

Goal Alignment & Energy Check-In Kit

Welcome to your gentle path back to alignment. This kit is designed to help you reconnect with your goals from a place of flow instead of force, learning to recognize when you're energetically aligned and how to course-correct with compassion.



Your 7-Day Realignment Practice

What's Inside

- Daily alignment prompts and reflections
- Energy and feelings tracker
- Micro-actions for realignment
- Gratitude practice templates
- Evening integration questions

The Golden Rule

There's no "perfect" way to do this. If you miss a day, simply pick up where you left off. This is a practice of **gentleness**, not perfection. Your journey is uniquely yours, and every step forward matters—no matter how small.

01

Morning Practice

5 minutes to set your energetic tone with daily prompts

02

Midday Check-In

2 minutes to notice alignment vs. resistance

03

Evening Reflection

5 minutes to close your day with appreciation

Days 1-2: Tuning In & Honoring Your Emotions

Day 1: Your Inner Compass

Place your hand on your heart. Take three deep breaths. Then ask: *"How do I truly feel about my goal right now?"*

Micro-action: Notice one moment when you feel ease in your body today.

Day 2: Emotional Honoring

Your emotions are breadcrumbs, not obstacles. Ask yourself: *"What emotion am I avoiding related to my goal?"*

Micro-action: When a "negative" emotion arises, pause and say, "This feeling has something to teach me."

Don't rush to answer these questions. Let the feelings arise naturally. Whatever comes up is valid—whether it's excitement, dread, hope, frustration, or something else entirely. Your honest emotional landscape is the starting point for genuine alignment.

Days 3-4: Appreciation & Embodiment



Day 3: Celebrating What's Here

Practice appreciation *before* the goal arrives. Ask: "*What resources, gifts, or progress do I already have?*" This might include your desire itself, lessons learned, supportive people, or skills you've developed.

Micro-action: Look for evidence that things are working in your favor today.



Day 4: Becoming the Feeling

The feeling you want your goal to bring is available to you *now*. Ask: "*What core feeling am I really seeking through this goal?*" Is it freedom? Security? Confidence? Joy?

Micro-action: Choose one tiny way to cultivate that feeling today, independent of your goal.

Days 5-6: Releasing Force & Building Trust

Day 5: Recognizing Force

Forcing feels tight. Alignment feels spacious. Today, notice where you're pushing instead of flowing. Ask yourself: *"Where in my life am I pushing instead of flowing?"*

Notice areas where your breath is shallow, your jaw is clenched, or your chest feels heavy.

Micro-action: When you catch yourself forcing, pause. Take three deep breaths. Ask, "What would make this feel lighter?" Trust the first answer.

Day 6: Trusting the Process

Alignment doesn't mean everything is perfect. It means you trust yourself through the imperfection. Ask: *"What do I need to trust about my journey right now?"*

Maybe you need to trust your timing, that setbacks are redirections, or your own resilience.

Micro-action: When doubt arises, place your hand on your heart and say, "I trust that I'm exactly where I need to be."

Day 7: Integration & Moving Forward

1

Morning Reflection

Ask yourself: *"What's one truth I've learned about myself and my goals this week?"*

2

Choose Your Practice

Select one practice from this week that felt most aligned. Commit to continuing it beyond these seven days.

3

Celebrate Your Shifts

Write down three shifts you've noticed in yourself. Acknowledge what's different now compared to seven days ago.

4

Make a Commitment

What's one commitment you're making to yourself going forward?

You've spent six days reconnecting with your inner compass. Today is about honoring the journey you've taken and setting your intention for what comes next. This isn't an ending—it's a beautiful beginning.

Quick Realignment Tools

Use These Anytime You Need Support



When Overwhelmed

1. Place both hands on your heart
2. Take 5 deep breaths
3. Ask: "What's the most loving thing I can do for myself right now?"
4. Do that thing, even if it's tiny



When Procrastinating

1. Don't force yourself to "just do it"
2. Ask: "What's making this feel hard?"
3. Listen to the honest answer
4. Address the root (usually fear, exhaustion, or misalignment)



When Lost Motivation

1. Reconnect with your "why" – the deep feeling
2. Ask: "Why did I want this in the first place?"
3. Visualize how you'll feel when you've achieved it
4. Choose one tiny action that embodies that feeling now



When Comparing Yourself

1. Place your hand on your heart and say: "My journey is my own"
2. Name three unique gifts you bring to your path
3. Redirect focus to your next aligned step
4. Celebrate others as evidence that what you want is possible

Making Alignment a Lifestyle

Alignment isn't a destination—it's a daily practice. Here's how to weave these principles into your ongoing journey beyond the initial seven days.

1 — **Daily Non-Negotiables**

- Morning gratitude (3 things)
- Midday feeling check-in (2 minutes)
- Evening reflection (5 minutes)

2 — **Weekly Alignment Check-In**

Every Sunday evening (10 minutes), ask: What felt aligned this week? Where was I forcing? What do I need to release or adjust? What am I celebrating?

3 — **Monthly Energy Audit**

Once a month (30 minutes), review: Which goals still light me up? Which have shifted? What patterns have I noticed? What support do I need going forward?



Affirmations & Deeper Exploration

Affirmations for Alignment

Use these when you need to reset your energy:

- I trust the timing of my life
- My feelings are valid information, not obstacles
- I am worthy of my desires, right now, as I am
- Ease and flow are available to me
- I release the need to force or control
- Alignment is my natural state
- I celebrate small wins as sacred milestones

Journal Prompts

Go deeper with these questions:

- What would I do differently if I trusted myself completely?
- What's one belief about success that doesn't actually serve me?
- If my future self could send me one message, what would it be?
- What am I pretending not to know about my current path?
- Who would I become if I released the need to prove myself?

You've Got This—And We've Got You

You didn't find this kit by accident. You're here because some part of you knows there's a gentler way forward—a way that honors your humanity while you pursue your dreams.

Alignment isn't about becoming perfect. It's about becoming present. It's about listening to yourself with the same compassion you'd offer a dear friend. It's about trusting that you don't have to earn your worthiness—you already have it.

When You Need More Support

If you've completed this practice and you're still feeling stuck, that's not a failure—it's information. Sometimes, realigning requires deeper support, and that's completely okay.

We offer one-on-one guidance, deeper alignment work, and compassionate support for your journey. No judgment, no pressure—just a safe space to explore what's keeping you from the life you desire.

Contact Us

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With love and alignment,
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