



*Align*

THE JOURNAL

THE PRACTICE WITH DAPHNE LYON

**OUT OF ALIGNMENT**

*When you are in alignment with your higher self, it feels like everything is in the right place. You are in the flow, grounded, connected, and in your most authentic state of being. Yet, sometimes, stressors accumulate, and you lose touch with your higher self. The inner critic gets louder, the mind turns to fear and worry, and it can feel like something's off and fragmented.*

*To realign with your higher self, it is helpful to first sense what it feels like, looks like, and sounds like when you are not in alignment. In the future, you can use those as signals, letting you know it is time to take a u-turn home and reconnect with your higher self.*

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**LOOKS LIKE**

*What does it look like when I am out of alignment?*

**FEELS LIKE**

*What does it feel like when I'm out of alignment?*

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**SOUNDS LIKE**

*What does it sound like when I'm out of alignment: thoughts of the mind, reoccurring stories, tone of voice, judgments, blame, things I say.*







## ALIGNMENT TOOLKIT

*Create your alignment tool kit by listing all the ways that bring you into this feeling state of being:*