

Appendix C: An Example Comprehensive Alignment Review

This appendix is deliberately more structured than the rest of the book. Some readers will understand the Enough Framework conceptually and still want more scaffolding before they can apply it. This is for them.

What follows is one worked example of a comprehensive alignment review. It is not the Enough Framework itself, and it is not a required procedure. It shows one way to move from reflection, to verification, to reorientation, and finally to deliberate action.

Use as much structure as helps you see clearly. Discard the rest.

Before you begin, resist the urge to jump ahead.

Most people begin a review like this looking for immediate answers.

Should I change jobs? Should I retire? Should I accept the promotion? Should I stay? Should I go?

Try not to answer those questions yet.

This review intentionally spends far more time understanding than deciding.

Better orientation cannot guarantee better outcomes. Incentives, constraints, power, available options, and luck all matter. But when a decision is genuinely ours to make, seeing ourselves and the situation more accurately improves the basis on which we choose.

You cannot eliminate uncertainty. You cannot verify the future.

What you can do is improve your orientation by testing your assumptions against evidence, both internal and external. As your orientation becomes more accurate, the appropriate decision often becomes much easier to recognize.

The purpose of this review is not to help you make a faster decision. It is to help you make a better-informed one.

Test your assumptions, understand what the evidence shows, and then choose deliberately.

Phase I — Capture Your Current Orientation

Begin by recording how you currently understand your life and your primary pursuit.

Do not try to answer perfectly. Your responses are not intended to produce a diagnosis or a score. They simply capture your current orientation before it is challenged by the framework and tested against evidence.

For each statement, mark the response that best reflects your life as it exists now—not as you intend it to be.

Not me / Partly me / Me

This is not a score. The scale is simply a way to make your first judgment visible. Do not total the responses or compare them against a standard. Look instead for which statements feel easy to evaluate, which create tension, and which make you hesitate. Those are places worth examining more closely. Later in this review, you will test some of these judgments against evidence and the experience of people who may share their costs.

Drive

I willingly invest significant effort in pursuits that matter to me.

Not me / Partly me / Me

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I naturally accept responsibility when it is needed.

Not me / Partly me / Me

I can step away from work or achievement without feeling guilty.

Not me / Partly me / Me

I know the difference between healthy persistence and stubbornness.

Not me / Partly me / Me

Pursuit

I have a clear sense of what I am trying to build during this season.

Not me / Partly me / Me

My daily effort reflects my pursuit.

Not me / Partly me / Me

If I were starting today, I would choose this pursuit again.

Not me / Partly me / Me

I would be willing to change course if this pursuit no longer served the life I want.

Not me / Partly me / Me

Pressure

External expectations strongly influence my decisions.

Not me / Partly me / Me

My identity is closely connected to succeeding in this pursuit.

Not me / Partly me / Me

Financial security significantly affects my willingness to slow down.

Not me / Partly me / Me

I know what Enough security means for this season.

Not me / Partly me / Me

Lenses

Comparison influences how I evaluate my progress.

Not me / Partly me / Me

Momentum often makes continuing feel easier than reconsidering.

Not me / Partly me / Me

I spend as much time evaluating the cost of continuing as the cost of changing course.

Not me / Partly me / Me

I could feel good about this pursuit even if nobody else noticed it.

Not me / Partly me / Me

. . .

Record the questions that gave you pause.

Phase II — Revisit the Framework

Now return to the Enough Framework.

Review, revise, or rewrite your:

Desired End State

Main Effort

Desired Allocation

Protected Domains

Floors

Ceilings

Resist the temptation to defend previous decisions.

Instead, simply ask: Is this still true?

Notice where clarity increases. Notice where tension appears. Notice where assumptions begin to weaken.

There is no need to resolve every question yet.

Continue building your understanding.

Phase III — Verify Your Orientation

Reflection is necessary. Verification adds another test.

The purpose of this phase is to determine where your current understanding is supported—or challenged—by evidence.

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Internal Evidence

Now test your intentions against your actual life. What does the evidence suggest about where your resources are really going?

Calendar Verification

Review the past four weeks using your calendar whenever possible.

Ask:

- What story does my calendar tell?
- Does my calendar resemble my Desired Allocation?
- If someone saw only my calendar, what would they conclude is my Main Effort?
- What is receiving time simply because it is urgent or habitual?

Financial Verification

Review approximately the last ninety days.

You are not creating a budget.

You are verifying priorities.

Ask:

What story does my spending tell?

Where is my money reinforcing the life I say I want?

Where is it quietly funding a different one?

If someone examined only my financial decisions, what would they conclude I value most?

Shared Verification

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If your pursuit materially changes someone else's time, money, location, risk, workload, or emotional burden, their experience belongs in the review.

Ask someone who shares those costs to answer this section independently before discussing it together.

Ask:

What appears to be my Main Effort?

Where do I seem most aligned?

Where do I seem to be drifting?

What cost do you think I underestimate?

Do you think we are all still building toward the same future?

Compare your answers.

Do not try to argue differences. Become curious about them.

Sometimes the people sharing the cost of our ambition can see patterns we cannot.

External Evidence

Our orientation is shaped not only by ourselves, but by the realities surrounding the decision.

Reality always gets a vote.

Ask:

What objective evidence supports this pursuit?

What objective evidence challenges it?

Which assumptions am I treating as facts?

Am I ignoring evidence because it conflicts with the future I want?

Am I dismissing possibilities simply because they are difficult?

This section is not intended to predict the future. It is intended to ensure that your orientation remains anchored in reality rather than wishful thinking or unnecessary pessimism.

Phase IV — Reorient

Return to your responses from Phase I.

Do not score them. Do not total them.

Instead, compare your orientation before this review with your orientation now.

Ask:

Which assumptions changed?

Which questions now feel easier to answer?

Which became more uncomfortable?

Which evidence challenged my thinking the most?

What surprised me?

Do I understand this decision differently than I did when I began?

The purpose of verification is to help you see yourself more clearly, not to prove yourself wrong.

Phase V — Act Deliberately

Only now is it time to translate understanding into action.

Not every Comprehensive Alignment Review should produce major change.

Sometimes the review confirms that your current direction remains well chosen.

Sometimes it reveals that stronger boundaries are needed. Sometimes it uncovers a pursuit that no longer serves the life you are trying to create.

Each outcome is valuable.

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The purpose of this review has never been to force change. It has been to test your assumptions, deepen your understanding, and help you choose deliberately.

Complete the following.

The most important thing I learned:

The assumption that changed the most:

The strongest source of pressure I need to continue examining:

The boundary that deserves the most attention:

The one decision I intend to make—or consciously reaffirm—because of this review:

When I will conduct my next Ledge Check, or what will trigger it:

Comprehensive Alignment Review Closing Reflection

You do not need to conduct future Ledge Checks this way. The structure is only useful if it helps you see more clearly.

The tools are not the point.

The point is returning often enough to test your assumptions against reality, recognize what your choices are costing, and decide deliberately whether the life you are living still resembles the life you mean to build.