



EVOLUTION & ALIGNMENT REFLECTION SHEET

WHISPER NO. 14 OF 52



ABOUT THIS WHISPER

Evolution is the natural unfolding of who you are meant to be. Alignment happens when your thoughts, actions and values are in harmony with your soul. This Whisper invites you to step into your next level with clarity, courage and authenticity.

"You don't have to become someone new. You just have to become more of who you truly are."
- UNKNOWN

DATE: _____

A SIGN I NOTICED OR QUESTION I HAVE: _____



WHAT VERSION OF MYSELF AM I READY TO FULLY EMBRACE?

What parts of me am I ready to step into more deeply?



WHAT IS CALLING ME FORWARD NOW?

What feels aligned with my soul's direction?



WHAT OLD PATTERNS AM I READY TO EVOLVE BEYOND?

What habits, thoughts or beliefs no longer serve my growth?



WHAT ALIGNS ME WITH MY HIGHEST VALUES?

How can I live more in truth with who I really am?



WHAT WOULD MY FUTURE SELF BE PROUD OF TODAY?

What action can I take now that my future self would celebrate?



HOW CAN I HONOUR MY GROWTH JOURNEY SO FAR?

What milestones or lessons am I grateful for becoming?



ADDITIONAL REFLECTIONS

Anything else I would like to note.

CAROLE'S WHISPER
"You are not behind. You are becoming. Every choice, every lesson, every moment is shaping your beautiful evolution."

AFFIRMATION
"I align with my truth and evolve with grace. I trust the journey and become more of who I truly am."