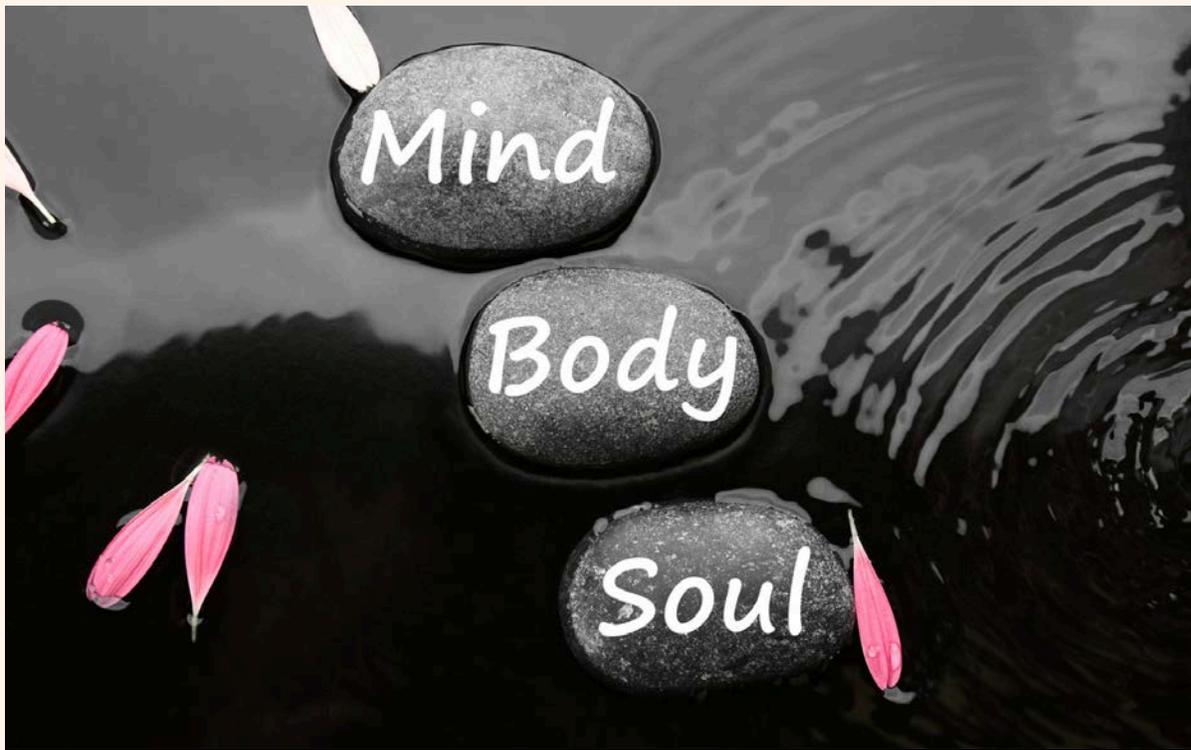


ARE YOU OUT OF ALIGNMENT?

*A Guided Self-Audit of Your
Body, Mind, and Spirit*

BY BRANDILYN HALLCROFT



START IDENTIFYING THE SYSTEMS THAT SUPPORT YOU...
AND THE ONES THAT ARE SILENTLY DRAINING YOU.

Welcome Friend,

I'm so glad you're here. If you're reading this guide, you're probably feeling a little out of sync, like something isn't quite right, but you can't figure out what it is. You're not alone in that.

I just wanted to let you know that this is not about fixing yourself. It's about understanding yourself on a deeper level. Three main systems govern our experience: the body, the mind, and the spirit. When one is neglected or overwhelmed, the whole system starts to feel off.

This workbook is a self-audit. It's a chance to check in with each of your systems and begin identifying where you feel aligned and where you don't. You don't have to solve everything right now. You just have to get honest about what's showing up.

You deserve to feel whole. You deserve to know yourself fully. And you deserve to live in a way that supports all parts of you. Take your time with this. Come back to it whenever you need. This is your space.

Brandilyn

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HOW TO USE THIS WORKBOOK



This guide is designed to help you understand your internal systems and recognize where you're most out of alignment. It's not about perfection or fixing everything at once. It's about becoming more honest with yourself and starting from where you are. Each section will walk you through an aspect of the self: body, mind, and spirit. You'll reflect on what's working and what's not. You'll answer prompts, take a short quiz, and create a visual snapshot of where you're standing right now.

Here's how to use it:

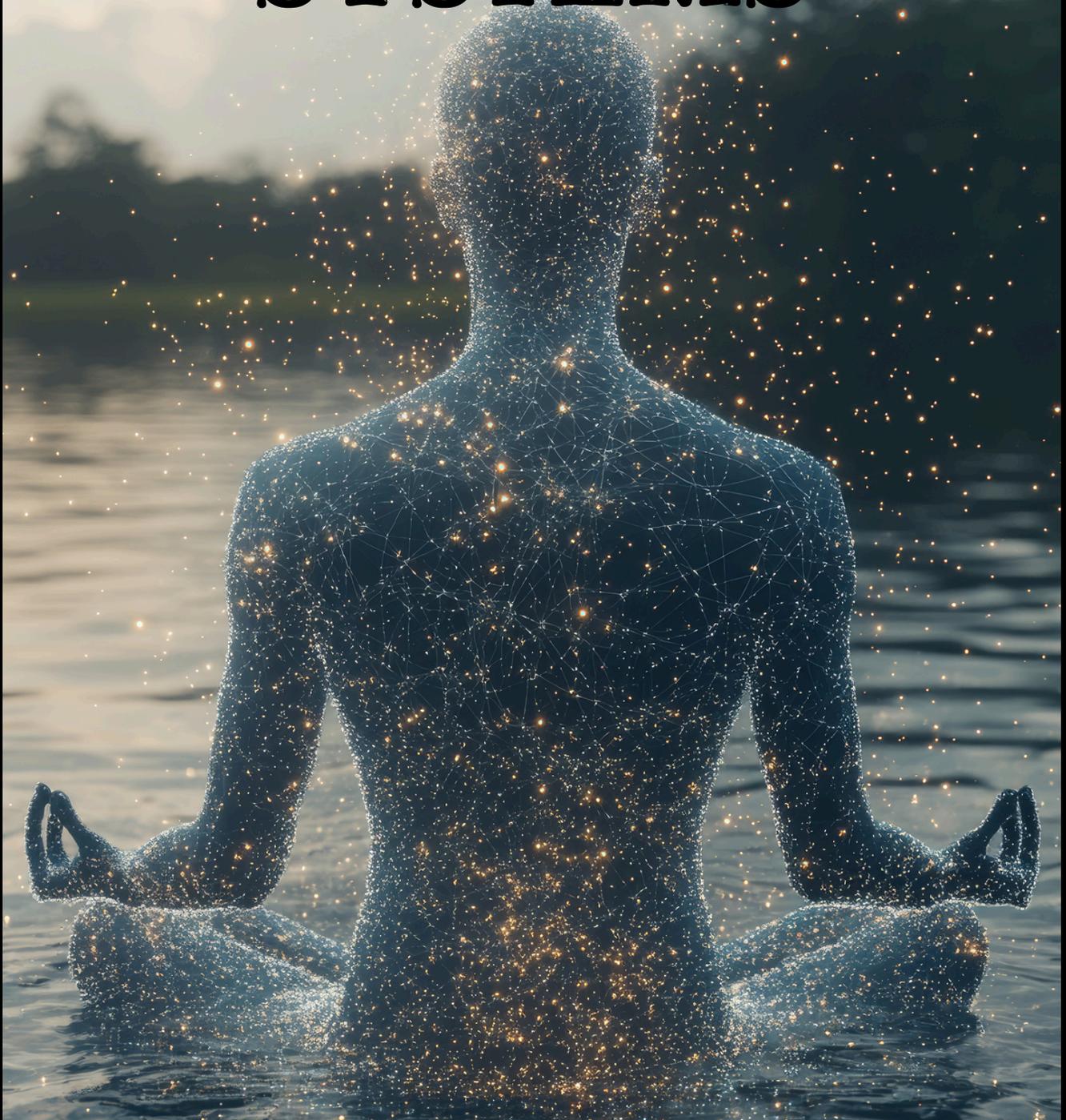
- Move through each section slowly.
- Answer the prompts with honesty, not pressure.
- Use the checklists to track which systems are in alignment and which need attention.
- Take breaks when needed and come back to it when you're ready.

You don't have to get it all right. You just have to get real. That's where healing starts.

QUESTIONS?

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INTRODUCTION TO THE THREE SYSTEMS



INTRODUCTION TO THE THREE SYSTEMS

You are made of more than just thoughts and feelings. You are a combination of three powerful systems that work together to shape how you live, respond, and grow: the body, the mind, and the spirit.

When these systems are in sync, life flows. You feel clear, grounded, connected, and whole. But when one is overactive or ignored, things can start to unravel. Each system holds a different form of wisdom:

BODY

The body is your physical experience. It includes your health, environment, movement, nervous system, energy levels, money, food, and your sensory connection to the world. When your body system is out of alignment, it often manifests as tension, fatigue, pain, or a disconnection from your surroundings.

MIND

The mind is your internal processing center. It stores beliefs, memories, and thought patterns. It also drives learning, curiosity, identity, and how you interpret reality. When your mind is out of alignment, it often shows up as overthinking, indecision, mental fog, or emotional chaos.

SPIRIT

The spirit is your source connection. It is your intuition, your soul, your purpose, and your unseen knowing. It connects you to yourself, to others, and to something greater. When the spirit is out of alignment, it often shows up as emptiness, disconnection, hopelessness, or feeling like something is missing no matter what you do.



CHECKING IN WITH YOUR SYSTEMS

Now that you've been introduced to the body, mind, and spirit, let's look at how you can recognize when each system is out of sync. Misalignment doesn't always scream. Sometimes it whispers. Sometimes it just feels like exhaustion, disinterest, or disconnection.

Each system has its own way of signaling when it's overwhelmed or ignored. You might be surprised to realize how often you've been living in a state of misalignment without fully noticing it.

Be honest with yourself as you read through the following. There's no judgment here, only awareness.

Signs You're Disconnected

Body

- You feel tired no matter how much you sleep
- Your environment feels cluttered or chaotic
- You ignore physical needs like rest, water, food, or movement
- You overwork and override your body's signals
- You feel numb, heavy, or disconnected from your surroundings

Mind

- You overthink simple decisions
- You can't focus or retain information
- You feel stuck in a loop of past regrets or future worries
- You absorb everyone else's opinions and lose sight of your own
- You feel mentally tired but emotionally restless

Spirit

- You feel emotionally flat or uninspired
- You question your purpose or feel disconnected from meaning
- You feel spiritually dry, like something important is missing
- You crave stillness but avoid being alone with your thoughts
- You feel like you're just going through the motions of life

UNDERSTANDING ALIGNMENT



UNDERSTANDING ALIGNMENT

Alignment isn't just about balance. It's about integration. It's the relationship between your body, your mind, and your spirit. These three systems work together to create how you feel, how you function, and how you move through the world.

It's common to think of alignment in physical terms. Focusing on fitness, nutrition, or diet. But true alignment goes deeper. It's about whether your actions, beliefs, energy, and environment are supporting the core of who you really are.

When one part of you is neglected, the others carry the weight. This creates confusion, burnout, and emotional disconnection. You start to feel off and may not even know why.

Quick Check-In

Before you begin the deeper self-audit, take a moment to reflect:

- Do you feel more connected to your body, mind, or spirit right now?
- Which one do you avoid or forget about most often?
- Where do you feel the most resistance?

Write a few thoughts here:



WHY MISALIGNMENT PERSISTS

People often try to fix the symptoms like fatigue, fog, or restlessness without looking at the root cause. The truth is that no single system is meant to carry the entire load.

If your spirit is screaming but your mind is overriding it with logic...
misalignment.

If your body is exhausted but you keep pushing...
misalignment.

If your mind is overwhelmed and your environment is chaotic...
misalignment.

Integration begins with recognition. It continues with compassion. And it builds with practice.

Try this practice:

Sit with yourself in stillness for a few minutes. No distractions, no expectations. Ask inwardly:

Which part of me feels the most disconnected right now?

What has that part been trying to tell me?

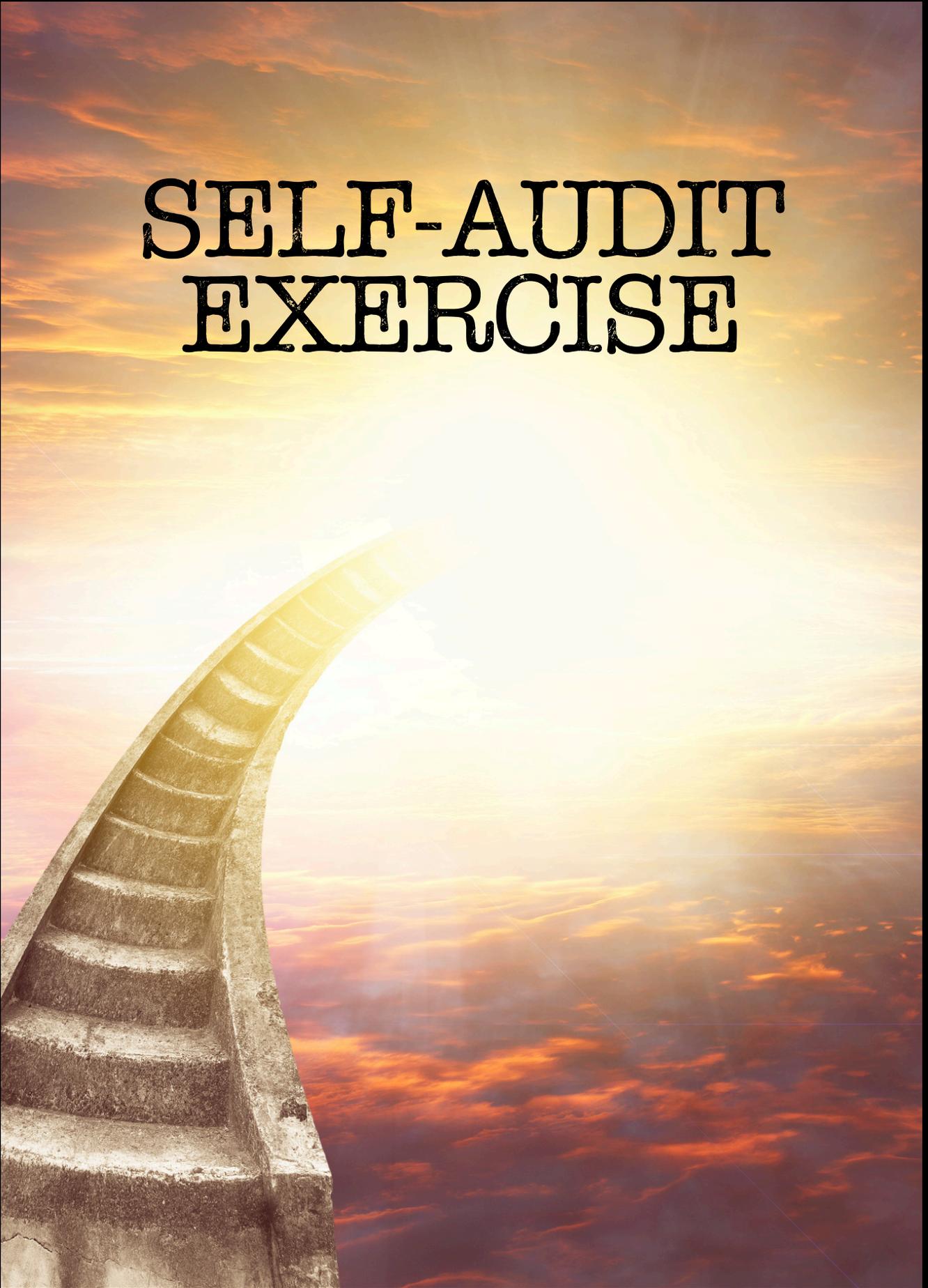
What small offering can I make to bring it comfort or attention?

Let the answers come as they will. You're not solving anything in this moment; you're simply making space for truth.

“When the heart speaks, the mind finds it indecent to object.”

Milan Kundera

SELF-AUDIT EXERCISE



ARE YOU OUT OF ALIGNMENT?

Now that you understand what misalignment looks like, let's explore where it's showing up in your life. This audit isn't about diagnosing or labeling. It's simply a way to shine a light on where your energy is flowing and where it's being blocked.

Review each statement below and mark the ones that resonate. Be honest. No one else is reading this but you.

Body Checklist

- I often feel physically tired even after rest
- My environment feels chaotic or draining
- I ignore or push through pain or discomfort
- I overwork and neglect physical needs
- My eating or sleep patterns are inconsistent
- I feel disconnected from my body or senses

Scoring Guide

- 0–2: Aligned
- 3–4: Needs Support
- 5–6: Deep Misalignment

Mind

- I overthink or worry excessively
- I struggle with focus or follow-through
- I feel mentally drained or scattered
- I doubt my decisions or second-guess myself
- I use distractions to avoid being present
- I absorb others' emotions easily

Spirit

- I feel disconnected from joy or meaning
- I avoid stillness or quiet time with myself
- I question my purpose or direction
- I've lost interest in things that once inspired me
- I feel like I'm just getting through the day
- I crave spiritual connection but don't nurture it



REFLECTION

What Your Score Reveals

You might notice one system feels strong while another feels completely depleted. That's okay. Most people live in partial alignment without realizing the significant impact it has on them.

This check-in isn't about fixing everything at once. It's about learning where your attention is needed most. When one system goes quiet, the others start yelling. Now that you've listened, you can begin to respond.

Try this practice:

Take five to ten minutes today to pause and be with yourself. No distractions.
No goals. Just presence.

Close your eyes and tune into your breath. Imagine each inhale gently clearing space, and each exhale softening tension.

Then ask yourself:

Which part of me has been speaking the loudest: my body, my mind, or my spirit?

What has it been trying to say? What emotions, signals, or signs have I been ignoring?

What simple act of care can I offer that part today?

You do not need to solve anything or make a big change right now. This is about listening. When we learn to truly hear ourselves, the path forward begins to reveal itself.

Whether that means drinking more water, stepping away from the mental noise, or reconnecting with your sense of purpose, let the answer come gently.

UNDERSTANDING YOUR IMBALANCE



UNDERSTANDING YOUR IMBALANCE

You've identified which system is the loudest and which one has gone quiet. But understanding why you're imbalanced is just as important as noticing that you are.

Imbalance doesn't usually arrive all at once. It builds slowly. It's what happens when you've spent years in survival mode, overcompensating in one area while ignoring another. You adapted to your circumstances, and while those adaptations once served you, they may now be working against you.

Sometimes, imbalance feels like constant exhaustion, no matter how much you rest. At other times, it manifests as creative blocks, emotional numbness, or spiritual disconnection. These are signals, not failures.

Most of us were never taught how to care for all parts of ourselves. Society often rewards overthinking, overworking, and over-giving, while downplaying intuition, rest, and presence. When you're praised for ignoring your needs, it's easy to forget they even exist.

You don't need to punish yourself for being out of alignment. You only need to pause long enough to ask:

What part of me hasn't been heard in a while?

***Imbalance is not weakness. It's information.
It's your system asking for change.***



YOU'RE NOT BROKEN

Imbalance doesn't mean you're broken. It means your inner systems are misfiring, like a group chat where no one's reading each other's messages.

The body might be calling for sleep, but the mind is obsessing over deadlines. The spirit may be nudging you toward purpose, but the noise of the world drowns it out.

These inner clashes create confusion, burnout, or that nagging feeling that something's off. Noticing the tension between your systems is the first real step toward change.

When you bring attention to the conflict instead of avoiding it, you begin to reclaim your power. This isn't about fixing all your problems. It's about listening to yourself differently.

Try this practice:

Find a quiet space and close your eyes. For a few moments, let your breath be the bridge between your systems.

Then ask yourself the following:

What messages did I receive about rest, intuition, or emotions when I was younger?

Which system did I feel safe expressing?

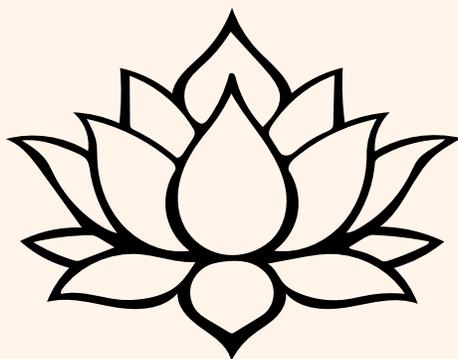
Which system did I learn to hide, repress, or ignore?

Who taught me that survival meant shutting down part of myself?

Let the answers come without judgment. You are not blaming—you're remembering. You're reconnecting with the parts of you that got left behind.

“You are not broken. You are breaking patterns.”

Unknown



DAILY AFFIRMATIONS



CHOOSE ONE EACH DAY OR CREATE YOUR OWN:

Body

- I honor the signals my body sends me.
- Rest is productive. Nourishment is sacred.
- My body is my home, and I treat it with care.

Mind

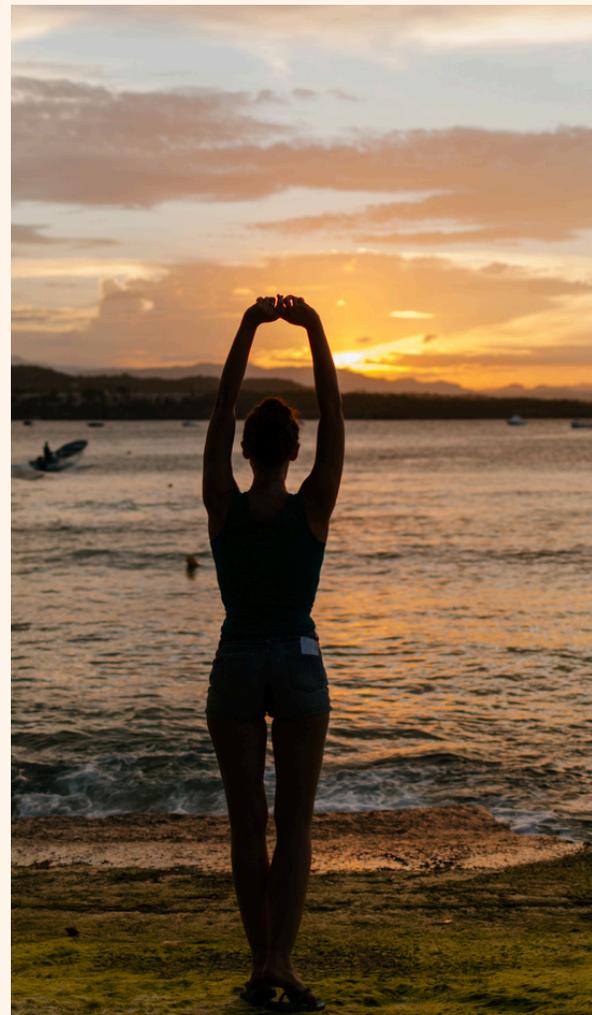
- I release the need to overthink.
- My thoughts do not define me.
- I am open to learning, unlearning, and growing.

Spirit

- I trust the quiet voice within me.
- I am connected to something greater than myself.
- My soul knows the way, even when my path is unclear.

Whole Self

- I am allowed to grow at my own pace.
- All parts of me are worthy of love and attention.
- Alignment is not a destination. It is a practice.





JOURNAL PROMPTS

Use these to deepen your practice



DATE

MOOD

Which system (body, mind, or spirit) have you historically ignored, and why?

What patterns, beliefs, or experiences contributed to that neglect?

YOUR THOUGHTS

GOALS

TO DO

DATE

MOOD

When do you feel most aligned in your daily life?

Describe the environment, the habits, or the people that help you feel whole.

YOUR THOUGHTS

GOALS

TO DO

DATE

MOOD

What would a day in full alignment look like for you?

Write it out from morning to night as if you're already living it.

YOUR THOUGHTS

GOALS

TO DO

DATE

MOOD

What part of yourself do you struggle to listen to
your body, your mind, or your spirit?

What do you think it's trying to say to you right
now?

YOUR THOUGHTS

GOALS

TO DO

DATE

MOOD

How will you begin practicing integration moving forward?

List one small action you can take for each system this week.

YOUR THOUGHTS

GOALS

TO DO

NEXT STEPS ON YOUR JOURNEY

You don't have to be perfectly balanced to be aligned. You have to be honest, present, and willing to begin again.

If you're ready to dive deeper, my new book "Unshakeable: Mastering Yourself in a Messy World" is now available on Amazon. It offers worksheets, prompts, and a deeper exploration of these practices to guide you further on your path.

You can also explore my collection of prompt journals, designed to support your healing with daily reflections, guided exercises, and space to process your thoughts at your own pace. Each journal focuses on a specific area of growth to help you build emotional strength, self-awareness, and inner peace.

