

SELF & SOUL ALIGNMENT — AUTHORSHIP & EMBODIMENT Process

1. Recognising the Moment

- Recall a recent situation where you felt something clearly but didn't act on it
 - What was the situation?
 - What did you know or feel?
 - What did you do instead?
- Where did I already know what was true for me?

2. The Conscious Pause

- Bring awareness to the moment before you responded
 - What did that pause feel like in your body?
- What becomes available when I stay in the pause?

3. Rewriting the Response

- Revisit the situation
 - What would I say or do from alignment?
- What changes when I choose alignment instead of familiarity?

4. Behaviour & Identity

- Identify one area where behaviour and values don't match
- What does my behaviour reveal about the identity I am living from?

5. Choosing Authorship

- Choose one area where you already feel clear
 - What truth do I already know?
 - What step have I been avoiding?
- What is one small aligned step I am willing to take?

6. 24-Hour Embodiment

- Define one specific action and the time to take it
 - Take this action
- What does it feel like to follow through?
After taking action: What did I notice before, during, after? What am I learning about myself through this?



EMPOWERED FREEDOM

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