

How to

GET INTO ALIGNMENT



A step-by-step mini guide
to learn how to
fulfill your desires.

BY BEATRIZ MERL

Hi, I'm Bea!

I'm so excited you're here! This journey of bringing my desires into alignment has been a game changer.



Spending many years striving and hustling, I achieved most of the goals I set out to do. One day, I realized the work itself wasn't making me happy.

Here is what I found. I was working from a place of "doing" vs from a place of "being".

Let's unpack that...

What is alignment?

Alignment is an ongoing dance between goals, vision, and desires and what we are doing: our plans, practices, behaviors and daily choices.

important fact

When we are in alignment, we start to FEEL good about our path and KNOW we are on the right track.

What do you desire most?



What gets in the way of our desires?

1. What are you doing?

- Notice, what are you listening to and watching? What people, places or things bring you stress or joy? What things are you doing that you know aren't working for you? (Sleep, diet, exercise, etc.)

2. What are you feeling and thinking?

- These play a huge part in how we react to situations. How do you feel when you think about what you are doing? What are the voices in your head saying?

3. What are your beliefs?

- Ask yourself, are these beliefs ultimate truth and/or are these beliefs serving me?

4. Are the people, books, training, and resources that you're using helping you?

These resources can be VERY important. Remember, YOU choose your support and YOU are the ultimate decision maker.

How do you know you're in alignment with your goals?

We all have an intuitive sense when we are out of alignment. When we notice this, we want to take effective action as soon as possible.

Being out of our comfort zone is part of being in alignment with our goals. In fact, in order to achieve our goals and desires, we need to do new things.

What is our comfort zone?

Our mind and body goes into flight, fight, freeze or fawn when we don't feel safe and secure. This can be panic. These responses are powered by our brain and subconscious. We are comfortable based on what our subconscious feels is ok and safe. In order to take risks, we need to get out of our comfort zone.

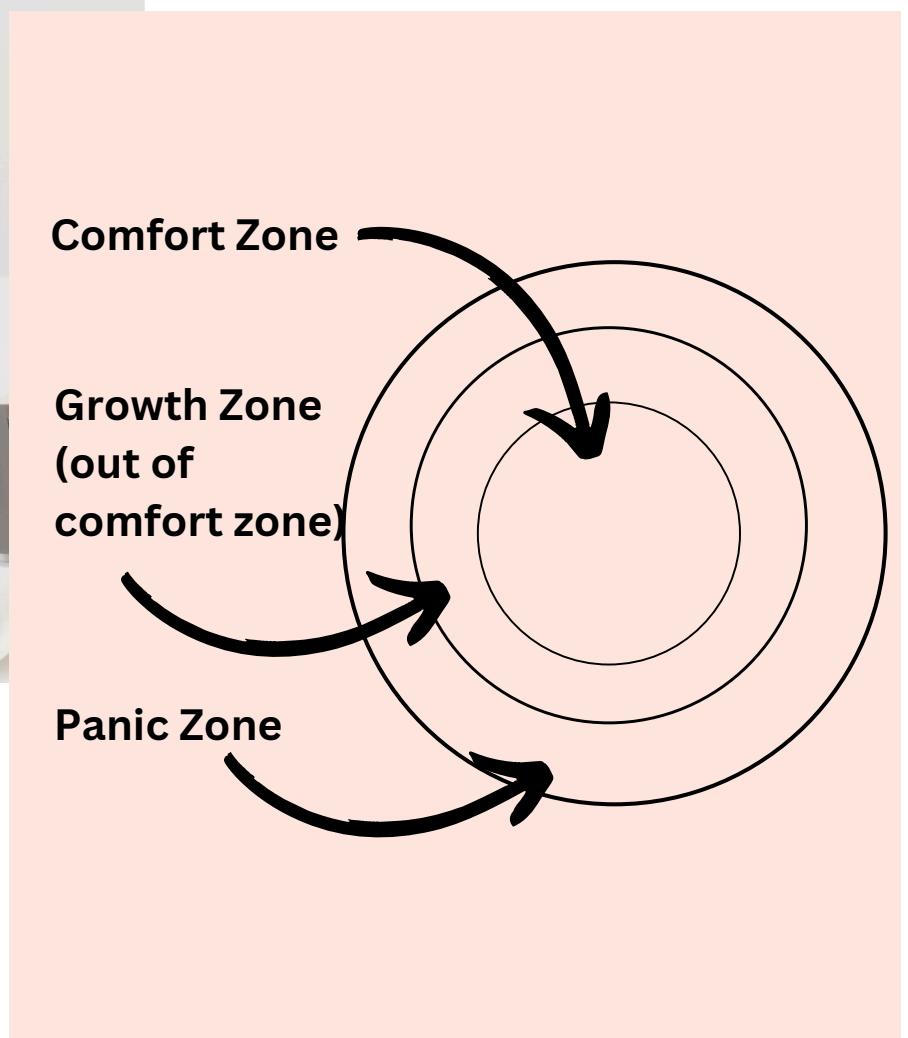
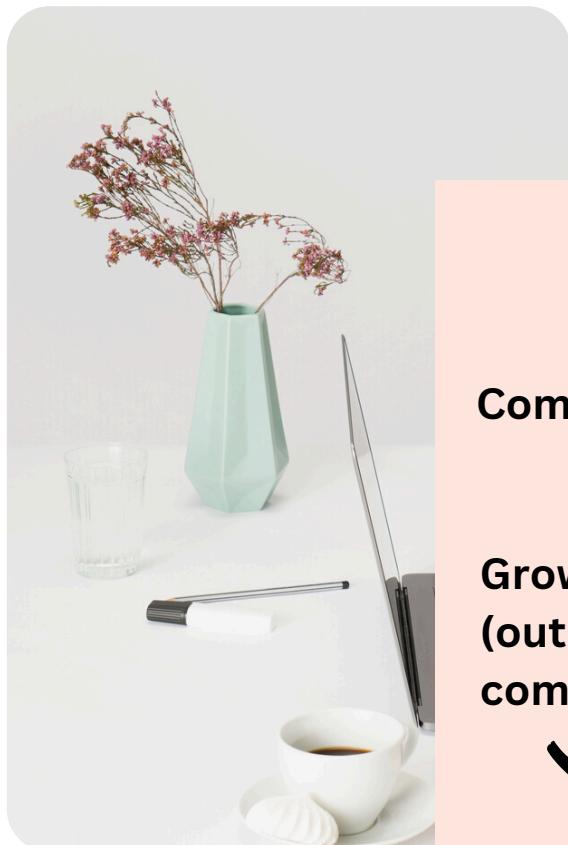
What is our growth zone?

We need to accept some discomfort in our growth zone. Overcoming our limiting beliefs is a matter of balance. These growth changes are scary, but needed in order to achieve our goals. Self care is vital.

What is our panic zone?

Doing things that are too far out of our comfort zone can turn acceptable discomfort into panic. The goal is to not enter this zone. Being in alignment, keeps us out of the panic zone.

Comfort zone, growth zone, and panic zone



How to set goals so that you stay in alignment:

1. Start with your "why". Your why is your dreams, goals, desires, wants, needs, etc. Get specific and write them out. What do you really desire? Your why will keep you focused during the tough times.
2. Set goals that will stretch you out of your comfort zone.
3. Make a plan and work the plan.
4. Keep your goals in front of you at all times. Make a vision board and make a wallpaper design for your cell, etc.



“

When we get into flow, things start happening for us, things start feeling easy, and our confidence grows.

”

Our mindset is key. Here are some things to help:

- Do things that bring you joy, such as, self-care
- Practice meditation
- Breath work
- EFT (emotional freedom technique/tapping)
- Turn off the "noise", such as, take social media breaks
- Counseling/therapy
- Implement intentional body movement
- Remember your why, your dreams

