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.

LOOKS LIKE

FEELS LIKE

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

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

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.

IN ALIGNMENT

Now that you know what it feels, looks, and sounds like to be out of alignment. Take a moment to close your eyes and breathe deeply. You can place a hand on your heart or abdomen as a way to tune in.

Envision a day in your life when you feel completely in alignment with your higher self. How does your day flow? Who do you hang out with? What do you do? What's going on in your mind? How do you feel in your body?

Take a moment to envision and feel it first, then set a timer for 5-10 minutes and journal.

Now, go back and read through. Circle or underline any feeling words that stick out to you or are repeated, for example, free, open, joyful, and grounded. This is your state of being when you are in alignment with your higher self. Anytime you witness the signals written about on the page prior, you can now make that u-turn home to this feeling state of being.

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