publicly.

1

2

3

4

5

Your Identity total

/ 25

Who you believe you are sets the standard for everything else.

Listen for what identity is showing you

Write what is true. You do not need to make it polished. You only need to make it honest.

Where am I still living from an identity I have outgrown?

Who am I ready to give myself permission to become?

What changes when I stop asking who others need me to be?

You do not need to become someone more worthy. You are being invited to live from the truth of who you already are.

PILLAR 2 OF 7

Alignment

Your values, your faith, your identity, and your purpose moving in one direction.

Alignment is the experience of your inner world and outer life moving together. Your values, your faith, your identity, and your purpose are not separate conversations. When they point in one direction, decisions become clearer. Success feels honest. Energy returns.

Alignment does not mean every area is perfect. It means you are no longer abandoning yourself to maintain what you have built.

Your self-assessment

- 01

The choices I make reflect what matters most to me.

1

2

3

4

5
-
- 02

My personal life and professional life feel like parts of the same whole.

1

2

3

4

5
-
- 03

The pace I keep supports the life I say I want.

1

2

3

4

5
-
- 04

I can feel when something is no longer mine.

1

2

3

4

5
-
- 05

My success feels honest, not simply impressive.

1

2

3

4

5
-

Your Alignment total _____ / 25

Your values, your faith, your identity, and your purpose moving in one direction.

PILLAR 2 REFLECTION

Listen for what alignment is showing you

Write what is true. You do not need to make it polished. You only need to make it honest.

Where do my words and choices point in different directions?

What feels heavy now that it is no longer aligned?

Where do I need to tell myself the truth?

Alignment creates abundance. Alignment first, abundance follows.

PILLAR 3 OF 7

Vision

Seeing the life clearly enough to assume you are already living it.

Vision is more than a goal. It is the courage to see a life before you can fully explain how it will happen. You may have become exceptional at meeting expectations and carrying responsibilities. Somewhere along the way, your own desires may have grown quiet. Vision invites them to speak again.

Your vision is allowed to include success and peace, impact and joy, ambition and spaciousness. You are allowed to see a life that feels like yours.

Your self-assessment

01 I have a clear picture of the life I want to create.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

02 My vision reflects my desires, not only my responsibilities.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

03 I allow myself to want more without dismissing what I already have.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

04 The way I spend my time moves me toward my vision.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

05 I can name what this next chapter is asking of me.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Your Vision total

_____ / 25

Seeing the life clearly enough to assume you are already living it.

Listen for what vision is showing you

Write what is true. You do not need to make it polished. You only need to make it honest.

What do I see when I release other people's expectations?

What desire have I been afraid to name?

What would a life that feels fully mine look and feel like?

*You do not need the entire path before you honour the vision.
Clarity grows when you are willing to look as the wish fulfilled.*

04

PILLAR 4 OF 7

Stewardship

How you tend what you already have.

Abundance grows through your relationship with what is already in your hands. Your time. Your energy. Your gifts. Your relationships. Your finances. Your influence. Your body. Your business.

Stewardship is not control. It is care. It asks whether you are tending what matters or moving so quickly that you cannot receive the life already here.

Your self-assessment

01 I care for my time, energy, relationships, and resources with intention.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

02 I notice and value what is already present in my life.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

03 My choices honour the capacity I truly have.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

04 I create space for the people and work that matter most.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

05 I trust myself to hold more without abandoning what matters now.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Your Stewardship total

_____ / 25

How you tend what you already have.

Listen for what stewardship is showing you

Write what is true. You do not need to make it polished. You only need to make it honest.

What in my life is asking to be tended, not replaced?

Where am I leaking time or energy?

What can I care for more intentionally this week?

What you honour grows. What you tend becomes a place where abundance can stay.

PILLAR 5 OF 7

Discernment

Knowing what is yours to carry and what is not.

Not everything asking for your attention deserves your energy. Not every expectation belongs to you. Discernment is the quiet strength to recognize the difference.

Discernment is learning to trust what you know before the world agrees. When you release what is not yours to carry, you make room for what is.

Your self-assessment

01 I can distinguish between responsibility and obligation.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

02 I can say no without requiring everyone to understand.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

03 I trust the quiet knowing within me.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

04 I release roles, expectations, and burdens that are not mine.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

05 I choose from clarity rather than fear, urgency, or guilt.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Your Discernment total

_____ / 25

Knowing what is yours to carry and what is not.

Listen for what discernment is showing you

Write what is true. You do not need to make it polished. You only need to make it honest.

What am I carrying that was never mine?

Where do I already know the answer?

What becomes possible when I stop explaining my knowing?

Your knowing does not need permission. It needs your willingness to listen.

PILLAR 6 OF 7

Gratitude

The posture that keeps a woman receptive.

Gratitude is not a demand to be satisfied with less. It is the posture that allows you to receive what is here while staying open to what is possible.

A grateful woman can honour her life and still desire expansion. She can celebrate the present and answer the call of what is next. Gratitude keeps abundance visible and ever growing.

Your self-assessment

01 I notice goodness without using gratitude to silence my desires.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

02 I allow myself to receive support, love, opportunity, and rest.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

03 I honour what is present while remaining open to what is next.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

04 I celebrate my growth without immediately moving the finish line.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

05 I experience gratitude as openness, not an obligation.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Your Gratitude total

_____ / 25

The posture that keeps a woman receptive.

Listen for what gratitude is showing you

Write what is true. You do not need to make it polished. You only need to make it honest.

What have I been moving too quickly to receive?

Where am I being invited to soften?

What is already here that I want to fully acknowledge?

Gratitude opens your hands. Receptivity allows abundance to meet you there.

PILLAR 7 OF 7

Impact

What your alignment makes possible for everyone around you.

Impact is not only what you accomplish. It is what becomes possible around you when you are fully aligned. Your family feels it. Your team feels it. Your community feels it. Your work carries a different energy.

When you stop shrinking, performing, and proving, you create permission for others to do the same. This is how inner alignment becomes outward impact.

Your self-assessment

01 The way I live gives others permission to live more fully.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

02 My work expresses what I care about most.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

03 I can see how my alignment strengthens my family, community, or business.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

04 I allow myself to be visible where my voice can make a difference.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

05 I define impact by meaning, not only reach, revenue, or recognition.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Your Impact total

_____ / 25

What your alignment makes possible for everyone around you.

Listen for what impact is showing you

Write what is true. You do not need to make it polished. You only need to make it honest.

Who benefits when I live in greater alignment?

Where am I being asked to be seen?

What legacy is being created through the choices I make now?

Your alignment is never yours alone. It changes what becomes possible for everyone your life touches.

YOUR ALIGNMENT PROFILE

See the whole picture

Transfer each pillar total below. Your highest score shows an area where alignment is already supporting you. Your lowest score reveals the doorway asking for your attention.

PILLAR	SCORE OUT OF 25	WHAT I NOTICED
Identity		
Alignment		
Vision		
Stewardship		
Discernment		
Gratitude		
Impact		

How to read each pillar score

Your strongest pillar is a resource. Your lowest pillar is an invitation. The goal is not seven perfect scores. The goal is greater honesty and movement in one direction.

21–25

ALIVE AND ALIGNED

This pillar is a present source of strength. Notice how it supports the rest of your life.

16–20

GROWING IN ALIGNMENT

You have meaningful roots here. A deeper level of honesty or intention may be ready to emerge.

11–15

ASKING FOR YOUR ATTENTION

Something in this pillar wants to be seen, named, or tended with greater care.

5–10

YOUR NEXT DOORWAY

This is not a failure. It is a clear invitation to begin where alignment can create the greatest shift.

Your lowest score is not a verdict. It is a doorway.

Let the pillar that is already strong support you as you turn toward the one asking for care.

Choose where you will begin

Look at your alignment profile. Which pillar received your lowest score? If two pillars share the same score, return to their reflection questions. Notice which one creates the strongest sense of relief, emotion, resistance, or recognition. Begin there.

You do not need to change everything. One aligned choice can change the direction of everything that follows.

The pillar calling for my attention is

What I can now see clearly is

What I am ready to release is

Turn clarity into an aligned choice

You have listened. Now choose one step that honours what you know.

What I am ready to choose is

One aligned action I will take within the next seven days is

The support I am willing to receive is

MY ALIGNMENT COMMITMENT

I am no longer waiting for everything outside me to change. I am willing to begin with alignment.

SIGNED

DATE

YOUR NEXT STEP

You have named where you are. Now let me show you what comes next.

The wheel is not a strategy problem. It is an alignment problem.

Your strategy may be sound. Your goals may be clear. Still, the wheel keeps turning and the life you built may not feel the way you imagined.

You cannot out strategy the state you run your life or business from.

Inside the masterclass, I will introduce you to The Abundance Blueprint in full and show you how Identity, Alignment, Vision, Stewardship, Discernment, Gratitude, and Impact work together.

Alignment creates abundance. Alignment first, abundance follows.

JOIN THE MASTERCLASS

Reserve your place and experience the complete framework, or book a free strategy call to go deeper one on one.

RESERVE MY PLACE

BOOK A FREE STRATEGY CALL

<https://www.anitaguerini.com/masterclass>

<https://calendly.com/anita-anitaguerini/discovery-call>

You will not leave the same person who walked in.

This is not about becoming someone else. It is remembering who you are, then building from there.

With Gratitude,

Anita Guerini

Founder of The Abundance Blueprint