

Week 1

Become Aligned

ALIGN WITH MY TRUTH

Become Unshakeable

We are all human, the same.

What belief/thoughts have you previously attached to?

I am not deserving - I am not worthy - I am not good enough - I am a failure

Do you believe babies, children, teenagers and other adults are deserving, worthy and good enough?

How do humans come to believe self-limiting and self-defeating beliefs?

So, are you also worthy, deserving and good enough?

Do you have an emotional conflict believing that?
Knowing that as black and white fact but not being able to emotionally attach to that idea?



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In black and white, remembering all that you just learnt...
Are you worthy and deserving of all that you want?

What's been the biggest WOW idea from this lesson?

What idea do you not want to forget? What is important to you
to remember?

*We are all Human. All deserving, worthy and enough. In time you will
minimise any emotional conflict towards this.
Remember to come back to black and white.*

Summarise this idea to keep as a reminder:



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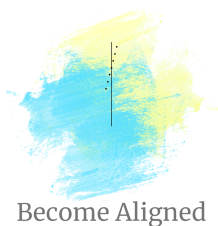
It's not actually about me

Where do people learn to feel the way they do about themselves?

When others say hurtful or unkind things to you, where is it actually coming from?

What emotions or feelings do you experience when you are more likely to snap, react or be unkind towards others?

How do you treat others when you're experiencing positive emotions?



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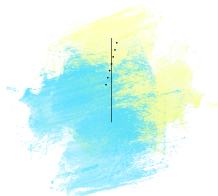
Where have you learnt to feel the way you do about yourself?

Why don't you have to attach to the words or comment others say to you?

When someone reacts towards you, what would you like to remember so that you don't take it on as your truth?

How many of your self-limiting thoughts or beliefs about yourself were created because of others?

Do you have to create your identity based on other people's opinion or reactions?



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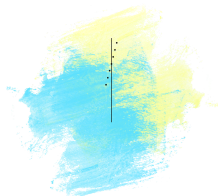
Become Unshakeable

What are your self-limiting beliefs that you have attached to because of other people opinions?

List them and acknowledge that they aren't your truth.

What's been the biggest WOW idea from this lesson?

What idea do you not want to forget? What is important to you to remember?



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*It's not about you, it is about them.
You can begin to let others' opinions float by you. You don't
have to attach to the words you hear.*

Summarise this idea to keep as a reminder:



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Eliminating Mistakes and Failure

Where did the option to fail come from?

Where did the idea of mistakes come from?

How can you eliminate *fail* and *mistake* from your vocabulary?

What is the FIXED mindset?



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What are your Fixed beliefs that you have in all areas of your life?

What is the GROWTH mindset?

What are your Growth beliefs that you have in all areas of your life?

How could you give a growth-minded spin to each of your fixed beliefs?
Try writing each below.



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How do you feel replacing *mistakes* and *failing* with *learning opportunities*?

What does the idea of learning opportunities allow for you?

How does that challenge or change your ideas of what you can accomplish in your life?

What will allow you the most growth? Having mistakes and failures or learning opportunities?



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What's been the biggest WOW idea from this lesson?

What idea do you not want to forget? What is important to you to remember?

*You are a learner. You are capable of learning
anything you are willing to put effort towards.
Baby steps are progress.*

Summarise this idea to keep as a reminder:



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Starting over

From what you have learnt, what makes you as deserving and worthy as all other humans?

What makes you good enough and a learner?

When someone is unkind to you, what do you understand about where their behaviour or actions stem from?

What are you capable of?



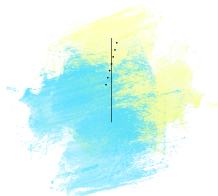
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My Truth

How do you feel reading those and knowing they are your truth, even if they do challenge you and create conflict from the way you have previously thought and felt?

What affirmation is the most challenging to say? Why?



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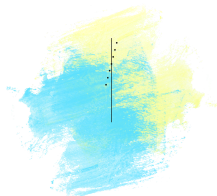
Become Unshakeable

What are the reminders you need to tell yourself to understand your truth and begin to overcome the conflict you have between black and white fact and the emotion you experience?

How do you feel about yourself when you come back to these, to Your Truth?

How important are they for you to remember?

It may take time to align your emotions with these statements, but reminding yourself of the lessons you have learnt will allow this alignment to happen.



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Summarise this idea to keep as a reminder:

THIS WEEK:

Add your truth into your morning/daily routine and see how they impact you.

Set a reminder if you think you may forget.

Write them down and put them somewhere you will see.

Say them in bed, while you brush your teeth or maybe in the car.

You can add your summaries of these new ideas to help you remember why each of these can be, and are, your truth.

Make it easy for yourself.

Allow yourself to Align with your Truth each day

My Truth

I am worthy
I am deserving
I am enough
I am capable

I am human
It's about them, not me
I am a learner