



FIVE DAY ALIGNMENT SERIES
- WORKBOOK

MEET YOURSELF AGAIN

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LOOKING FOR BUSINESS ALIGNMENT?

Day 1: Am I on the right path?

It's time to examine where you are right now. While the majority of our focus will be on the present and setting our vision up, it's also important to take a look at where you are at this exact moment.

Let's bring some order to your mind before we move forward!

Questions:

1. What does your life look like right now?
2. How do you feel about your current situation?

It's all about
CLARITY.

3. What are your priorities right now? (ie. Take a look back at your schedule, where are you spending the bulk of your time? Look at your bank statements, where did you spend the bulk of your money?)
4. Does your current behaviour reflect what you have set at this moment, for your goals? Or have you not set any goals?
5. Do you believe that you can affect change in your life? Why or why not?



If you answered no to the above question, take some time to reflect on the 'evidence' you gave yourself. Ask the following questions:

- Are your statements true?
- Are they though?
- Is there someone you could talk to that's outside your "forest of evidence" who could give you a less biased look at your situation without judging you?

Keep in mind that, whatever your answer was to Question 5, know that you are RIGHT.

Your capacity to change your life depends on if you BELIEVE you can or not, because you will always work to prove your beliefs as true.

REMINDER: Your current results do not guarantee your future success, you CAN change it if you believe you can.



Day 2: What do you WANT - Vision and Goal Setting

Take 5 minutes and list out your personal and professional goals. Your pen should not stop until the 5 minutes are up.

Remember: This page is only about the 'WHAT' you desire. Do not spend any time trying to figure out the 'HOW'.

Bonus activity: Head over to CANVA and create a vision board that you can print out from a free account. (Print it in colour if you can, and feel free to add yourself on to the board, too!)





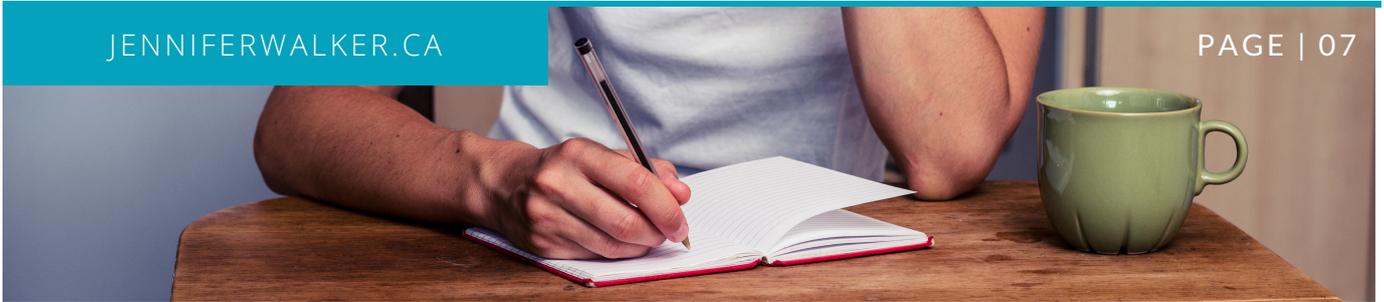
Personal

Professional

Pick **ONE** thing from each column as your **PRIORITY GOAL**, circle it.

This one thing should be something that will make your other goals easier or obsolete.

For example, you have lots of stuff to do in your business that requires some money to invest in. Picking one thing that will make you more money will make those other projects easier and maybe some of them will become obsolete.



Putting Your Order Into the Universe

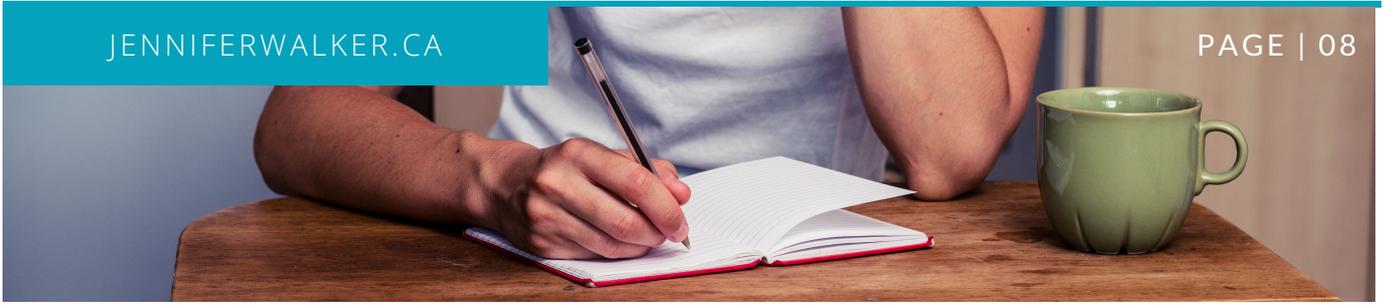
Now that you have your desire figured out, it's time to set that goal!

Here are a few rules:

1. It must be specific
2. It must be linked to emotions
3. It must be written in the present tense
4. It must not give instructions on the HOW, but have a statement that says it will happen in a perfect way
5. It CAN include a deadline if appropriate, like ...by December 31st, 2023.

Example, I am so grateful and excited that I consistently attract three new clients every month, under grace in perfect ways.





Putting Your Order Into the Universe

Personal statement

Professional statement

Print this paper off and put it somewhere you can see it, every day. Take time to sit in this statement and allow yourself to feel the emotions you've chosen to link to it.

3. After reflecting on your schedule (and the spaces in between) and your money expenditures, can you identify any places you are giving away your power?

4. Do you feel SAFE taking action? Why or why not?

The idea is not to KEEP you in your comfort zone, because no growth or lasting change will happen there. However, if you do not examine your feelings of safety and help to release the false ones before you begin, you may find yourself heading in the wrong direction...without even realizing it. Our egos have a weird way of "reasoning" us away from our desires by pretending our fear stories are logical arguments.

Day 4: Committed Decisions

All this reflection is an integral part of the process, but it will mean little to your progress if you don't **TAKE ACTION**.

I asked you to pick **ONE THING** so that you can break it down into smaller steps on your own, and figure out **WHO** and **WHAT** you will need to get your first priority done.

Take out a separate piece of paper and write down your priority goal at the top.

Break it down into smaller parts.

For each part, write down the tools or resources you will need.
Who will you need to help you with each section?



1. What is the cost of inaction on this?

On the days when you lose sight of your end game, revisiting this and making a decision to keep going will be how you will keep **YOURSELF** accountable.

2. Who will help keep you accountable when you can't see your way forward or you lose motivation?

3. How will you show up for yourself and your business, every day?

Note: This is not about **FORCE**. Force negates your manifestation. Keeping you on a track that aligns with your desires is the goal.



If you are still having issues, reach out for help!

Talk to someone who is in your corner but also may have constructive comments to bring to the table.

I'd also like to invite you to schedule a 30 minute, FREE initial consult call with me:

www.jenniferwalker.ca

In the meantime, join my [FREE FB Group - Align Your Business with Jennifer Walker](#). There are loads of likeminded entrepreneurs in there for you to connect with and we have some awesome discussions.

<https://www.facebook.com/groups/alignyourbizcommunity>



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