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KEEP ALIGNING WITHIN

Where Wellness Within Begins.

WELCOME TO YOUR SOUL DIVING™ JOURNEY.

This guided journal is designed to flow seamlessly with the *Soul Diving*™ online course.
Every question, and every one of your written answers, lives in one place, so you can revisit, reflect, and realign anytime you feel lost, disconnected, or in need of an anchor after your Diving Journey is complete.
This journal exists to keep you aligned with your growth, your healing, and the goals you set as you resurface and rebuild your new foundation.
It is your roadmap, your mirror, and your steady companion through the deep work.

To enroll, visit: www.keepaligningwithin.com/**souldiving**

Now... let's go Soul Diving™

Soul DIVER:

_____

Date of Dip: _____ Date of Exhale: _____

A MESSAGE IN A BOTTLE FROM:

Nicole Chetcuti

First and foremost, thank you for showing up for yourself today, and in the weeks ahead, as you move through your Diving Journal.
This is not easy self-work. It requires courage, honesty, and heart. I honor you for taking this powerful leap into yourself to seek answers, healing, and a truer, more aligned version of you.
For additional support and coaching, our "Lifejacket", is available to you with the purchase of the online course and nervous system regulation sessions.

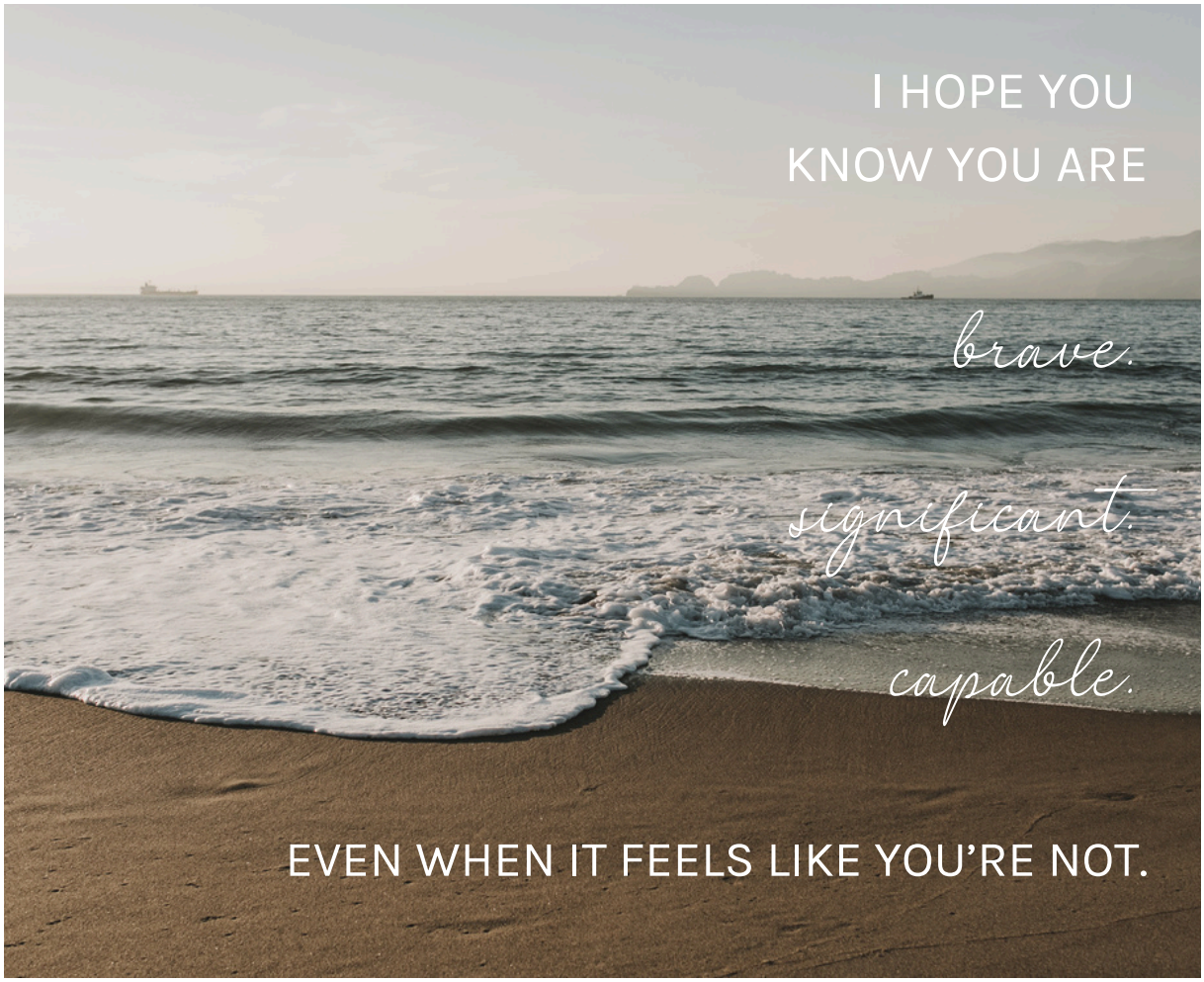
These tools, including Somatic Trauma Therapy, Mindfulness Meditation, and anxiety-reducing Breathwork, are designed to help train your body to stay regulated and calm as you navigate rough waters and deep trenches throughout your dive.

Please care for yourself tenderly during these lessons.
Make time to reflect.
Go for slow walks.
Place your bare feet in the grass if you can.
Get a massage.
Nourish yourself.
Stay hydrated.
Treat yourself with gentleness and kindness throughout this process.
You deserve it.

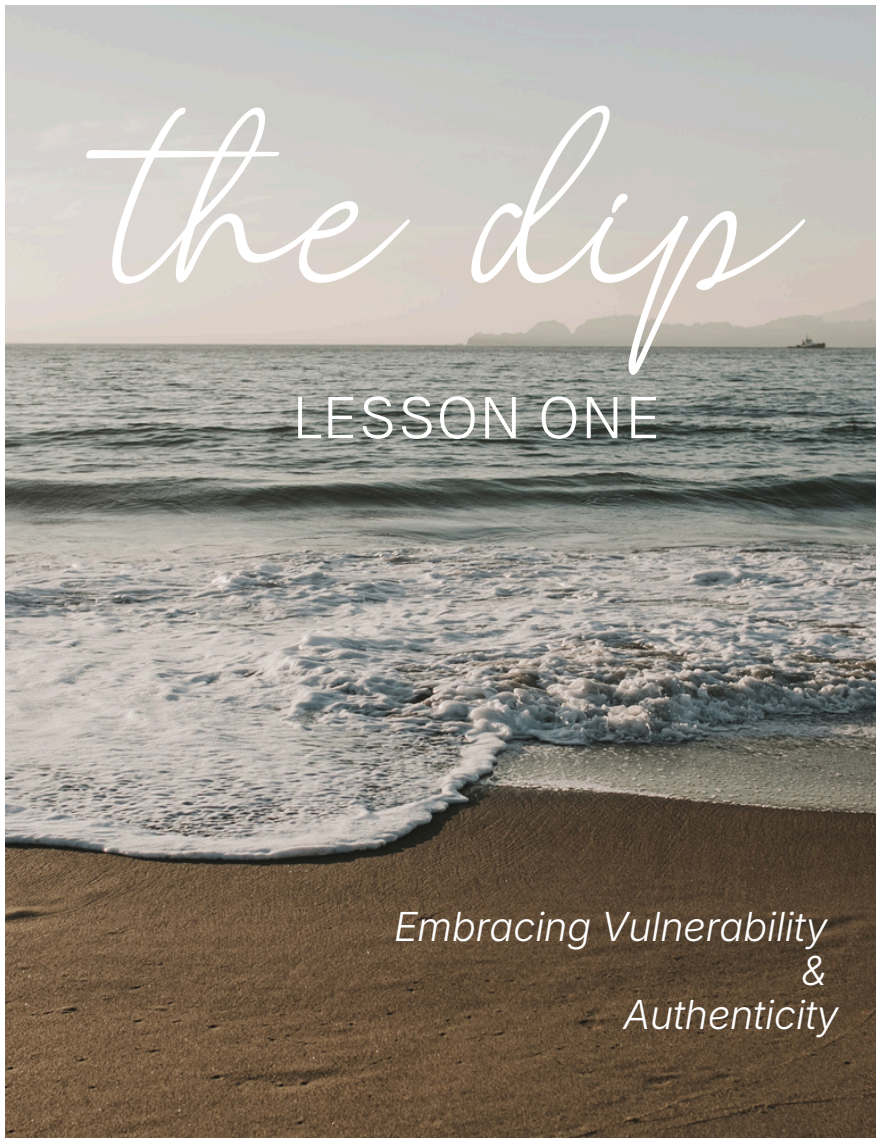
Above all, thank you for allowing me to take you on this journey.
It will be nothing short of transformative, and I cannot wait for you to experience breakthroughs, clarity, and deep healing.
For those Divers enrolled in the online course, I am honored and grateful to be beside you in this deep dive. I look forward to seeing you at our weekly check-ins and to your upcoming... *exhale.*

FOR ONLINE COURSE DETAILS,
VISIT OUR WEBSITE BELOW..

WWW.KEEPALIGNINGWITHIN.COM



Before each lesson, pause for a moment to settle into your body.
Take a slow inhale … and a long, grounding exhale.
Place a hand on your heart or belly.
Notice the sensations happening inside; softness, tightness, warmth, buzzing, heaviness.
These sensations are the language of your nervous system.
Throughout your *Soul Diving*™ Journey, use your body as a compass.
Your body will show you what is true, what is tender, what is ready to release, and what is ready to rise.
Healing happens from the inside out.
*And your **body** is your safest guide.*


the dip
LESSON ONE
Embracing Vulnerability
&
Authenticity

LESSON ONE | THE DIP

Embracing Vulnerability & Authenticity

Somatic Check-In

WHEN I'M STRESSED, WHERE DOES THE TENSION LIVE IN MY BODY?

(JAW, CHEST, STOMACH, THROAT, SHOULDERS, HEAD, ETC.)

WHAT PHYSICAL SENSATIONS DO I FEEL WHEN I'M OVERWHELMED?

(TIGHTNESS, PRESSURE, NUMBNESS, HEAT, RESTLESSNESS, HEAVINESS)

WHAT DOES "SAFETY" FEEL LIKE INSIDE MY BODY?

(WARMTH, GROUNDEDNESS, BREATH FLOWING, SHOULDERS SOFTENING, ETC.)

LESSON ONE | THE DIP

First Body Felt Sensations

Body Mapping

AFTER COMPLETING YOUR SOMATIC CHECK-IN, TAKE A MOMENT TO MARK WHERE YOU FEEL THE MOST SENSATION IN YOUR BODY RIGHT NOW.

IT MIGHT BE SUBTLE — A SOFT FLUTTER, A TIGHT GRIP, A WARM EXPANSION, A HOLLOW FEELING, OR A NUMB SPACE.

ON YOUR BODY OUTLINE:

- CIRCLE WHERE YOU FEEL IT
- SHADE AREAS THAT FEEL TIGHT OR HEAVY
- USE ARROWS TO SHOW MOVEMENT (UPWARD, DOWNWARD, OUTWARD)

LABEL THE SENSATION IN ONE WORD:

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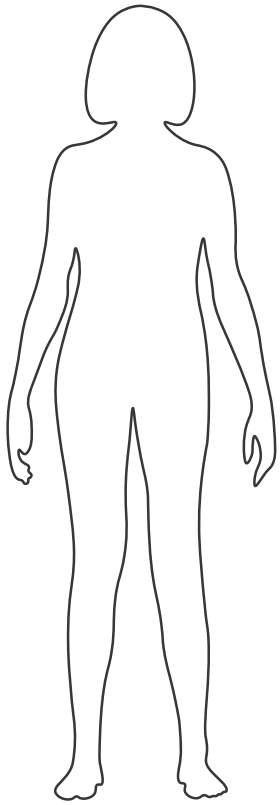


one

WHAT ARE MY BELIEFS ABOUT MYSELF AT THIS TIME?

DO THEY GUIDE MY ACTIONS THAT I AM CURRENTLY TAKING?

two

WHAT ARE THE CURRENT BEHAVIORS OR PATTERNS I AM TAKING IN MY LIFE AT THIS TIME?

ARE THEY SERVING ME WELL? IF SO, HOW?
IF NOT, EXPLORE WHAT YOU WOULD LIKE TO ELIMINATE FROM YOUR LIFE ENTIRELY.

three

HOW DO I COPE OR HANDLE STRESS DURING DIFFICULT TIMES IN MY LIFE?

four

WHAT CHANGES WOULD I LIKE TO MAKE THAT I DO NOT LIKE ABOUT MYSELF WHEN I AM GOING THROUGH A DIFFICULT TIME?

five

WHAT FEELINGS SURFACE FOR ME WHEN I AM CHALLENGED?

ANGER, ANXIETY, IMPATIENCE, FRUSTRATION, SHAME, GUILT?

six

WHEN I AM GOING THROUGH A DIFFICULT TIME, DO I ACT OUT IN ANGER, NEED ALONE TIME, OR DO I SHUT DOWN COMPLETELY?

EXPLORE A LITTLE FURTHER INTO THE WHY BEHIND THE ACTION I AM TAKING IN THESE MOMENTS.

seven

WHAT KIND OF PEOPLE OR RELATIONSHIPS LIFT ME AND ENERGIZE ME?

WHICH ONES DRAIN ME?

ARE THERE ANY PEOPLE IN YOUR LIFE CURRENTLY WHO NEGATIVELY EFFCT YOUR WELL BEING?
MAKE A LIST OF PEOPLE WHO MAKE YOU DYSREGULATED AND REFLECT ON THE POSSIBILITY OF REMOVING THEM TO GAIN MORE PEACE IN YOUR LIFE.

*GET CURIOUS TO WHY YOU BECOME DYSREGULATED AROUND THESE PEOPLE YOU LIST.

eight

WHAT ARE SOME OF MY BIGGEST INSECURITIES AND HOW DO THEY HOLD ME BACK?

THIS IS HUGE ONE FOR SELF-SABOTAGING AND GETTING OUT OF YOUR OWN WAY WHEN IT COMES TO BLOCKS WITHIN OUR OWN FULFILLMENT. AT TIMES, WHEN CHILDHOOD TRAUMA IS UNHEALED, WE OFTEN LOSE OUR SELF WORTH, RESPECT, AND ACT OUT WITH INSECURITIES TO SEEK OUTSIDE VALIDATION. THIS CAN LOOK LIKE AN OVER CONSUMPTION OF ALCOHOL, DRUGS, PEOPLE PLEASING, ABANDONING YOUR NEEDS, PROMISCUOUS BEHAVIOR, AND/OR COMPARISON TO OTHERS IN AN ENVIOUS MANNER.

nine

WHAT HARD CONVERSATIONS ARE YOU AVOIDING HAVING WITH YOURSELF?

WITH CURIOSITY, EXPLORE WHY YOU'RE HIDING WITHIN YOURSELF.

ten

WHAT IS YOUR MOST TOXIC TRAIT YOU WANT TO COMPLETELY GET RID OF?

HOW DOES IT MAKE YOU FEEL AND WHY?

eleven

WHAT EXCITES YOU?

twelve

WHAT DO YOU WANT TO DO MORE OF IN YOUR LIFE?

thirteen

DO I HAVE UNRESOLVED TRAUMA THAT I NEED TO FACE?

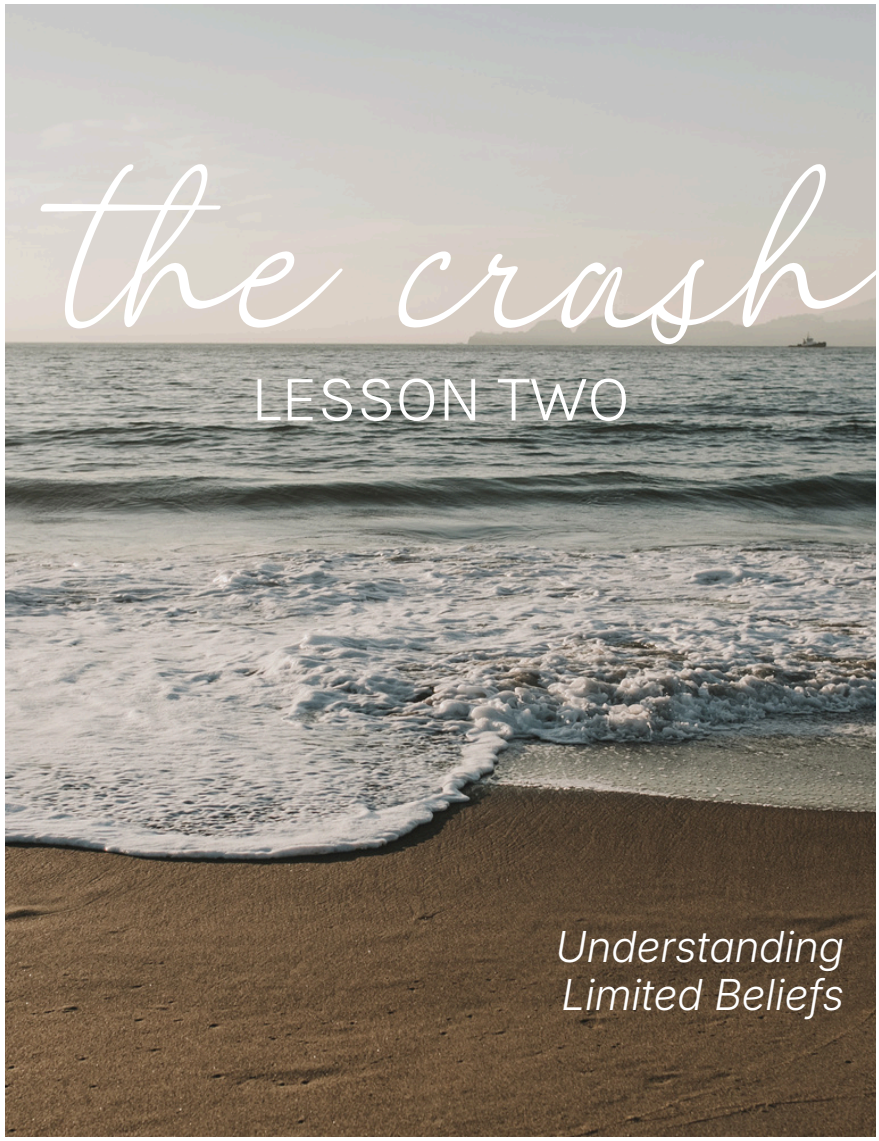
IF SO, WRITE DOWN EVERY SINGLE ONE OF THEM. REFLECT DEEPLY ON THIS QUESTION.

fourteen

WHAT CHANGES DO I WANT FOR MYSELF?

fifteen

HOW DO I WANT TO FEEL MOST OF MY DAYS?


the crash
LESSON TWO
Understanding
Limited Beliefs

Understanding Limited Beliefs

Somatic Check-In

PAUSE AND NOTICE WHERE YOUR BODY CONTRACTS WHEN YOU CONFRONT AN OLD BELIEF.

IS IT IN YOUR CHEST? YOUR THROAT? YOUR STOMACH?
PLACE A GENTLE HAND OVER THAT AREA.
BREATHE INTO THE TIGHTNESS.
LET IT KNOW YOU'RE LISTENING.

Where ILmiting Beliefs Live In Your Body

Body Mapping

AFTER COMPLETING YOUR SOMATIC CHECK-IN, TAKE A MOMENT TO MARK WHERE YOU FEEL THE MOST SENSATION IN YOUR BODY RIGHT NOW.

IT MIGHT BE SUBTLE — A SOFT FLUTTER, A TIGHT GRIP, A WARM EXPANSION, A HOLLOW FEELING, OR A NUMB SPACE.

ON YOUR BODY OUTLINE:

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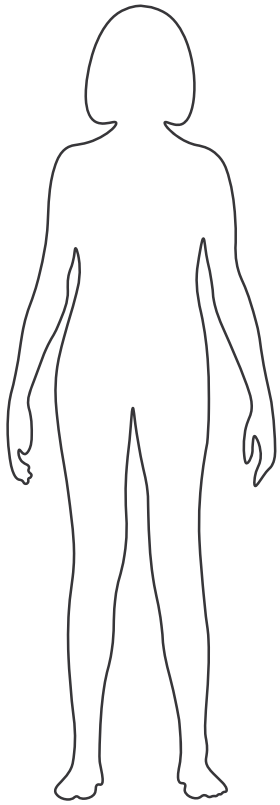


one

WHAT IS KEEPING YOU FROM LIVING YOUR DREAM LIFE?

two

WHAT MAKES YOU FEEL POWERFUL AND WHY?

three

WHAT MAKES YOU FEEL POWERLESS AND WHY?

four

WHAT BELIEF(S) ARE YOU HOLDING ONTO THAT ARE HOLDING YOU BACK FROM HAVING PEACE WITHIN YOURSELF, HAPPINESS, AND/OR CONFIDENCE WITHIN YOURSELF?

WHICH OF MY LIMITING BELIEFS COME FROM SURVIVAL MODE RATHER THAN MY TRUE SELF?

(FEAR OF ABANDONMENT? “I’M TOO MUCH”? “I’M NOT ENOUGH”?)

five

DO YOU FEEL UNWORTHY OF BEING HAPPY OR EXPERIENCING JOY?

six

DO YOU HAVE TROUBLE COMPLETING GOALS AND/OR PROJECTS JUST TO START A NEW ONE?

seven

DO YOU HAVE INSPIRING IDEAS THAT YOU WANT TO FULFILL?

WHAT IS STOPPING YOU FROM ACHIEVING THEM?

eight

WHAT PARTS OF YOUR DAILY LIFE NEED TO CHANGE FOR YOU TO FULFILL YOUR DREAMS+GOALS?

nine

HOW DO I DEFINE MY OWN WORTHINESS?

IN WHAT WAYS DO I MEASURE MY WORTH?

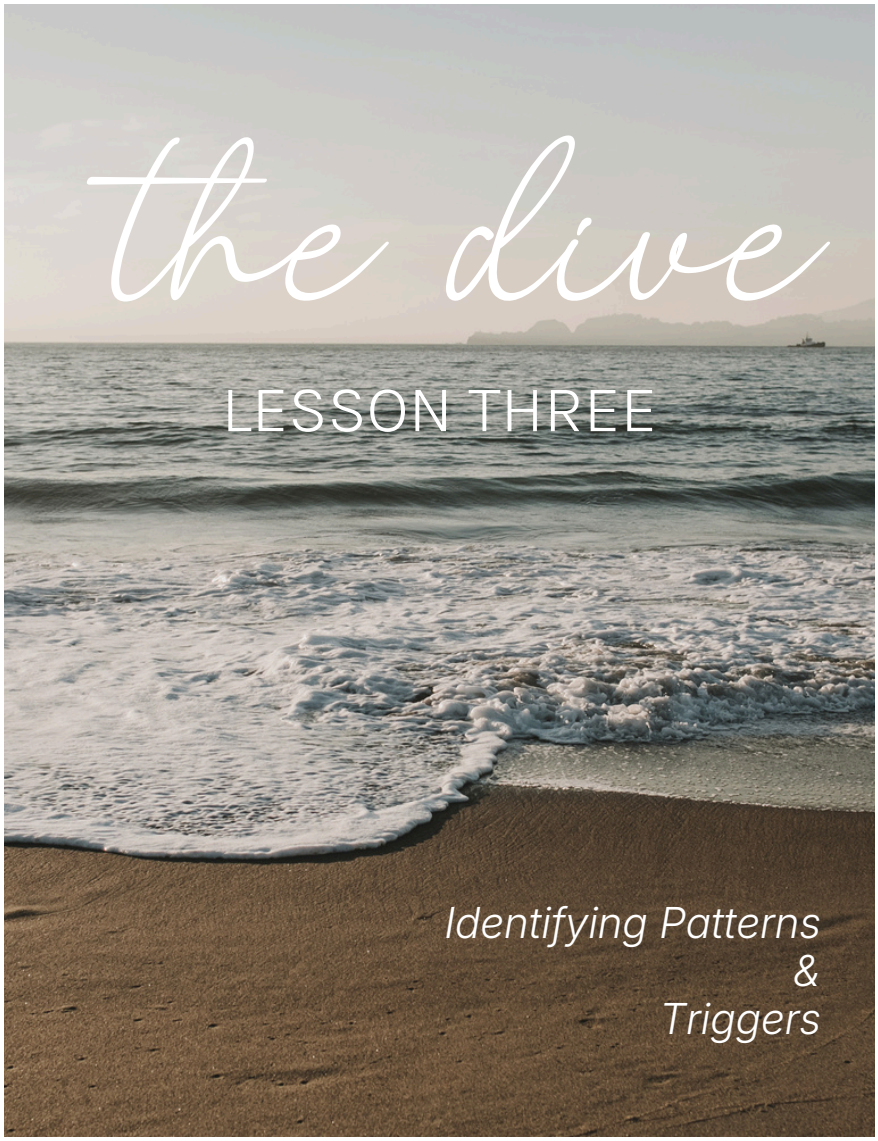
EXPLORE THE TIMES THAT YOU CUT YOUR WORTH SHORT, MAYBE HOLD SPACE FOR AN APOLOGY FOR THAT TIME.

ten

WHAT FEARS ARISE WHEN I THINK ABOUT SHOWING UP AS “MY AUTHENTIC SELF”?

eleven

WHAT PAST EXPERIENCES OR RELATIONSHIPS HAVE INFLUENCED MY SENSE OF SELF WORTH AND ACCEPTANCE?


the dive
LESSON THREE
Identifying Patterns
&
Triggers

Identifying Patters And Triggers

Somatic Check-In

BEFORE EXPLORING YOUR TRIGGERS, PAUSE AND SCAN YOUR BODY.

WHAT SENSATION IS PRESENT—HEAT, PRESSURE, NUMBNESS, TINGLING, TIGHTNESS?
STAY WITH THAT SENSATION FOR ONE FULL BREATH.
THIS IS HOW YOU BUILD SAFETY INSIDE YOUR BODY.

LESSON THREE | THE DIVE

Where Triggers Land In Your Nervous System

Body Mapping

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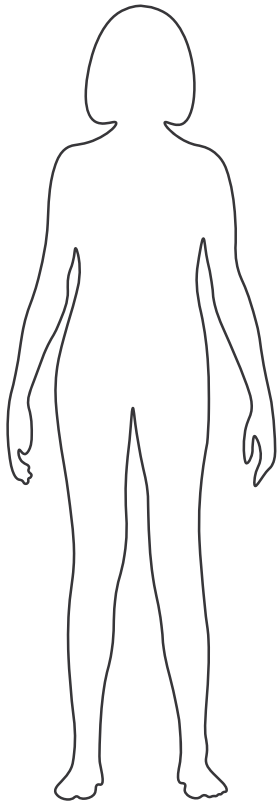


LESSON THREE | THE DIVE

Identifying Patters And Triggers

one

WHAT HAVE YOU NOT DEALT WITH FROM YOUR PAST AT THIS POINT IN YOUR LIFE?

WHY ARE YOU AVOIDING THIS?

IF THIS WOUND(S) WERE HEALED, HOW WOULD THAT IMPACT YOUR LIFE?

YES, GO THERE! WRITE IT OUT, CRY, TAKE DEEP BREATHS, GO FOR A WALK, DO WHATEVER YOU NEED TO HELP SUPPORT YOURSELF.

two

WHAT CURRENTLY TRIGGERS YOU?

WHEN YOU FEEL TRIGGERED, WHAT IS YOUR TYPICAL REACTION?
HOW DOES THIS MAKE YOU FEEL INSIDE?

FIGHT RESPONSE: FIGHT, RAGE, THROW THINGS, SAY MEAN THINGS, SPIRAL?
FLIGHT RESPONSE: RUN AWAY?
FREEZE RESPONSE: SHUT DOWN, SELF ISOLATE, SPACE OUT, SILENT TREATMENT TO THOSE AROUND YOU?

three

WHAT DOES MY BODY DO FIRST WHEN I'M TRIGGERED?

(FREEZE, TENSE, SHUT DOWN, SPEED UP, NUMB OUT)

DO I EVER CHECK OUT, SPACE OUT, OR GO NUMB IN CERTAIN SITUATIONS (DISSOCIATION)?FLIGHT RESPONSE: RUN AWAY?

WHAT DOES THAT FEEL LIKE INSIDE MY BODY?

four

WHEN YOU WRITE ABOUT THESE TRIGGERS, WHAT EMOTIONS COME TO THE SURFACE?

five

WHAT UNMET NEEDS AM I AVOIDING OR NOT RECEIVING THAT PRODUCE A NEGATIVE EMOTIONAL RESPONSE FROM ME?

six

WHAT SITUATIONS OR CONVERSATIONS MAKE ME FEEL EXTREMELY UNEASY, UNSAFE, AND/OR UNCOMFORTABLE?

WHAT SENSATIONS DO I FEEL IN MY BODY WHEN THEY ARE BEING DISCUSSED?

seven

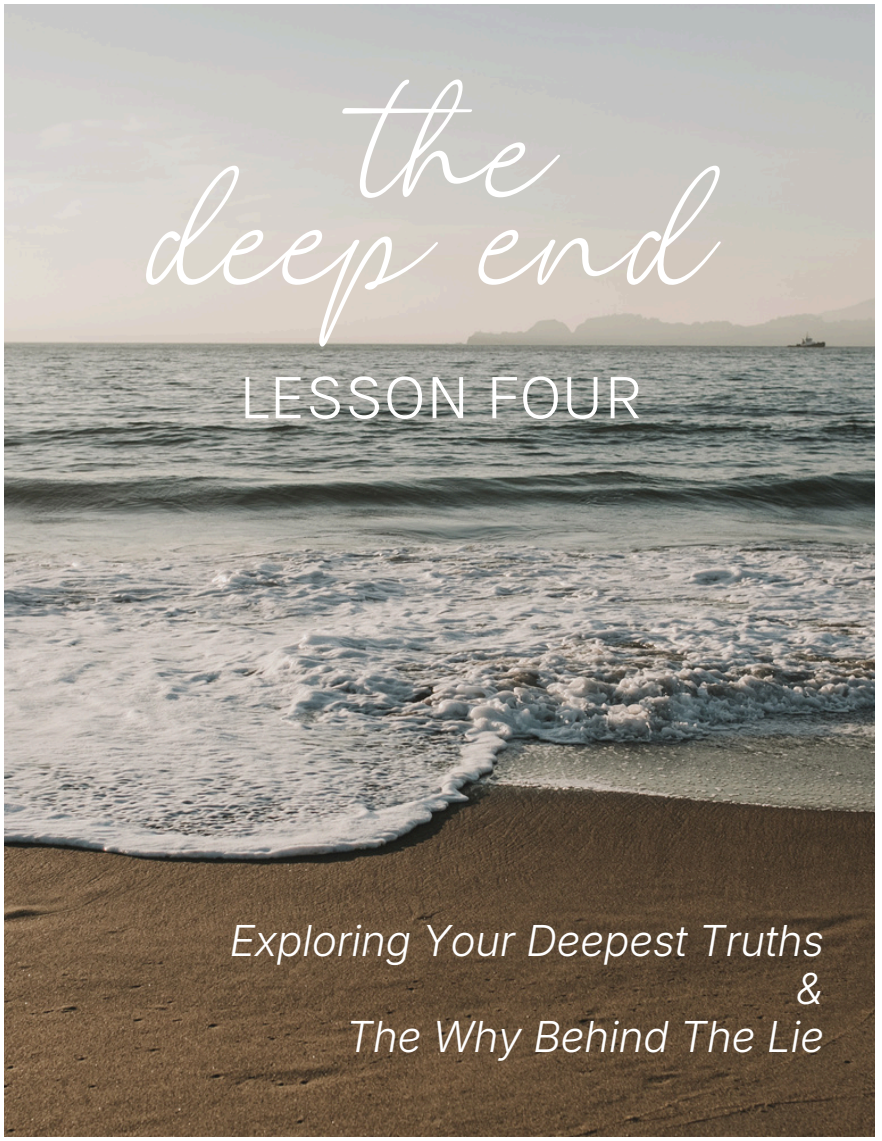
ARE THERE SPECIFIC PEOPLE WHO TRIGGER A NEGATIVE RESPONSE IN ME?

IF SO, WHY?

IF I COULD EXPRESS TO THEM WHY I FEEL THIS WAY, WHAT WOULD I WANT TO TELL THEM?

eight

WHAT THOUGHTS OR MEMORIES TRIGGER ME AND BRING OUT A NEGATIVE BODILY RESPONSE?


the
deep end
LESSON FOUR
Exploring Your Deepest Truths
&
The Why Behind The Lie

Somatic Check-In

FEEL YOUR FEET ON THE GROUND.
FEEL THE WEIGHT OF YOUR BODY SUPPORTED BENEATH YOU.

TAKE ONE SLOW INHALE…
AND AN EVEN SLOWER EXHALE.
REMIND YOUR SYSTEM: “I AM SAFE TO GO DEEPER.”
EXPLORE WHAT ARISES AFTER YOU DO THIS.

LESSON FOUR | THE DEEP END

Where Abandoned Parts Show Up

Body Mapping

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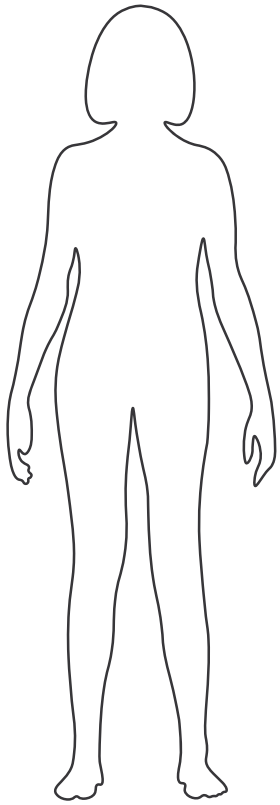


LESSON FOUR | THE DEEP END

Exploring Your Deepest Truths

one

WRITE ABOUT A PART OF YOURSELF THAT YOU FIND DIFFICULT TO ACCEPT OR EVEN WRITE ABOUT.

WHY DO YOU BELIEVE THIS IS CHALLENGING FOR YOU?

two

HOW DO I TALK TO MYSELF WHEN I DISAPPOINT MYSELF OR FALL SHORT ON EXPECTATIONS?

three

DO I BELIEVE I AM A GOOD PERSON WITH GOOD INTENTIONS AND GOOD MORALS?

WRITE SOME EXAMPLES OF HOW YOU CAN PROVE TO YOURSELF THIS IS TRUE. READ THIS BACK TO YOURSELF AT LEAST 3 TIMES, FOLLOWED BY "I AM A GOOD PERSON WHO MAKES MISTAKES, BUT I AM LEARNING TO BECOME A BETTER PERSON. I FORGIVE MYSELF FOR THESE MISTAKES."

four

WHAT WOULD IT LOOK LIKE IF I ACTUALLY EMBRACED AND CELEBRATED MYSELF FOR ALL MY ASPECTS, FLAWS AND ALL?

five

WHO DO I THINK I ACTUALLY AM?

WHO DO I BELIEVE I AM?

six

IN WHAT WAYS HAVE YOU ABANDONED YOURSELF OR IGNORED YOUR NEEDS?

HOW DID THAT MAKE YOU FEEL?

seven

DO YOU BELIEVE YOU HAVE TO SELF SACRIFICE YOUR NEEDS, WANTS, AND/OR DESIRES TO MAKE OTHERS AROUND YOU HAPPY?

IF SO, GIVE EXAMPLES THAT SUPPORT THIS BELIEF.

DO YOU FEEL YOUR NEEDS ARE LESS THAN OR ARE NOT IMPORTANT ENOUGH TO BE FULFILLED BY YOURSELF AND/OR OTHERS?

LESSON FOUR | THE DEEP END

The Why Behind The Lie

one

WHAT IS THE MOST IMPACTFUL STORY THAT I TELL MYSELF MOST OFTEN OF WHO I AM?

IS THIS A FACT?

CAN IT BE ANSWERED WITH A YES OR NO ANSWER?

IS THIS BASED ON AN ASSUMPTION OF WHAT SOMEONE ELSE HAS TOLD ME?

LESSON FOUR | THE DEEP END

The Why Behind The Lie

two

DO YOU LIE OFTEN?

IF SO, WHAT ABOUT? (LIST ALL THE THINGS)

WHAT ABOUT THE TRUTH SCARES YOU ENOUGH TO NOT SPEAK THE TRUTH ON EACH ONE OF THESE LIES.

three

WHO ARE YOU WHEN NO ONE ELSE IS WATCHING?

DO THESE ACTIONS MAKE YOU FEEL PROUD? HAPPY? LOVED? GIVING? SAD? FAKE?

LESSON FOUR | THE DEEP END

The Why Behind The Lie

four

WHAT IS A SECRET(S) THAT YOU HAVE NEVER TOLD ANYONE?

WHY ARE YOU HOLDING BACK THIS TRUTH?

HOW IMPACTFUL IS THIS ON YOUR DAILY LIFE?

DOES THIS EFFECT THE RELATIONSHIPS IN YOUR LIFE?

five

WOULD IT BRING YOU PEACE TO EXPOSE THIS SECRET(S)?

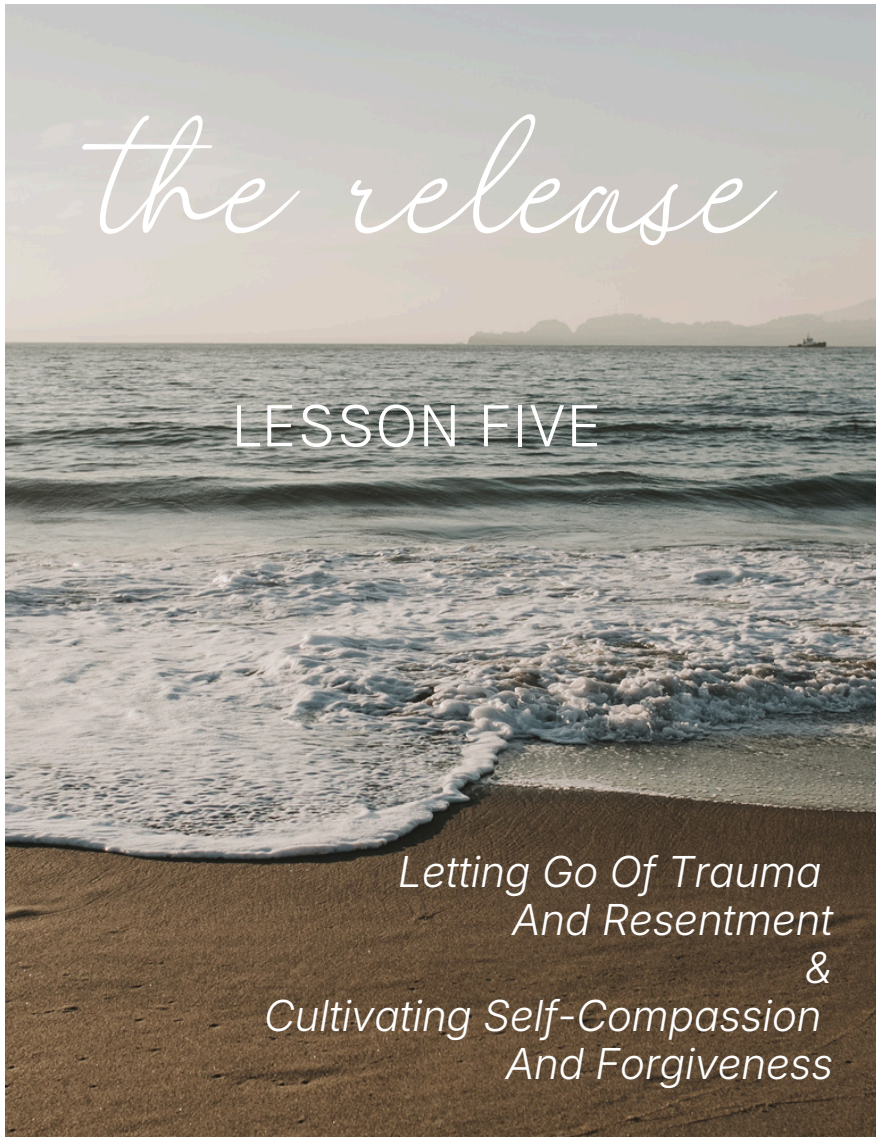
WHAT IS THE WORST CASE SCENARIO IF IT WERE EXPOSED?

WHAT COULD BE A POSITIVE OUTCOME IF WERE?

six

WHAT IS THE MORT INAUTHENTIC PART OF YOURSELF THAT YOU ALLOW TO SHOW UP FREQUENTLY?

WHY DO YOU WEAR A MASK TO COVER WHO YOU TRULY ARE?
WHAT EMOTIONS ARISE FOR YOU WHEN UNCOVERING YOUR TRUTH?
HOW WOULD YOU FEEL TO REMOVE THE MASK PERMANENTLY AND JUST BE YOU?


the release
LESSON FIVE
Letting Go Of Trauma
And Resentment
&
Cultivating Self-Compassion
And Forgiveness

Somatic Check-In

WHEN EMOTION RISES, PLACE ONE HAND ON YOUR HEART AND ONE ON YOUR BELLY.

ASK SOFTLY:

"WHAT WANTS TO BE RELEASED RIGHT NOW?"

LET YOUR EXHALE CARRY THE WEIGHT OUT OF YOUR BODY.

LESSON FIVE | THE RELEASE

Where Release Happens

Body Mapping

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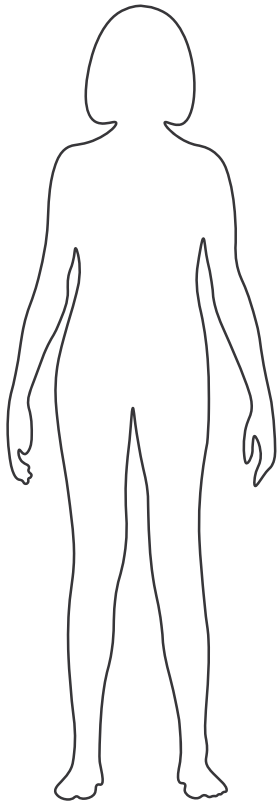


LESSON FIVE | THE RELEASE

Letting Go Of Trauma and Resentment

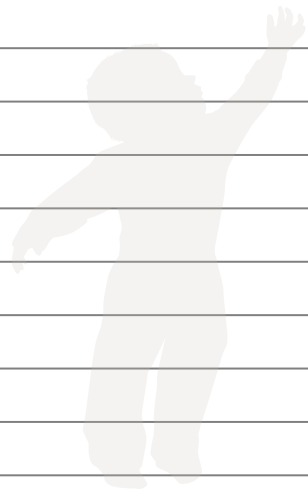
one

WRITE A LETTER TO YOUR YOUNGER SELF, OFFERING SUPPORT AND COMPASSION DURING A DIFFICULT TIME.

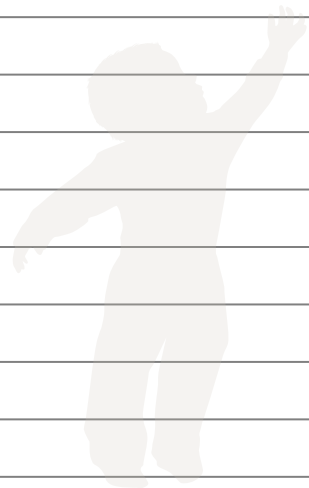
WRITE AS MANY LETTERS AS YOU NEED.

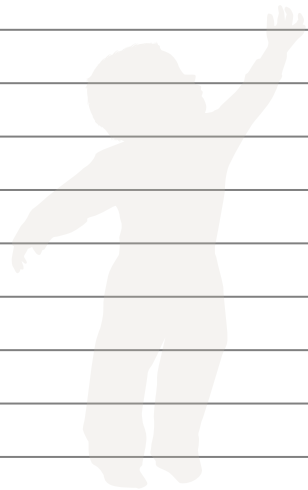
START EACH LETTER WITH, "DEAR LITTLE (YOUR NAME), AGE ___" I SEE YOU. I AM HERE FOR YOU. I AM SORRY YOU WENT THROUGH (SITUATION). YOU DID THE BEST YOU COULD, AND YOU DID NOT DESERVE (WHAT HAPPENED). CONTINUE ON WITH WHATEVER YOU WANT TO SHARE AND EXPRESS TO YOUR YOUNGER SELF.

dear little _____ age _____

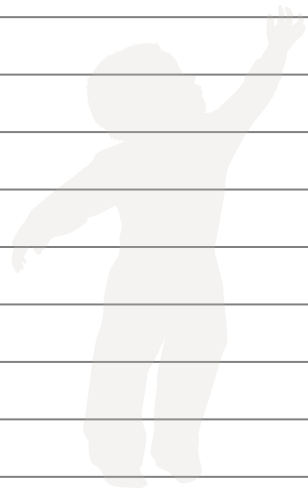


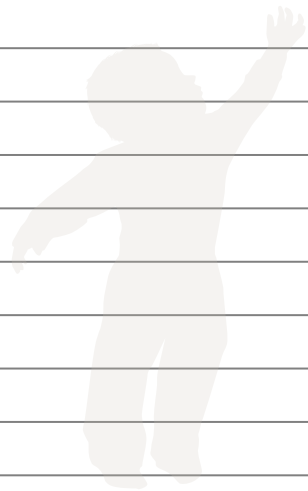
dear little _____ age _____



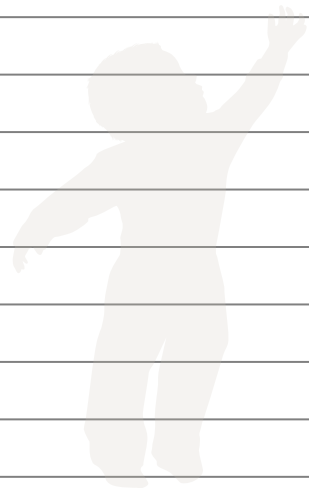


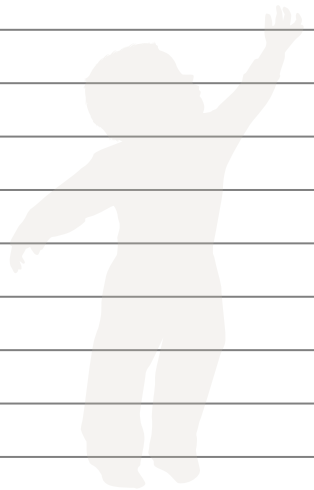
dear little _____ age _____

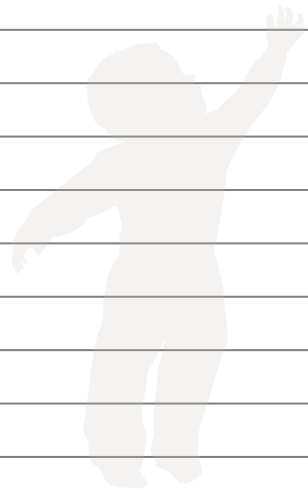




dear little _____ age _____







Letting Go Of Trauma And Resentment

two

WHEN YOU RECALL A PAST/CURRENT TRAUMA, WHAT WOULD HAVE MADE YOU FEEL SAFE IF THAT WOULD HAVE BEEN OFFERED OR GIVEN?

three

WHAT ACTIONS MAKE YOU FEEL UNHEARD OR UNSEEN?

WHAT CHANGES IN COMMUNICATION CAN YOU MAKE SO THAT THIS OUTCOME CHANGES FOR YOU IN THE FUTURE?

HOW WOULD YOU LIKE TO SELF ADVOCATE FOR YOURSELF IN THESE SITUATIONS?

Letting Go Of Trauma And Resentment

four

ON A SCALE OF 1-10, HOW OFTEN DO YOU FEEL YOUR PAST/CURRENT TRAUMAS AFFECT YOUR LIFE?

1 BEING THE LEAST, 10 BEING THE MOST OFTEN.

WHAT ACTIONS DO YOU WANT TO TAKE AT THIS TIME TO RELIEVE YOURSELF OF THESE TRAUMAS AND RESTORE YOUR SENSE OF SELF AND TO BRING PEACE AND CALM INTO YOUR LIFE?

1 2 3 4 5 6 7 8 9 10

DO YOU FIND IT DIFFICULT TO TRUST OTHERS BECAUSE OF YOUR PAST/CURRENT TRAUMAS?

IF SO, WHAT WOULD MAKE YOU FEEL YOU CAN TRUST SOMEONE MOVING FORWARD?
WHAT ACTIONS DO YOU NEED TO TAKE PLACE FOR YOU TO FEEL SAFE IN ORDER TO TRUST?

six

DO YOU SEEK VALIDATION IN PROMISCUOUS BEHAVIOR THAT YOU KNOW IS WRONG OR DOES NOT MAKE YOU FEEL GOOD AFTERWARD?

WHAT SENSATIONS DO YOU FEEL AROUND THESE ACTIONS?

WHAT IS THE ROOT CAUSE FOR THIS VALIDATION?

+ LESSON EXERCISE

Letting Go Of Trauma And Resentment

seven

ARE THERE ANY AREAS IN YOUR LIFE THAT YOU ARE GRIEVING AT THIS TIME?

WRITE DOWN ANYTHING THAT YOU MAY BE EXPERIENCING AT THIS TIME WITH THE LIST BELOW OR INCLUDE ANYTHING NOT MENTIONED BELOW. WRITE OUT HOW YOU MISS THESE THINGS IN YOUR LIFE, BUT ALSO HOW HAVE YOU OVERCOME THESE CHANGES/LOSSES? WHAT HAVE YOU LEARNED FROM THIS LOSS NOT BEING IN YOUR LIFE ANYMORE? YOU CAN REFLECT ON BOTH NEGATIVE+POSITIVE THINGS. WRITE A LETTER TO THE LOSS IF YOU'D LIKE. YOU CAN EVEN GIVE IT A NAME OR AN IDENTITY IF THAT HELPS. JUST SIT WITH IT, ACKNOWLEDGE IT, AND RELEASE THE STING OF THE PAIN YOU FEEL AROUND THIS LOSS.

LOSS OF SELF?

DEATH OF FAMILY MEMBER/FRIEND?

DIVORCE OR BREAK UP?

AN EXPERIENCE YOU THOUGHT YOU WOULD HAVE, BUT IS NO LONGER A PART OF YOUR LIFE?

YOUR YOUNGER YEARS?

A JOB LOSS OR CAREER CHANGE?

FINANCIAL CHANGES?

eight

IN WHAT WAYS HAVE YOU GROWN STRONGER BECAUSE OF THE TRAUMA(S) YOU HAVE EXPERIENCED?

nine

DO YOU EVER DOWNPLAY YOUR TRAUMA OR SITUATIONS THAT HAVE HAPPENED TO YOU?

ten

TRAUMA CREATES CHANGE YOU DON'T CHOOSE,
HEALING IS ABOUT CREATING CHANGE YOU DO CHOOSE.

WRITE 5-10 WAYS YOU WANT TO HEAL TO TAKE BACK CONTROL OF YOUR LIFE AND MAKE THE CHANGES FOR A POSITIVE PATH AHEAD.

eleven

WHICH PARTS OF MY OLD SELF FEEL HEAVY, TIGHT, OR RESTRICTIVE — AND NEED TO BE RELEASED?

one

WHAT IS THE #1 THING YOU WANT TO FORGIVE YOURSELF FOR?

two

WHAT ARE 3 WAYS YOU CAN BE MORE GENTLE, KINDER TO YOURSELF WHEN LEARNING THE LIFE LESSON?

three

IS SELF-FORGIVENESS DIFFICULT FOR YOU?

IF SO, WHY DO YOU THINK THAT IS?

four

WHAT SORT OF FREEDOM WOULD FORGIVENESS GIVE TO YOU?

five

HOW HAS HOLDING ONTO GUILT+SHAME AFFECTED YOUR EMOTIONAL WELL BEING?

six

WRITE ABOUT THE HEALING POWER FORGIVENESS CAN GIVE TO YOU?

THE LIBERATION.
THE FREEDOM.
THE CLOSURE.
THE RELEASE.

seven

HOW CAN I SHOW MYSELF MORE COMPASSION AND UNDERSTANDING?

WHAT DAILY DEPOSITS(ACTIONS) CAN I PUT INTO MY SELF LOVE BANK?

eight

WHAT ARE SOME WAYS I CAN PRACTICE SELF CARE RIGHT NOW?

nine

DO I LOVE MYSELF?

WHAT DO I LOVE ABOUT MYSELF?

WHAT DON'T I LOVE ABOUT MYSELF?

TRY NOT TO BE SHY OR FEEL ASHAMED TO ADMIT YOUR VERY BEST ATTRIBUTES.

ten

WHAT BRINGS ME THE MOST PEACE?

WHAT BRINGS ME THE MOST JOY?

WHATEVER THIS IS, MAKE A HABIT OF DOING THIS DAILY, NO EXCEPTIONS!

eleven

WHAT ARE SOME WAYS I CAN NURTURE MY INNER CHILD SO HE/SHE CONTINUES TO FEEL LOVED, SEEN, AND HEARD?

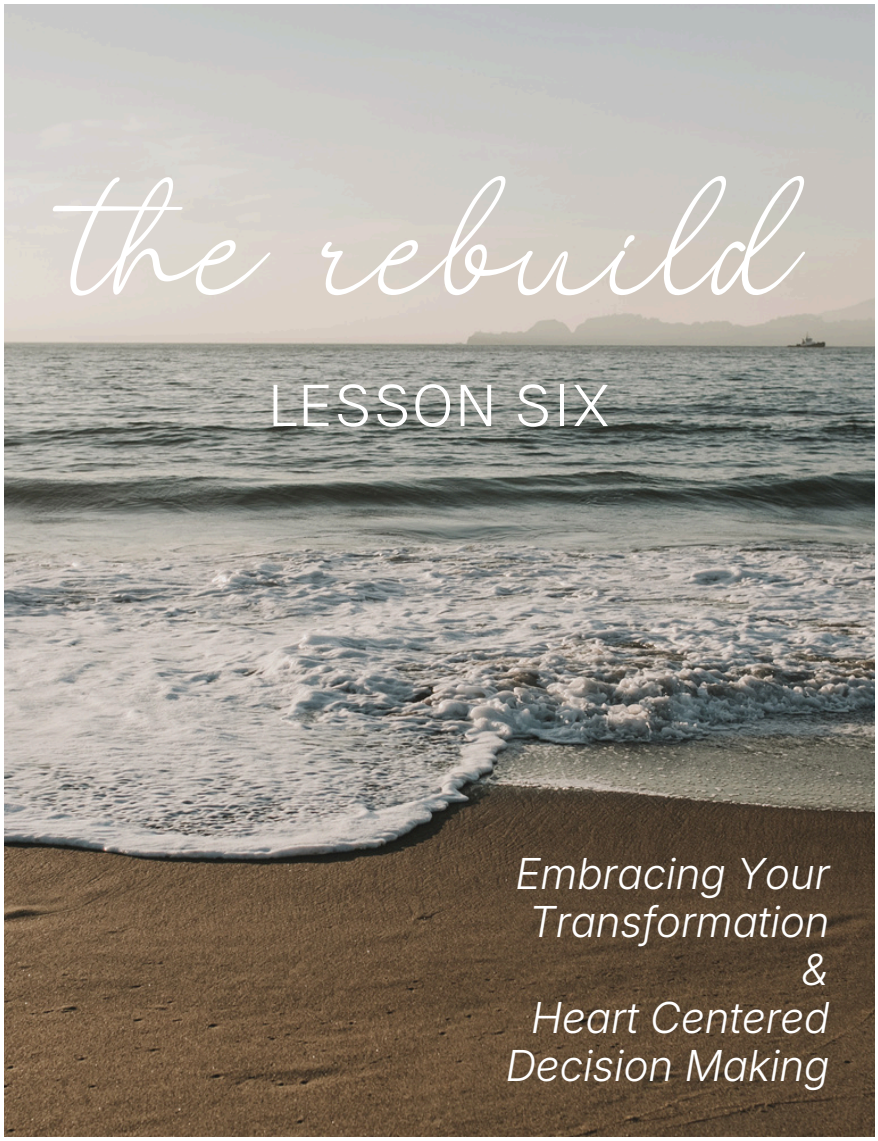
twelve

WHO AM I GRATEFUL FOR AT THIS POINT IN MY LIFE?

CONSIDER THE POSSIBILITY OF SENDING THIS PERSON A LETTER LETTING THEM KNOW YOUR EXACT THOUGHTS AND FEELINGS.

thirteen

WHAT AM I GRATEFUL FOR AT THIS POINT IN MY LIFE?


the rebuild
LESSON SIX
Embracing Your
Transformation
&
Heart Centered
Decision Making

Embracing Your Transformation

Somatic Check-In

AS YOU IMAGINE YOUR FUTURE SELF, NOTICE YOUR BODY'S RESPONSE.

DOES IT EXPAND, WARM, SOFTEN, OPEN, ENERGIZE?
LET YOUR BODY SHOW YOU WHO YOU'RE BECOMING.

LESSON SIX | THE REBUILD

Where Becoming Lives In Your Body

Body Mapping

AFTER COMPLETING YOUR SOMATIC CHECK-IN, TAKE A MOMENT TO MARK WHERE YOU FEEL THE MOST SENSATION IN YOUR BODY RIGHT NOW.

IT MIGHT BE SUBTLE — A SOFT FLUTTER, A TIGHT GRIP, A WARM EXPANSION, A HOLLOW FEELING, OR A NUMB SPACE.

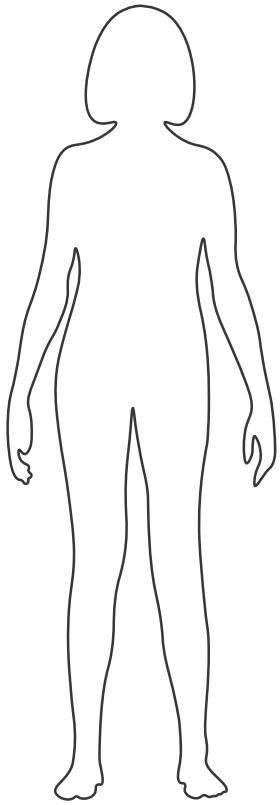
ON YOUR BODY OUTLINE:

- CIRCLE WHERE YOU FEEL IT
- SHADE AREAS THAT FEEL TIGHT OR HEAVY
- USE ARROWS TO SHOW MOVEMENT (UPWARD, DOWNWARD, OUTWARD)

LABEL THE SENSATION IN ONE WORD:

TIGHT • OPEN • ANXIOUS • WARM • HEAVY • BUZZING • CALM • NUMB

THIS BECOMES YOUR BASELINE MAP FOR THE JOURNEY AHEAD.



one

WHAT IS YOUR GREATEST FEAR AROUND CHANGE?

two

WHEN I IMAGINE THE VERSION OF ME I'M BECOMING, WHAT SENSATIONS ARISE IN MY BODY?

(EXPANSION, CALMNESS, EXCITEMENT, FEAR, OPENNESS)

three

WHAT NEW HABITS WOULD YOU LIKE TO TAKE IN YOUR NEW LIFESTYLE?

WHAT HABITS WOULD YOU LIKE TO REMOVE?

three

DOES CHANGE MAKE YOU FEEL UNCOMFORTABLE?

IF SO, WHAT HAS TAKEN PLACE TO SUPPORT THESE EMOTIONS?
WHAT CHANGES CAN YOU MAKE SO YOU FEEL CONFIDENT, SAFE, AND SECURE?

four

HOW WOULD YOU LIKE TO SHOW UP MORE FOR YOURSELF ON A DAILY BASIS?

WHAT CHANGES NEED TO BE MADE TO SUPPORT THIS?

five

WHAT DOES AN IDEAL DAY LOOK CURRENTLY LIKE FOR YOU?

BE REALISTIC TO YOUR HOME+WORK LIFE.
ARE YOU HAPPY WITH YOUR DAY TO DAY ROUTINE?
WHAT SHIFTS WOULD YOU LIKE TO MAKE TO HELP BRING EASE AND MORE FULFILLMENT TO YOUR LIFE ON A DAILY BASIS?

six

WHAT THINGS CAN I DO FOR MYSELF ON A WEEKLY BASIS THAT MAKE ME FEEL LOVED?

WHAT CAN I DO FOR OTHERS TO SHOW THEM MORE LOVE?

seven

WHAT CAN I DO TO ALLOW MYSELF TO FEEL MORE LOVED, SEEN, AND HEARD?

MAKE A LIST FOR A SPOUSE, CHILDREN, FAMILY, AND/OR FRIENDS.

*COMMUNICATION IS KEY FOR ADVOCATING YOUR NEEDS.

eight

WHAT ARE A FEW HOBBIES OR ACTIVITIES YOU WOULD LIKE TO TRY OR DO THAT YOU HAVEN'T DONE YET?

nine

WHAT ABOUT MY OLD LIFE AM I MOST LOOKING FORWARD TO LEAVING BEHIND AFTER THIS JOURNEY IS COMPLETED?

ten

WHAT ACCOMPLISHMENTS DO I WANT TO ACHIEVE THAT WILL GIVE ME A SENSE OF PURPOSE, GRATITUDE, AND FULFILLMENT?

one

DO YOU HAVE A FEAR OF NOT BEING LIKED?

IF SO, WHY DO YOU FEEL YOU NEED OTHER PEOPLE'S VALIDATION TO DETERMINE IF YOU ARE LIKABLE OR NOT?

two

IS IT DIFFICULT FOR YOU TO PLACE BOUNDARIES?

IF SO, HOW DO YOU FEEL WHEN EXPRESSING A BOUNDARY?
DO YOU FOLLOW THROUGH ON THE BOUNDARIES YOU HAVE SET IN PLACE?

three

HOW DO YOU FEEL WHEN SOMEONE DOES NOT RESPECT YOUR BOUNDARIES?

HOW DO YOU HANDLE THIS SITUATION?

MOVING FORWARD, HOW WOULD YOU LIKE TO CHANGE THIS OUTCOME AND BECOME MORE SUPPORTED?

four

DO YOU FOLLOW YOUR HEART?

WHAT IS IMPORTANT TO YOU?

five

WHAT ARE YOUR 4 CORE VALUES?

HOW COMMITTED ARE YOU TO THEM

six

HOW DO YOU FEEL WHEN YOU DO NOT FOLLOW THROUGH ON SOMETHING YOU WANT OR NEED?

seven

WOULD YOU CONSIDER YOURSELF TO BE A "PEOPLE PLEASER?"

IF SO, WHAT ACTIONS CAN YOU TAKE TO CHANGE THIS RIGHT NOW?
WHAT FEELINGS DO YOU HAVE AROUND THE IDEA OF BEING A PEOPLE PLEASER?

eight

DO YOU FIND IT CHALLENGING TO SAY NO TO FAMILY, FRIENDS, YOUR PARTNER, CHILDREN?

nine

WHAT ARE A FEW THINGS “FEEL GOOD” THINGS THAT MAKE YOUR HEART HAPPY?

ten

WHAT ARE A FEW HOBBIES OR ACTIVITIES THAT MAKE YOUR HEART FEEL FULL OF LOVE?

eleven

TO STAY IN ALIGNMENT WITH YOUR AUTHENTIC SELF, HAVING A RUTHLESS COMMITMENT TO YOUR NEEDS IS CRUCIAL. HOW DO YOU SEE YOURSELF AT THIS TIME FULFILLING THAT REQUIREMENT FOR YOURSELF?

the resurface
LESSON SEVEN
Moving Forward
With Clarity And Purpose
&
Goal Setting
With Action Planning

Somatic Check-In

BRING AWARENESS TO YOUR SPINE.
SIT TALL.
LET YOUR CHEST OPEN SLIGHTLY.
FEEL WHAT "RISING" FEELS LIKE INSIDE YOUR BODY.
EVEN SUBTLE SHIFTS COUNT.

Where Rising Feels Anchored

Body Mapping

AFTER COMPLETING YOUR SOMATIC CHECK-IN, TAKE A MOMENT TO MARK WHERE YOU FEEL THE MOST SENSATION IN YOUR BODY RIGHT NOW.

IT MIGHT BE SUBTLE — A SOFT FLUTTER, A TIGHT GRIP, A WARM EXPANSION, A HOLLOW FEELING, OR A NUMB SPACE.

ON YOUR BODY OUTLINE:

- CIRCLE WHERE YOU FEEL IT
- SHADE AREAS THAT FEEL TIGHT OR HEAVY
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LABEL THE SENSATION IN ONE WORD:

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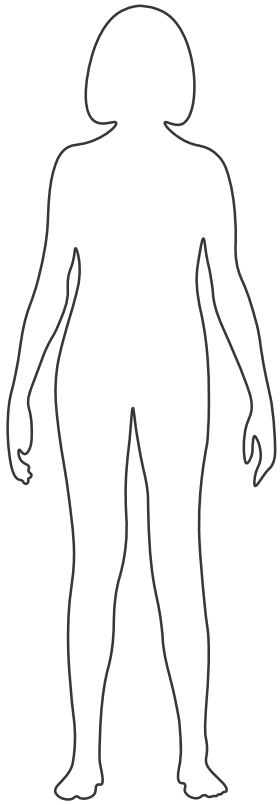


one

MAKE A LIST OF WHAT YOU NEED TO GET CLEAR ON WITH CERTAIN ISSUES THAT ARE CURRENTLY CONFUSING OR UNCERTAIN.

two

WHAT IS IT ABOUT THESE ISSUES THAT MAKE YOU FEEL CONFUSED OR UNCERTAIN?

three

WHEN I IMAGINE MY FUTURE SELF LIVING WITH CLARITY, WHAT SHIFTS HAPPEN IN MY BODY?

(DO I FEEL GROUNDED? STEADY? LIGHT? HOPEFUL?)

four

IF YOU HAD CLARITY ON THESE ISSUES, HOW WOULD THAT IMPROVE YOUR LIFE?

WHAT POSITIVE EMOTIONS WOULD SUPPORT THIS?

five

WHEN IT COMES TO STAYING CONSISTENT, WHAT KEY CONTRIBUTING FACTORS THAT BLOCK YOU FROM CROSSING THE FINISH LINE?

six

IF THESE BLOCKS WERE NOT A FACTOR, WHAT IN LIFE DO YOU WANT TO ACHIEVE?

seven

WHAT ARE YOUR WILDEST DREAMS?

IF YOU ACHIEVE ANYTHING, WHAT IS IT?

eight

WHAT DO YOU BELIEVE IS YOUR MOST DIFFICULT OBSTACLE WHEN IT COMES TO REACHING THE PEAK OF YOUR DREAMS?

nine

WHAT IF YOU WERE GIVEN ALL THE TOOLS TO CLIMB THE MOUNTAIN OF SUCCESS, WHAT WOULD BE KEEPING YOU BACK FROM CLIMBING TO THE PEAK ELEVATION?

ten

ENVISION YOU ARE 75 YEARS OLD AT THIS TIME, REFLECTING ON YOUR LIFE AT THIS CURRENT MOMENT.

WHAT MAKES YOU THE MOST PROUD CURRENTLY?
WHAT WOULD MAKE YOUR 75 YEAR OLD SELF EVEN MORE PROUD?

eleven

TAKE A DEEP, LONG BREATH, AND THINK ABOUT YOUR ACHIEVEMENTS THUS FAR IN YOUR LIFE. AS YOU EXHALE, TAKE NOTICE OF HOW YOUR BODY FEELS WHEN RELEASING THESE THOUGHTS OR EMOTIONS.

HOW DOES YOUR BODY FEEL? ANXIOUS, NERVOUS, RELAXED, CONTENT, STRESSED, TENSE, OR CALM.

twelve

WHAT DOESN'T SIT QUITE RIGHT WITHIN YOUR BODY WHEN YOU EXHALE?

WHAT SHIFTS CAN YOU MAKE TODAY TO MAKE THIS EXHALE MORE PEACEFUL?

thirteen

HOW COMMITTED ARE YOU TO ADAPTING A STRICT, BUT SIMPLE DAILY ROUTINE TO HAVE A HIGH LEVEL PERFORMANCE TO ACHIEVE YOUR GOALS?

HOW WILL YOU PLAN TO KEEP YOURSELF ACCOUNTABLE?

fourteen

ON A SCALE OF 1-10, HOW NATURALLY MOTIVATED ARE YOU TO KICK START YOUR NEW LIFESTYLE?

WHAT EMOTIONS COME TO THE SURFACE WHEN YOU THINK ABOUT THESE CHANGES?

1 2 3 4 5 6 7 8 9 10

one

WHAT IS THE MOST IDEAL HOUR YOU CAN CARVE OUT, EVERY SINGLE DAY, FOR YOURSELF TO JOURNAL, READ, LISTEN TO A MOTIVATIONAL PODCAST, AND/OR MEDITATE?

two

ARE YOU CERTAIN THIS HOUR IS THE BEST FOR YOU TO FULFILL YOUR PERSONAL NEEDS AND TO GIVE TO YOURSELF?

THIS HOUR IS NON-NEGOTIABLE.

three

ARE THERE ANY CHANGES YOU WANT TO MAKE TO YOUR DIET?

IF SO, LIST EVERY SINGLE THING YOU WANT TO CHANGE.

ASSIGNMENT

PRINT RECIPES FOR WEEKLY MEAL PLANS TO SUPPORT THIS CHANGE SO THAT YOU ARE PREPARED EVERY WEEK. YOU WILL LIKELY NOT SLIP FROM YOUR GOALS BECAUSE YOU ARE PREPARED.

four

IF YOU HAVE CHILDREN, HOW MUCH QUALITY TIME DO YOU SPEND WITH THEM UNINTERRUPTED OR NOT DISTRACTED?

NO PHONES, IPADS, OR TV (BE HONEST.)

five

IF YOU HAVE A PARTNER, WHEN WAS THE LAST TIME YOU AND YOUR PARTNER WENT ON A SOLO DATE NIGHT?

WHAT WAS THE CONVERSATION LIKE?

WHAT DID YOU TALK ABOUT?

HOW COMMITTED ARE YOU TO WEEKLY QUALITY TIME WITH YOUR PARTNER?

six

HOW OFTEN ARE YOU AND YOUR PARTNER INTIMATE?

ARE YOU SATISFIED WITH THIS OUTCOME?
IF NOT, REFLECT ON WHAT WAY CAN YOU IMPROVE THIS OUTCOME?
HOW DO YOU PLAN ON COMMUNICATING YOUR NEEDS TO YOUR PARTNER?

seven

WHAT ARE YOUR TOP 2 LOVE LANGUAGES?

THESE ARE KEY COMPONENTS OF THE WAYS THAT MAKE YOU FEEL LOVED BY ANOTHER PERSON.
THESE FILL YOUR LOVE TANK.
(QUALITY TIME, RECEIVING GIFTS, WORDS OF AFFIRMATION, PHYSICAL TOUCH)

eight

TO KEEP YOURSELF ALIGNED WITH YOUR NEW LIFESTYLE, LIST 3 MONTHS OF MATERIAL THAT WILL SUPPORT YOUR CHANGES?

EXAMPLES:

LIST BOOKS YOU WANT TO READ WITHIN THE NEXT 3 MONTHS, IF YOU LIKE LISTENING TO PODCASTS, RESEARCH A FEW THAT SUPPORT YOUR GROWTH.

MAKE A WEEKLY WORKOUT PLAN TO REACH YOUR TARGETED WEIGHT LOSS OR GAIN. PRINT OUT A MONTHLY MEAL PLAN MENU AND RECIPES TO GO ALONG WITH THEM.

WRITE DOWN SOME PLACES YOU WOULD LIKE TO VISIT ON THE WEEKENDS THAT YOU'VE BEEN NOT PRIORITIZING.

MAKE THE TIME.

YOUR WANTS+DESIRES MATTER AND ARE IMPORTANT.

nine

WHAT ARE SOME THINGS YOU CAN INVEST IN TO CARVE OUT MORE TIME FOR YOURSELF?

EXAMPLE:

HIRING A HOUSECLEANER ON A BI-WEEKLY OR MONTHLY BASIS TO GIVE YOU A FEW HOURS TO DO SOMETHING FOR YOURSELF, CONSISTENTLY.

HIRING A BABYSITTER ONCE A WEEK TO SPEND QUALITY TIME WITH YOUR PARTNER.

JOIN A YOUTUBE CHANNEL FOR EXERCISE/YOGA CLASSES OR A GYM TO MAINTAIN YOUR FITNESS COMMITMENTS.

INVESTING IN MEAL PREP CONTAINERS SO YOU HAVE THE MATERIALS YOU NEED TO FOLLOW THROUGH SO YOU ARE NOT MAKING LUNCHES EVERY MORNING.

ten

LIST ALL THE WAYS YOU WILL HOLD YOURSELF ACCOUNTABLE TO FULFILL AND FOLLOW THROUGH ON YOUR COMMITMENTS TO YOURSELF?

REMEMBER, WE ARE NO LONGER SELF ABANDONING OUR WANTS, NEEDS, AND DESIRES

goal set up

WITH LIFESTYLE CHANGES, RADICAL SHIFTS AND ACTION NEED TO TAKE PLACE TO KEEP YOU ON TRACK AND MAINTAIN A ROUTINE.
IT IS CRITICAL THAT WHATEVER SHIFTS YOU MAKE, YOU MAKE THEM A HABIT, EVERY SINGLE DAY. NO MATTER WHAT. HERE ARE THE SHIFTS THAT WILL NEED TO TAKE PLACE IN ORDER FOR YOU TO STAY COMMITTED TO KEEP ALIGNING WITHIN YOURSELF. ALL OF THIS HARD WORK IS NOT FOR NOTHING.
YOU MUST SEE IT THROUGH, PUSH FORWARD!

PERSONAL GOAL BENEFITS AND CATEGORIES

SETTING PERSONAL GOALS HAVE A HEAP OF BENEFITS:

KEEP YOU MOTIVATED.
HOLD YOURSELF ACCOUNTABLE.
REACH BETTER RESULTS.
CREATE A CLEAR VISION OF WHAT YOU WANT TO ACHIEVE.
BOOST CONFIDENCE AND SELF-ESTEEM.
HELP CHALLENGE YOURSELF AND OVERCOME OBSTACLES.
IMPROVE YOUR OVERALL WELL-BEING.

PERSONAL GOALS TYPICALLY FALL UNDER THESE CATEGORIES:

PERSONAL DEVELOPMENT
CAREER AND WORK
FAMILY AND RELATIONSHIPS
HEALTH AND FITNESS
TRAVEL AND FUN
FINANCES AND MONEY
CHARACTER BUILDING
QUALITY OF LIFE
LIFE IN GENERAL

GOAL EXAMPLES

PERSONAL GOALS EXAMPLES:

WAKING UP EARLIER
LEARNING SOMETHING NEW
TRY SOMETHING CHALLENGING
TRAVELING MORE
STOP PROCRASTINATING
QUITTING A BAD HABIT

EXAMPLE FOR PERSONAL:

- PRINT ANY BOOKS YOU WANT TO READ EACH MONTH OR PODCAST YOU WANT TO LISTEN TO WEEKLY (SEE PAGE 294)
- SCHEDULE OUT APPT TIMES+DATES FOR PERSONAL SERVICES (MASSAGE, FACIAL, NAILS)
- SPEND 1 HOUR AT THE SAME EXACT TIME EACH DAY ON JOURNALING, MEDITATING, AND READING MATERIAL THAT KEEPS YOU MOTIVATED AND ALIGNED WITH YOUR VISION

PROFESSIONAL GOALS EXAMPLES:

CREATING WORK/LIFE BALANCE
EXPANDING YOUR PROFESSIONAL NETWORK
WORKING THROUGH CONFLICT
LEARN LEADERSHIP SKILLS
FIND A NEW CAREER OR JOB PATH

EXAMPLE FOR PROFESSIONAL:

- SET UP A MEETING WITH YOUR BOSS TO SEE HOW YOU CAN ELEVATE YOURSELF IN YOUR POSITION
- ATTEND A CONFERENCE OR CLASS THAT HELPS ENRICH YOUR SKILLS
- STOP THE BURN OUT, AND CREATE A WORK/LIFE BALANCE ROUTINE

goal set up

FAMILY GOALS EXAMPLES:

SPEND QUALITY TIME TOGETHER
TOPICS OF CONVERSATIONS YOU WANT TO DISCUSS
FAMILY VACATIONS OR DAY TRIPS
TEACHING YOUR CHILD(REN) LIFE SKILLS
PLAYING WITH YOUR CHILD(REN) MORE ONE ON ONE
START A FUN FAMILY TRADITION
CREATE A FAMILY WEEKNIGHT OR WEEKEND BUCKET LIST

EXAMPLE FOR FAMILY GOALS:

- THINGS YOU WANT TO DO WITH YOUR FAMILY (MAKING DINNER TOGETHER, PAINTING CLASS, CONCERT, PLANT FLOWERS, BUILD SOMETHING TOGETHER, REFLECT ON PAGE 286)
- PLACES YOU WANT TO VISIT
- FUN WEEKEND ACTIVITIES (BOARD GAME NIGHT, FAMILY TSHIRT TIE DYE, HIKING, FESTIVAL, SEASONAL ACTIVITIES

PERSONAL FITNESS + WELLNESS GOALS EXAMPLES:

DRINKING MORE WATER (GET DETAILED, HOW MUCH? FLAVORED OR PLAIN?)
EATING HEALTHIER (PRINT THOSE RECIPES + MEAL PLANNER)
GET BETTER SLEEP (SOUND MACHINE, MAGNESIUM, NIGHTLY CARE ROUTINE, MAP IT OUT)
CUT DOWN ON SCREEN TIME (SET SCREEN LIMITS ON YOUR PHONE AND STAY TRUE TO THEM)
PROTECT YOUR PEACE
ATTENDING REGULAR THERAPY FOR MENTAL HEALTH
MEDITATION PRACTICE
DAILY JOURNALING
WEIGHT LOSS OR GAIN GOALS

EXAMPLE FOR HEALTH:

- MAKE YOUR MONTHLY MEAL PLAN TO ACHIEVE YOUR FITNESS GOALS
- SET UP A WEEKLY WORKOUT ROUTINE AND ONE THAT YOU CAN STICK TO
- SPEND 30-45 MINS A DAY ON EXERCISE (WALKING, RUNNING, YOGA, PILATES, BOXING, GYM)

goal set up

PERSONAL RELATIONSHIP GOALS EXAMPLES:

NURTURE GOOD FRIENDSHIPS
FRIEND VACATIONS
GIVE MORE COMPLIMENTS
SHOW LOYALTY
SHOW UP MORE FOR YOUR FAMILY+FRIENDS
QUALITY TIME WITH PARTNER (WRITE HOW AND WHAT YOU WANT TO DO)
BUILD STRONGER COMMUNICATION

EXAMPLE FOR RELATIONSHIPS:

- GET THANK YOU NOTES TO SEND TO FAMILY+FRIENDS ONCE A MONTH
- PLAN A WEEKLY DATE WITH PARTNER, FAMILY MEMBERS, OR FRIENDS (REFLECT ON PAGE 287)
- PLAN DAY TRIPS WITH THE PEOPLE YOU LOVE

PERSONAL FINANCE GOALS EXAMPLES:

INVEST YOUR MONEY
START A SIDE HUSTLE
SAVE MONEY FOR A HOUSE OR APARTMENT
SAVE FOR A POOL
PAY OFF DEBT
DONATE TO A CHARITY OR FUNDRAISING EVENT THAT'S CLOSE TO YOUR HEART

EXAMPLE FOR FINANCIAL:

- GET A RECEIPT TRACKER SO YOU CAN SEE YOUR MONTHLY SPENDING
- SET REALISTIC GOALS FOR SAVING OR PAYING DOWN DEBT (BABY STEPS)
- SET UP AN EXCEL SPREADSHEET OR BUDGET TRACKER

Goal Setting With Action Planning

action planning

ASSIGNMENT

Write 3-4 goals you have for each category. Make sure to be VERY clear and as detailed, specific as you possibly can be.

These goals will be used for your next lesson's assignment, so be mindful when completing this assignment.

PERSONAL GOALS

PROFESSIONAL GOALS

action planning

ASSIGNMENT

Write 3-4 goals you have for each category. Make sure to be VERY clear and as detailed, specific as you possibly can be.
These goals will be used for your next lesson's assignment, so be mindful when completing this assignment.

FAMILY GOALS

FITNESS AND WELLNESS GOALS

action planning

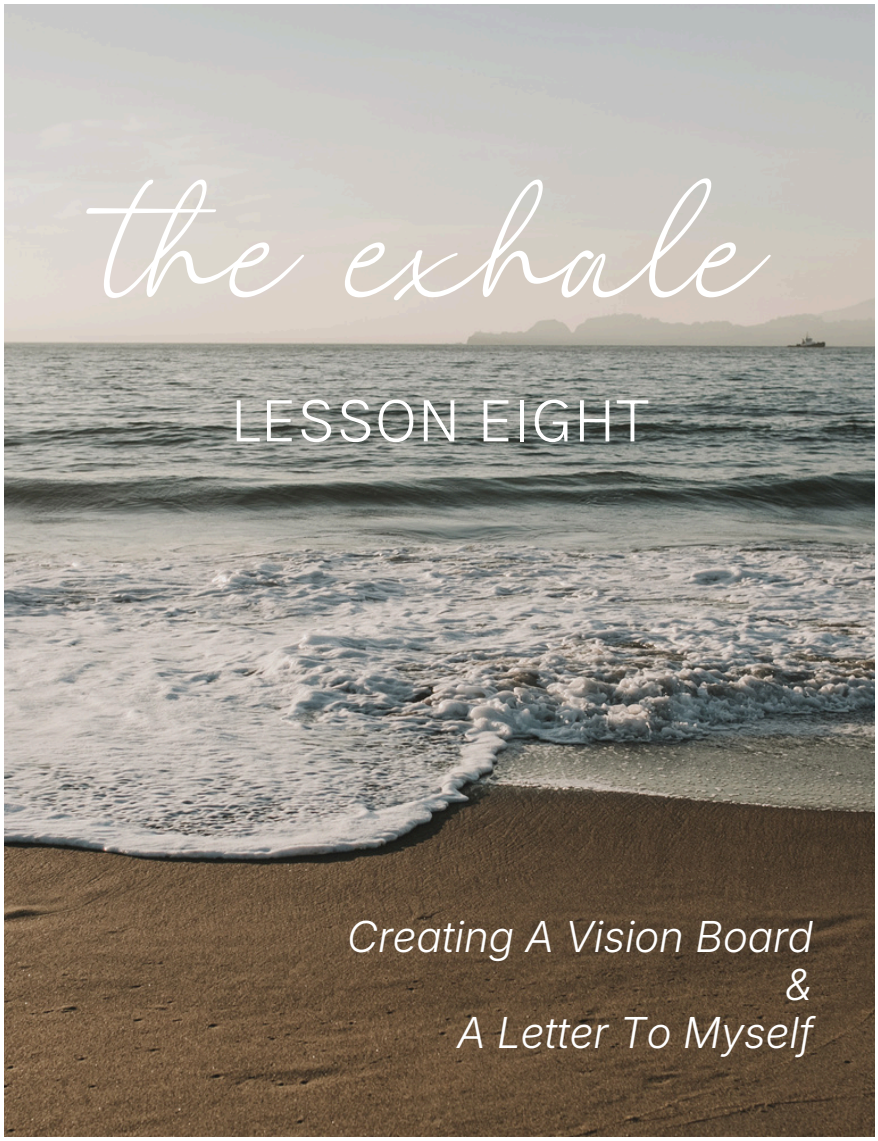
ASSIGNMENT

WRITE 3-4 GOALS YOU HAVE FOR EACH CATEGORY. MAKE SURE TO BE VERY CLEAR AND AS DETAILED, SPECIFIC AS YOU POSSIBLY CAN BE.

THESE GOALS WILL BE USED FOR YOUR NEXT LESSON'S ASSIGNMENT, SO BE MINDFUL WHEN COMPLETING THIS ASSIGNMENT.

RELATIONSHIP GOALS

FINANCE GOALS


the exhale
LESSON EIGHT
Creating A Vision Board
&
A Letter To Myself

Somatic Check-In

PLACE A HAND OVER YOUR HEART.
INHALE GENTLY... EXHALE SLOWLY.
LET THE EXHALE BE LONGER THAN THE INHALE.
THIS IS YOUR BODY INTEGRATING THE ENTIRE JOURNEY.
LET YOURSELF SOFTEN INTO COMPLETION.

WRITE WHAT ARISES.

Where Integration Settles

Body Mapping

AFTER COMPLETING YOUR SOMATIC CHECK-IN, TAKE A MOMENT TO MARK WHERE YOU FEEL THE MOST SENSATION IN YOUR BODY RIGHT NOW.

IT MIGHT BE SUBTLE — A SOFT FLUTTER, A TIGHT GRIP, A WARM EXPANSION, A HOLLOW FEELING, OR A NUMB SPACE.

ON YOUR BODY OUTLINE:

- CIRCLE WHERE YOU FEEL IT
- SHADE AREAS THAT FEEL TIGHT OR HEAVY
- USE ARROWS TO SHOW MOVEMENT (UPWARD, DOWNWARD, OUTWARD)

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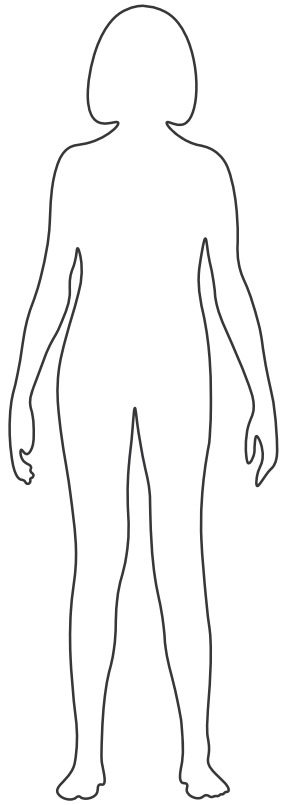

LESSON EIGHT | THE EXHALE

Creating A Vision Board

vision board mapping

Visualization is a powerful tool for staying aligned with your goals and keeping yourself motivated. When you can see your intentions clearly, your mind and nervous system naturally begin to move toward them.
I recommend creating a vision board that includes 4–5 main categories, each with 3 specific subcategories.
The clearer and more detailed you are, the more grounded and attainable your goals become.
To avoid overwhelm, I also suggest creating three vision boards:
1. A Vision Board for the First Half of the Year (0–6 months)
2. A Vision Board for the Last Half of the Year (6–12 months)
3. A Full-Year Vision Board (12 months)
This structure keeps you focused, present, and anchored.
The two half-year boards support your short-term goals, while the full-year board holds the bigger, long-range vision for your life.
This method prevents spiraling into overwhelm, disappointment, guilt, or shame — emotions that often arise when our alignment slips or when our goals feel too far away.
Clear, detailed planning helps you stay regulated, hopeful, and committed.

ASSIGNMENT

Map out your 6-month Vision Board using 4–5 main categories,
each with 3 supporting subcategories listed below.

This structure keeps your goals grounded, organized, and emotionally manageable.
Once your categories are mapped out, find images that represent, evoke, or symbolize each goal. These visuals should reflect your acute desires, the things you want to create, become, attract, or experience in the next six months.

Create your board using a small poster board, glue your images down with intention, and place your vision board somewhere you will see it daily and consistently.

Let this visual reminder call you back into alignment every day.

Personal Reflection

a letter of gratitude to myself

ASSIGNMENT

Write a heartfelt letter of gratitude to you.
Honor the parts of you that showed up.
The parts that healed.
The parts that stayed.
The parts that listened.
The parts that were brave enough to feel.
Do not minimize this moment.
Do not shrink.
Do not play small.
You have earned every bit of pride that rises up in you right now.

Keep this letter as a token of your own devotion.
A reminder of the strength you discovered,
the compassion you cultivated,
the clarity you claimed,
and the healing you allowed.
When life becomes heavy and you feel yourself slipping,
return to this letter.
Let it remind you of who you are and how far you've come.

Personal Reflection

a letter of gratitude to myself

Personal Reflection

a letter of gratitude to myself

Personal Reflection

a letter of gratitude to myself

Congratulations and thank you!

You have completed eight powerful weeks of deep, honest, and courageous inner work.
To say I am *proud of you* is a complete understatement.
Your commitment to showing up, lesson after lesson, layer after layer; reveals the strength, dedication, and resilience that have always lived within you.
Take a moment and truly reflect on everything you've done.

You have sat with truth.
You have met your shadows.
You have listened to your body.
You have opened your heart.
You have broken patterns that once felt impossible to change.

This is one of the greatest acts of self-love you will ever give yourself.
Keep Aligning Within.
Don't stop now.
Continue practicing what you've learned and applying it, gently and intentionally, to the new life you are stepping into.
Stay true to who you are and alignment will always meet you where you are.

Thank you for trusting me.
Thank you for leaning into the hardest moments.
Thank you for sharing your pain, your fears, your memories, your truth.
Thank you for giving yourself permission to unravel, to release, and to rise.
I am honored to witness you.

I am grateful you chose to go deep into the nooks, the corners, and the untouched spaces within yourself.
This journey was not just work.
It was transformation.

Congratulations.
You did it.
You rose. You rebuilt. You resurfaced. You exhaled.

And now...
you continue.

ABOUT THE AUTHOR

Nicole Chetcuti

Integrated Somatic Trauma Practitioner

Nicole is the owner and creator of Keep Aligning Within, Inc., a holistic wellness practice devoted to helping individuals calm their nervous system, process trauma, and return to inner safety. Her work centers around integrated somatic therapy, mindfulness meditation, and anxiety-reducing breathwork; modalities that support healing from stress, anxiety, depression, and long-held emotional pain.

She has crafted and curated this guided journal out of a deep devotion to healing, both her own and the healing of others. What began as a personal exploration became a labor of love, growth, alignment, and self-discovery. Every question inside this journal is one she has used herself during some of the most difficult and transformative seasons of her life.

Nicole has survived and overcome trauma in both childhood and adulthood, and these pages reflect the tools, insights, and inner conversations that supported her through those chapters.
The death of her brother in April 2024 became the turning point that inspired her to create an online sanctuary for healing; one rooted in empathy, compassion, understanding, and safety. She lovingly dedicates this journal, and her practice, to his memory. His passing has deeply shaped her mission: to help others find the peace and support he deserved.

Keep Aligning Within, Inc. now serves as an online space where individuals can learn to ease their nervous system, cultivate emotional peace, and reconnect with themselves through somatic healing, guided meditation, and body-led breathwork.
To join her classes or work with her, visit www.keepaligningwithin.com.

Nicole resides in the Lehigh Valley, PA with her son. She finds joy in being outdoors, moving on her yoga mat, listening to music, and cooking beautiful meals in her kitchen.

KEEP ALIGNING WITHIN

Where Wellness Within Begins.

@KEEPALIGNINGWITHIN

WWW.KEEPALIGNINGWITHIN.COM

Keep Aligning Within, Inc. practices in loving memory of

KYLE ALLEN WELTY

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