

Resonance Check-In Worksheet

Use this worksheet once a month to evaluate your goals. Rate each goal on a scale of 1-10 across three dimensions:

- Still excites me
- Feels aligned with who I am now
- Is realistically achievable

Anything scoring below a 6 in any category deserves your curiosity.

This exercise helps you stay connected to what truly matters, while letting go of stale or ego-driven goals.

Goal	Excites Me	Aligned Now	Achievable

Example:

You set a goal six months ago to run a marathon. Now, the thought of it fills you with dread instead of excitement. Through the Resonance Check-In, you realize your body and priorities have shifted, and a daily

yoga habit feels more authentic right now.

When your goals resonate, motivation flows naturally. Letting go of stale goals clears space for ones that spark joy and purpose.