

CheckPoints for Rhythm

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CheckPoints for Rhythm

A self-alignment framework for intentional living and leading

Use this as a living tool. Print it. Bookmark it. Reflect with it. Revisit it. The goal isn't perfection. It's presence. These CheckPoints are not for performance measurement, but for realignment. They help you live, lead, and build with rhythm - guided by clarity, not just momentum.

WEEKLY CHECKPOINT

When: Every **Friday evening** (end of workday)

Why: To reflect, reset, and realign before stepping into the weekend and next week

Focus: Energy, awareness, emotional clarity

Ask Yourself:

1. *What quietly mattered this week - more than I realized at the time?*
2. *Where did I lead from fear, ego, or expectation - and what did it cost me?*
3. *What kind of energy do I want to extend into the week ahead - for myself and for others?*

This weekly rhythm supports consistency and consciousness in leadership and life.

BIRTHDAY CHECKPOINT

When: End of day on your birthday

Why: To take responsibility for your growth, leadership, and alignment

Focus: Annual clarity, responsibility, identity

Ask Yourself:

1. *What did I protect this past year - and was it worth it?*
2. *Where did I grow quieter, slower, or softer - and did it make me stronger?*

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<https://manusharma.ca> | <https://linkedin.com/in/sharmamanu>

3. *What is my responsibility now - at this age, in this season, with this vantage point?*

This annual ritual reaffirms your intentionality and duties as a leader and human.

SPRING EQUINOX CHECKPOINT

When: *March 20 or 21 (end of day)*

Why: *To embrace seasonal renewal and conscious self-awareness*

Focus: *Rejuvenation, emotional reset, spiritual inventory*

Ask Yourself:

1. *What do I need to release to rise with the light?*
2. *What am I being invited to nourish - within me, around me, beyond me?*
3. *How do I want to walk the months ahead - with discipline, grace, and meaning?*

This seasonal checkpoint strengthens thoroughness and reconnects you with your deeper becoming.

How to Use This Framework

- *Answer the questions in writing, audio, or reflection - whatever feels natural.*
- *Revisit previous answers every few weeks or months.*
- *Be honest. Be kind. Be curious.*
- *Use it solo or as part of a leadership practice within teams or communities.*
- *Let it evolve with you.*

*This is **CheckPoints for Rhythm**.*

A simple framework for a complex world.

Built not to control time - but to move through it with care, awareness, and alignment.

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