

HOUSE OF TZUR

THE STEADY MAN

PERSONAL ALIGNMENT CHECK-IN

10 REFLECTION QUESTIONS FOR MEN

Ready to Reclaim Their Direction

Pause. Tell the truth. Choose the next step.

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RECLAIM. REALIGN. RISE.

THE CHECK-IN

Alignment requires honest reflection.

A man can stay busy for a long time without asking whether his life is still moving in a direction he respects. This worksheet is an invitation to stop long enough to examine the distance between what you say matters and what your daily life is actually practicing.

There are no perfect answers here. Write what is true, not what sounds impressive. Notice patterns without turning reflection into self-attack. The goal is awareness that leads to responsibility and a clear next step.

HOW TO USE IT

- Give yourself 20–30 uninterrupted minutes.
- Answer in writing rather than only thinking through the questions.
- Do not rush to fix every area you notice.
- At the end, choose one action you can actually practice over the next seven days.

Clarity begins when a man is willing to see what is true.

REFLECTION 1 | IDENTITY

Who am I becoming?

When I remove titles, roles, responsibilities, and other people's expectations, what qualities define the man I want to be?

MY REFLECTION

ONE THING I NEED TO REMEMBER

REFLECTION 2 | VALUES

What matters enough to guide my decisions?

Which three values do I want my choices to reflect, and where is my current life aligned—or misaligned—with them?

MY REFLECTION

ONE THING I NEED TO REMEMBER

REFLECTION 3 | HABITS

What am I repeatedly practicing?

Which daily habit is strengthening me, and which repeated behavior is quietly pulling me away from the man I say I want to become?

MY REFLECTION

ONE THING I NEED TO REMEMBER

REFLECTION 4 | RELATIONSHIPS

Who experiences the man I am becoming?

What do the people closest to me consistently receive from me—presence, patience, honesty, distance, anger, encouragement, or something else?

MY REFLECTION

ONE THING I NEED TO REMEMBER

REFLECTION 5 | BOUNDARIES

Where do I need a clearer yes or no?

What am I allowing, avoiding, or overcommitting to that is costing me peace, integrity, energy, or focus?

MY REFLECTION

ONE THING I NEED TO REMEMBER

REFLECTION 6 | HEALING

What still has too much authority over me?

What past hurt, disappointment, fear, or story continues to influence my present choices more than I want it to?

MY REFLECTION

ONE THING I NEED TO REMEMBER

REFLECTION 7 | ACCOUNTABILITY

Where do I need to own my part?

What situation am I tempted to explain, defend, or blame away instead of honestly examining my contribution and impact?

MY REFLECTION

ONE THING I NEED TO REMEMBER

REFLECTION 8 | PURPOSE

What deserves more of my life?

Where do my gifts, responsibilities, convictions, and lived experience point toward meaningful work, service, or contribution?

MY REFLECTION

ONE THING I NEED TO REMEMBER

REFLECTION 9 | BROTHERHOOD

Where am I trying to carry too much alone?

Who can challenge me, support me, tell me the truth, and walk with me—and have I allowed myself to reach toward them?

MY REFLECTION

ONE THING I NEED TO REMEMBER

REFLECTION 10 | DIRECTION

What is my next right step?

If I stopped waiting for perfect clarity, what one intentional action could I take within the next seven days to move closer to alignment?

MY REFLECTION

ONE THING I NEED TO REMEMBER

ALIGNMENT SNAPSHOT

What did your answers reveal?

Review what you wrote. Look for repeated words, tensions, strengths, unfinished business, and areas where your values and behavior are either supporting one another or pulling in different directions.

I FEEL MOST ALIGNED IN:

I AM DRIFTING IN:

THE TRUTH I HAVE BEEN AVOIDING IS:

THE STRENGTH I NEED TO KEEP BUILDING IS:

THE NEXT SEVEN DAYS

Turn reflection into direction.

Insight matters when it changes what you practice. Do not leave this check-in with ten new goals. Choose one meaningful action that is small enough to complete and important enough to matter.

MY ONE COMMITMENT:

WHY THIS MATTERS:

WHEN I WILL DO IT:

WHAT COULD PULL ME OFF COURSE:

WHEN I DRIFT, I WILL RETURN BY:

A clear next step is stronger than a vague promise to change everything.

HOUSE TRUTH

The steady man is willing to examine his direction.

Reflection is not about condemning the man you have been. It is about becoming conscious enough to participate in the man you are becoming. Return to this check-in whenever you sense that your actions, values, and direction are beginning to separate.

RECLAIM what is yours. REALIGN what has drifted. RISE with intention.

This resource is intended for educational and personal-development purposes only. It is not a substitute for professional medical, mental health, legal, or other professional advice. Seek appropriate professional support when needed.

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HOUSE OF TZUR

Where Men Reclaim Authority, Presence and Purpose.