

2020 Alignment Guide

Your guide to getting yourself ready for a happier & healthier 2020

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You know you want more out of life, but where do you begin?

Congratulations for taking this step! Acknowledging your life doesn't yet reflect your true desires is a pivotal step to changing your life. It means you're no longer sleep walking through life accepting your existence as the only way things can be. You know you are capable of better and your soul is clearly yearning for more. I'm rooting for you. **It's time to get into alignment!**

But, what does it mean to be in alignment? 🤔

A person in alignment:

- **Is clear on the type of person they want to be** and the type of life they want to live
- Consciously and **consistently makes choices that are in line with their soul's desires**
- **Puts in the necessary work** (or seeks help) to be the best version of themselves mentally, physically & spiritually
- Treats themselves and those around them with **love, compassion & positivity**
- Approaches each day with **gratitude**
- **Breaks destructive patterns** and avoids self sabotaging behaviors
- Is in tune with oneself and **follows their intuition**
- **Has faith** that things will work out exactly as intended & in their favor
- **Relinquishes the need to control** how their life unfolds
- Is **open** to learning new ways of living and looking at the world
- Moves through life mindfully and **observes more than they react**
- **Does not compare themselves to others** & understands the unique nature of our journeys
- Does not make decisions for the approval or validation of others



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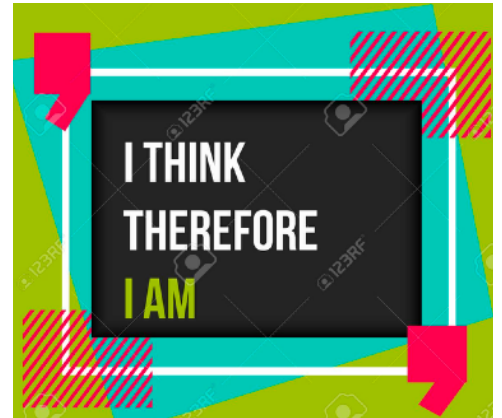
GO WITHIN

“To know thyself is the beginning of wisdom.” —Socrates

In order to manifest the outer world you desire, you must first learn to master your inner world.

If you want to find inner peace and live in alignment, you must know yourself completely and cultivate a healthy relationship with your inner self. Everything you desire in life starts and ends with you. Your outer reality is merely a reflection of your thoughts, beliefs and habits.

Thus, how you view yourself, how you treat yourself, and how you speak to yourself is of supreme importance!



You can completely shift the world around you by changing your thoughts, beliefs and ultimately your energy.

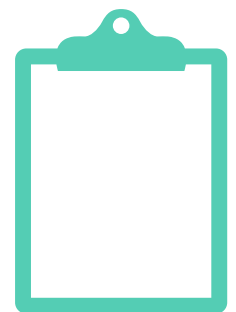


Think about someone you know who is always negative & focusing on what's wrong with their life? What type of situations do they typically attract? How do you feel around them? Now, think about the happiest and most positive person you know. What is their life like? What type of situations do they seem to attract? **Ask yourself:** Is it really a coincidence that the happy people attract incredible opportunities & experiences?

This is how the **law of attraction** works: Everything is energy. You attract what you consistently think about and give energy to. By being mindful of your thoughts, you can consciously shift your energy to a positive place for manifesting what you desire.

Here are some questions to reflect honestly on to help you better understand yourself:

- Do you enjoy your own company? Are you comfortable with yourself? Why or why not?
- Are you proud of yourself or are you ashamed of yourself? Why?
- Are you happy with the current state of your life? Why or why not?
- What fears/pain/trauma are you holding onto that are weighing you down?
- What do you enjoy about your life? What brings you discomfort?
- What habits would you like to remove? What habits do you want to add to your life?
- Do you feel worthy of happiness and success?
- Do you feel capable of creating the life you desire? If not, why? What do you think is holding you back?



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ASSESS

“We cannot solve our problems with the same thinking we used when we created them.” —Albert Einstein

Just like pain in the body is signaling to us that something is out of balance internally, mental suffering is signaling to us that there is an underlying emotional issue/trauma we haven't healed.

In order to make the changes you need to heal and grow, you must first assess what you need to fix. You have to embrace your problems instead of sweeping them under the rug. You have to sit with the discomfort, instead of masking it. Once you face your problems, you can heal them and release the energetic baggage you've been carrying that is blocking you from the life you want.

What is Your Default Mental State™?

Your default mental state (DMS) is where your brain tends to wander when it's on autopilot & you're not focusing on any particular task. Meditation is one of the easiest ways to assess your personal DMS.

Understanding your DMS will allow you to identify where you need healing, which will enable you to create new habits to break your destructive thought patterns before they destroy your ability to access joy.



Lotus: A flower that struggles through mud to emerge beautiful and whole.

Introspection Activity

- Find a **quiet room**
- Play a **meditation playlist**
- **Set a timer** for 15 minutes
- **Sit or lie down in a comfortable position** being mindful of your posture
- **Close your eyes and take 3 deep breaths** feeling the sensation of the breath filling and leaving your body
- Return your focus to your natural breathing patterns
- Don't force any thoughts or behaviors, simply observe where your mind goes and gently bring your attention back to your breath once you become aware your mind has drifted.
- When the timer is up, **sit quietly and reflect** on what you observed about your mind.

Journal Activity:

What did you learn about your DMS™?

Reflect on everything you observed without judgement. How does it make you feel?

- Were your thoughts joyful and positive? If so, you're already well on your way to alignment!
- Did your mind drift to everything you need to be doing? (Anxiety/Overwhelmed)
- Did you think about all the ways you're not measuring up? (Insecurity/Unworthiness)
- Are you fixated on something traumatic or hurtful that happened in the past? (Depression)

Now that you're mindful of what's happening in your mind, you can begin to shift to new thought patterns when you catch your mind slipping into negative places.

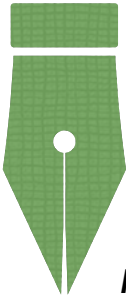
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ACT

“You are what you do, not what you say you’ll do.” —Carl Jung

Now it’s time to apply what you learned! Here are practical tips you can use to get your mind, body & soul in alignment for 2020 and beyond...

DISCLAIMER: Gaining alignment is a lifetime journey. We are learning and evolving every day. Since there is no quick fix for maintaining joy, we must **actively** cultivate the awareness, mindfulness and habits to maintain our joy through the ups and downs of life. If you open yourself to a new way of living and looking at the world, you will find that by the end of 2020 you may feel like a completely new person! A happier, healthier version of you awaits if you commit to change.



Set your intentions for the type of person you want to be & the life you want to live in 2020. Write this down in as much detail as possible. Close your eyes and visualize yourself living this life. Get crystal clear on who is the REAL YOU and what your life will look like. Now it's time to strip away any choices, habits, beliefs, and people who don't align with your future.

It is much easier to align with what you desire, if you know exactly what you are working towards.

MIND

In order to implement new ways of thinking, you have to equip yourself with new knowledge & new ways of being.

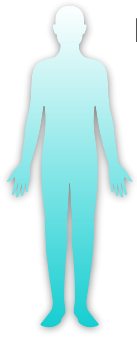
5 things you can implement to gain better mental alignment in 2020:

1. Set aside 10 minutes to **meditate every morning and before bed**. Reflect/journal on what you observed.
2. Each morning, **list three things you're grateful for** out loud. *Living in gratitude is KEY!*
3. **Invest in your growth:** Commit to reading a *physical book* for 30 minutes 4x/week, focusing on books that help you grow.
4. When you catch your mind wandering to a negative place, apologize to yourself and **consciously redirect your mind to something positive**. Play uplifting music, watch something funny, call a friend. Do not dwell in negative spaces longer than you have to.
5. **Use positive affirmations and mantras** to set the tone for your day. I love these [Kaleidadope affirmation cards!](#)

2020 Reading List:

I've spent the last few years exploring what it means to be at peace and how to cultivate this feeling daily. Here are my favorite reads to help you tap into your best self! 😊

1. [The Code of the Extraordinary Mind](#)
2. [I AM: The Power of Discovering Who You Really Are](#)
3. [The Happiness Advantage](#)
4. [Mindfulness in Plain English](#)
5. [Ayurvedic Self Care Handbook](#)



LOVING BODY MANTRA

Close your eyes and repeat.

- I am strong.
- I am healthy.
- I love myself.
- I will treat myself well.

5 Simple Ways to Improve Your Health:

1. Go to bed early (Netflix can wait!)
2. Go for walks daily
3. Do not feed stressful/negative energy (see below)
4. Make Self Care part of your daily routine.
5. Incorporate meat free days into your diet

Just Breathe. 

STRESS IS THE ENEMY OF WELLNESS!

When you find yourself becoming stressed, it's time to ground that energy before it takes over your being. Stress is linked to heart disease, obesity, diabetes, depression, anxiety, headaches, accelerated aging and premature death.¹ **By controlling how you respond to stressors you can manifest better health outcomes for yourself.**

TRY THIS GROUNDING EXERCISE WHENEVER YOU FEEL STRESSED: Close your eyes and feel yourself grounded into the floor. Take 3 deep breaths fully engaging your body focusing on the rise and fall of your chest. Picture yourself in your happy place and repeat: "I will not give life to this stress," until you feel calm.

REMEMBER: You have the power to choose where you spend your energy!

BODY

How you treat your body is a reflection of how you feel about yourself. In order to love yourself, you must treat your body with love.

5 choices you can make to gain better physical wellbeing in 2020:

1. **Your body is not a trashcan**, so why fill it with foods you know to be junk? **Commit to eating nutritious foods**, say no to fast foods/ junk foods, and **educate yourself on proper nutrition.**
2. **Speak about your body from a place of love.** *Shift your mentality.* Instead of exercising because you don't like your body, say you are exercising because you love your body and want to give it what it needs to be healthy.
3. **Swap out sodas and sweet beverages for water with fruit or unsweetened herbal teas.** Added/artificial sugars are everywhere! Sugar creates an inflammatory response in the body which leads to obesity and illness. Making this simple change can help you feel more energized and help you shed excess pounds. Why waste your calories on juice? (**Try adding my faves to your water for natural flavor:** cucumber, lemon, fresh ginger, oranges, limes, strawberries, or fresh mint.)
4. **Find a fitness routine that excites you and commit!** Dance, Zumba, kickboxing, yoga, swimming. Your chances of success increase if you find something you enjoy doing.
5. **Stretch every day when you wake up and before bed.** Incorporate deep breathing with your stretches and feel the connection to your body. Focus on how every part of your body is feeling. Where are you holding tension? What feels good?

¹ Source: WebMD: <https://www.webmd.com/balance/stress-management/features/10-fixable-stress-related-health-problems#1>

SOUL

True freedom and peace come from living a life in alignment with your soul's desires.

5 choices you can make align with your soul in 2020:

1. **Connect with yourself without the distractions of life.** Commit to one solo trip in 2020—even if it's a weekend trip a few hours away. Use this time to really get to know yourself. What do you actually enjoy doing when you don't have to worry about anyone else? Get comfortable with yourself!
2. **Be kind to yourself.** Be very intentional with how you speak to yourself and how you treat yourself. No more making negative comments about yourself. **Always speak to yourself from a place of love.** Treat yourself how you want to be treated.
3. **Release old trauma/grudges and forgive.** Holding on to negative thoughts and animosity towards others poisons our own well. **It's time to heal.**
4. **Check in with yourself daily.** Make note of how you're feeling, what's working well? What do you plan to do differently? What do you need to be your best today?
5. **Trust your intuition and act in alignment with your inner voice.** No more ignoring those gut feelings! No more questioning the clear signs you're being given! What does your energy tell you about a situation or person? It's time to ACT in accordance with your inner guidance and TRUST what is being revealed to you!

5 SIMPLE WAYS TO FEED YOUR SOUL:

1. Spend time doing what you love.
2. Surround yourself with positive people who bring out the best in you.
3. Spend time in nature.
4. Start happy traditions! (I treat myself to ice cream every Friday after work.)
5. Do something nice for someone else with no expectation of anything in return.

Best of luck on your journey to a happier healthier you in 2020! xoxo, Gina



Exercise for Releasing Past Hurt:

Many of us cannot find peace because we are holding on to past trauma and pain. Traumatic energy is heavy and keeps us stuck in familiar patterns until we consciously decide to release it.



- Write a letter to anyone who has hurt you in the past
- Describe how their actions made you feel
- Reflect on how those hurt feelings manifested in your life (e.g. because you betrayed me I struggled with trusting people who tried to love me).
- Close your eyes and sit with your feelings for awhile.
- End the letter with **"I forgive you. Thank you for the lessons you taught me. I release this energy from my soul."**
- Read the letter out loud.
- Take the letter outside and burn it to physically release that energetic hold. **HOW DO YOU FEEL?**

