

ACTION GUIDE: Action & Alignment

EXERCISE 1: Ways to be out of alignment

Three ways to be out of alignment:

- Your words say you want a particular goal, but your actions are not consistent with reaching that goal (e.g. saying you want to lose weight but eating a bag of chocolate chips everyday).
- Your actions are moving you towards a particular goal, but your words don't support your efforts (e.g. interviewing for jobs but minimizing your qualifications).
- Your words and actions are in alignment, but they're not pointed in a direction you want to go (e.g. saying that you never meet anyone new yet turning down social engagements with friends).

Reflect on the following question:

Are my actions in alignment with my words and with what I say I want? How might they be out of alignment?



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EXERCISE 2: Analyze your actions and words to see if they match

Step 1. Identify where your words and actions don't match

Words:

I want to be more tuned into my spirit

I want to land a new job

Actions:

Haven't made time to meditate

Skipped a networking event



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Step 2. Identify where your words and actions are in alignment, but they're not headed in a direction you want to go:

Step 3. Ask yourself the following question:

What subconscious beliefs or core beliefs might I hold that are causing me to be out of alignment?



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Step 4. Sketch out some ideas for a new self-talk list (details in Shad Helmstetter's *What to Say When You Talk to Yourself*)

