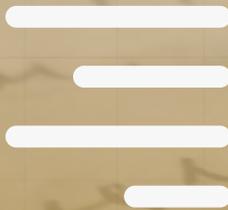


 **MATTHEW L.
BROWN** PRESENTS

 **ALIGNED**
FOR WHAT'S NEXT
WORKBOOK

CLARIFY YOUR GOALS

Every aligned step begins with clarity. Before you can focus your energy, measure your flow, or navigate transition, you need a true sense of direction. This isn't about reacting to noise or pressure – it's about naming what really matters in this season.

What am I moving towards?

What matters to me right now?

What are the top **two** areas that need my focus?

<hr/>	<hr/>

CLARIFY YOUR GOALS

Now, write one short-term goal (something you can move toward in this season) and one long-term vision (a direction you want this season to serve). Be clear, simple, and honest – these will be your compass for every reflection that follows today.

Short Term Goal

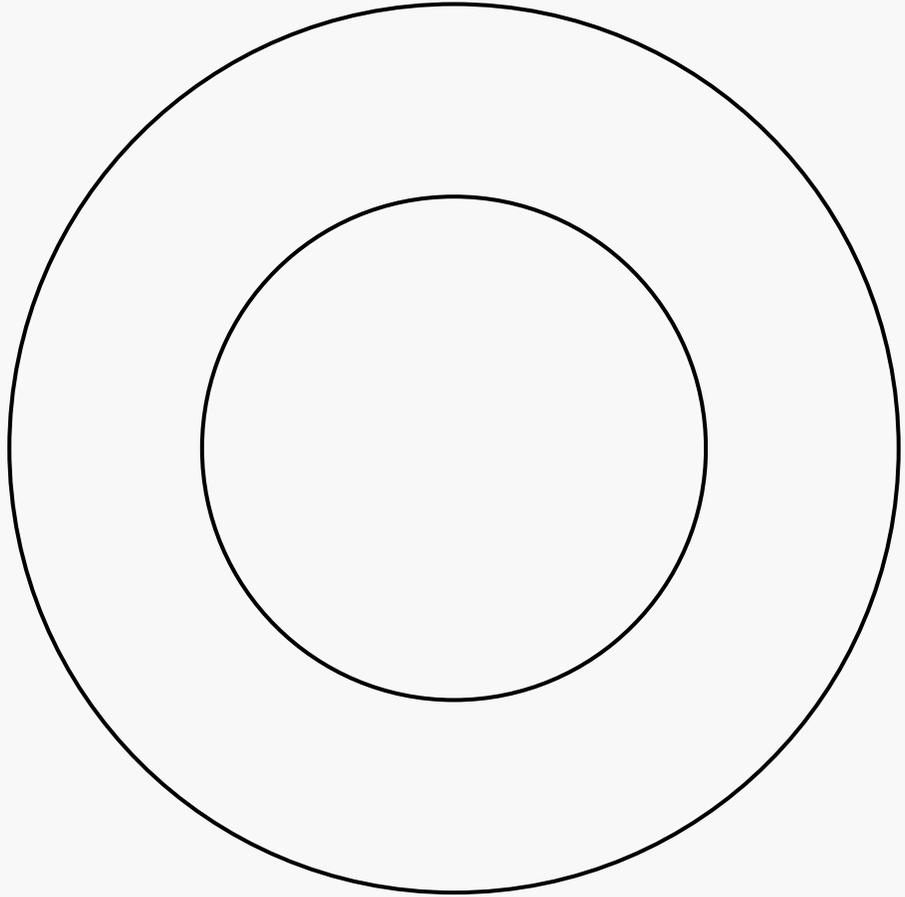
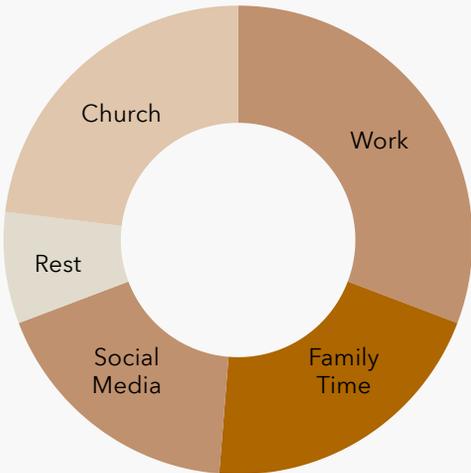
Long Term Vision

FOCUS AUDIT EXERCISE

Mark the donut to show how your attention was divided this week
(work, family, projects, church, distractions, rest, etc.)

Use as many or as few sections as needed.

Donut Chart Example:



Where is energy over-invested?

What is starving for focus?

AUDIT YOUR RHYTHM & READINESS

Comfort can mask misalignment. Identify a rhythm that feels natural, then rate your readiness to move forward.

What Feels Easy Right Now	How Ready are You For Change?
My work schedule is predictable.	
	
	
	

What's the risk if I stay in ease in these areas?

What's holding me back from moving forward or changing?

THE 'OBITUARY' EXERCISE

Use this page to release what no longer serves you and prepare space for what's ahead.

Identify What's Ending

Think about aspects in life, habits, roles, or patterns that no longer fit where you're going.

Here lies _____

Write the Obituary

Treat it like a farewell. Name what's being let go, honor its impact, and release it.

How do you feel after naming and releasing this?

What space does that create for something new to emerge?

ALIGNED FOR WHAT'S **NEXT**

Alignment doesn't stop here – it continues into what's next. Use this framework to carry today's clarity forward with focus and capacity.



Name: Name the priority for this season



Establish: Establish margins to protect your priority and capacity



eXecute: Write the steps to execute a clear, strategic plan



Track: Decide how'll you'll check-in to track your progress

FINAL REFLECTION

Use this space to ground what you've uncovered and commit to your NEXT.

Becoming distinct begins with the courage to align.

What truth surfaced for me through this process?

What am I letting go of in order to move in alignment next month?

What feels possible **now** that didn't feel accessible before this
Aligned for What's Next Workbook & Webinar?

My Alignment Intention

I will choose alignment over ease by: _____

Because: _____

PROGRESS & GOALS TRACKER

1. Use this space to put alignment into practice.
2. Set goals, act on them, and stay accountable.

My Named Priority and/or Goal

Steps to Prioritize or Complete

1.	<hr/>	<input type="checkbox"/>
2.	<hr/>	<input type="checkbox"/>
3.	<hr/>	<input type="checkbox"/>
4.	<hr/>	<input type="checkbox"/>
5.	<hr/>	<input type="checkbox"/>

Name **one** or **two** accountability partners

One thing I did well & **one** thing I can improve on
