

the ai

alignment

workbook

**design a
business that
supports
your life**



✦ **Step 1: Reconnect With Your Vision**

Many entrepreneurs start with a dream and awaken to a nightmare. Without taking the life you want to live and building your business with that in mind, it's likely that your business, like a tempermental child will start to take over your life. This prompt will help you reawaken that dream. If each day feels like a grind, it's time to realign.

Vision Prompt

"Act as a life coach for business owners. Help me craft a detailed vision of the life I want to live by asking questions one at a time in these areas: Freedom & Impact, Family & Friends, Fitness & Health, Faith & Finance."

Reflection Notes:

- What surprised you about your responses?
- What themes or desires kept repeating?
- Are there areas you're currently neglecting?

Key Words or Phrases That Matter

Most:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



Step 2: VISION TO ACTION MAPPING

Ideal Day Prompt

"Act as a strategic coach. Based on my vision {copy here}, help me visualize my ideal day from wake to sleep—include where I am, what I'm doing, and how I feel."

Write out your ideal day (in as much detail as possible):

Morning:

Afternoon:

Evening:



Step 3: Align and Adjust

"Compare my visualization to my current business model and daily routine. Identify any misalignments and recommend strategic adjustments."

Key Misalignments	Small Changes I can make starting today	Longer Term Adjustments I must make
1		
2		
3		
4		
5		
6		

Remember: Change comes when you make a decision and take action. Don't wait. Do something today.



STEP 4: LEGACY REFLECTION

Legacy Prompt

"Act as a legacy advisor. Ask me questions, one at a time, that will help me identify what I want to be remembered for by my family, friends, community, and the world."

Legacy Intentions:

Family & Friends:

Community:

The World:

Do my current business efforts reflect these intentions? Yes / No / Somewhat? If not, what could change?



⚡ STEP 5: AUTOMATE FOR ALIGNMENT

Mini Audit: What can AI help you do better or faster?

Task	Current Time Spent	AI Tool or Prompt to Use	Frequency



👉 NEXT STEPS

You cannot change your destination overnight, but you can change your direction - Jim Rohn

What's one task you can automate this week to gain 15 minutes back?

- Review and revise your North Star Vision every 90 days
- Revisit your legacy reflection monthly

- Continue to build SOPs from your ideal day structure
- Look for automation or delegation opportunities weekly



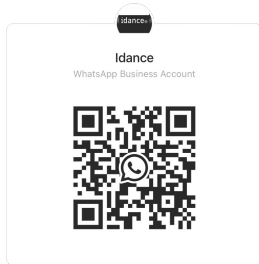
Contact Information



Your business should support your life. Not the other way around.

For any inquiries on this project, reach out to:

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...transforming lives through dance.

