

# **Alignment & Opportunity**

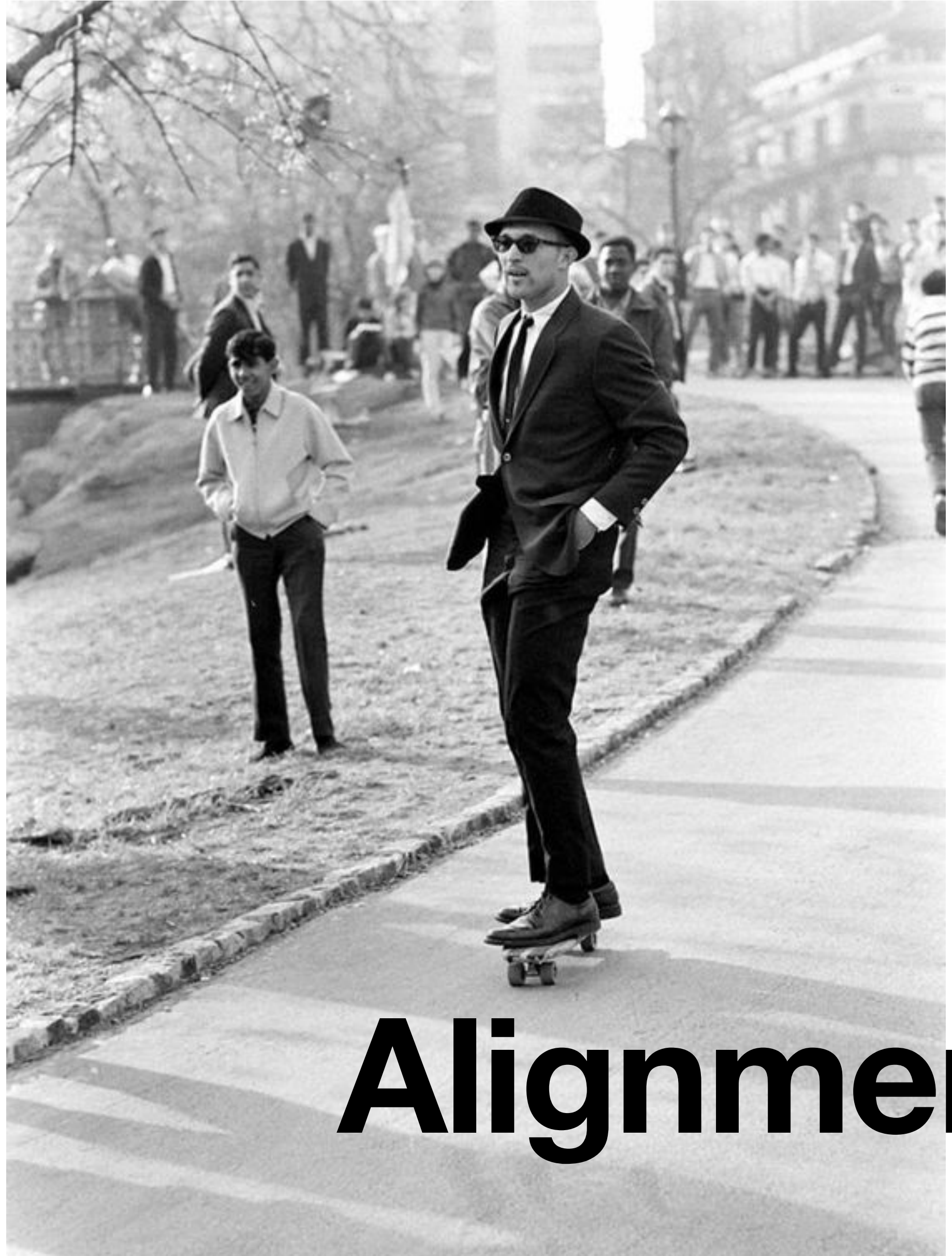
**How to stay grounded & open your perspective in a time of chaos**





**Chaos**

VS



**Alignment**



**chaos | 'keɪɒs |**

noun *[mass noun]*

complete disorder and confusion:

**When we are in  
alignment we move  
through life with  
more ease.  
In a flow like state.**



# Chaos

- Determined by outside stimulus
- Fight, flight, freeze
- Restricted
- Grasping
- Attacking
- Panic
- Anxiety

# Alignment

- Inspired
- Energised
- Ease
- Joy
- Freedom
- Abundance
- Empowered





It starts before you wake up.

**What's the story that I'm telling  
myself today?**



**Fight.  
Flight.  
Freeze.**



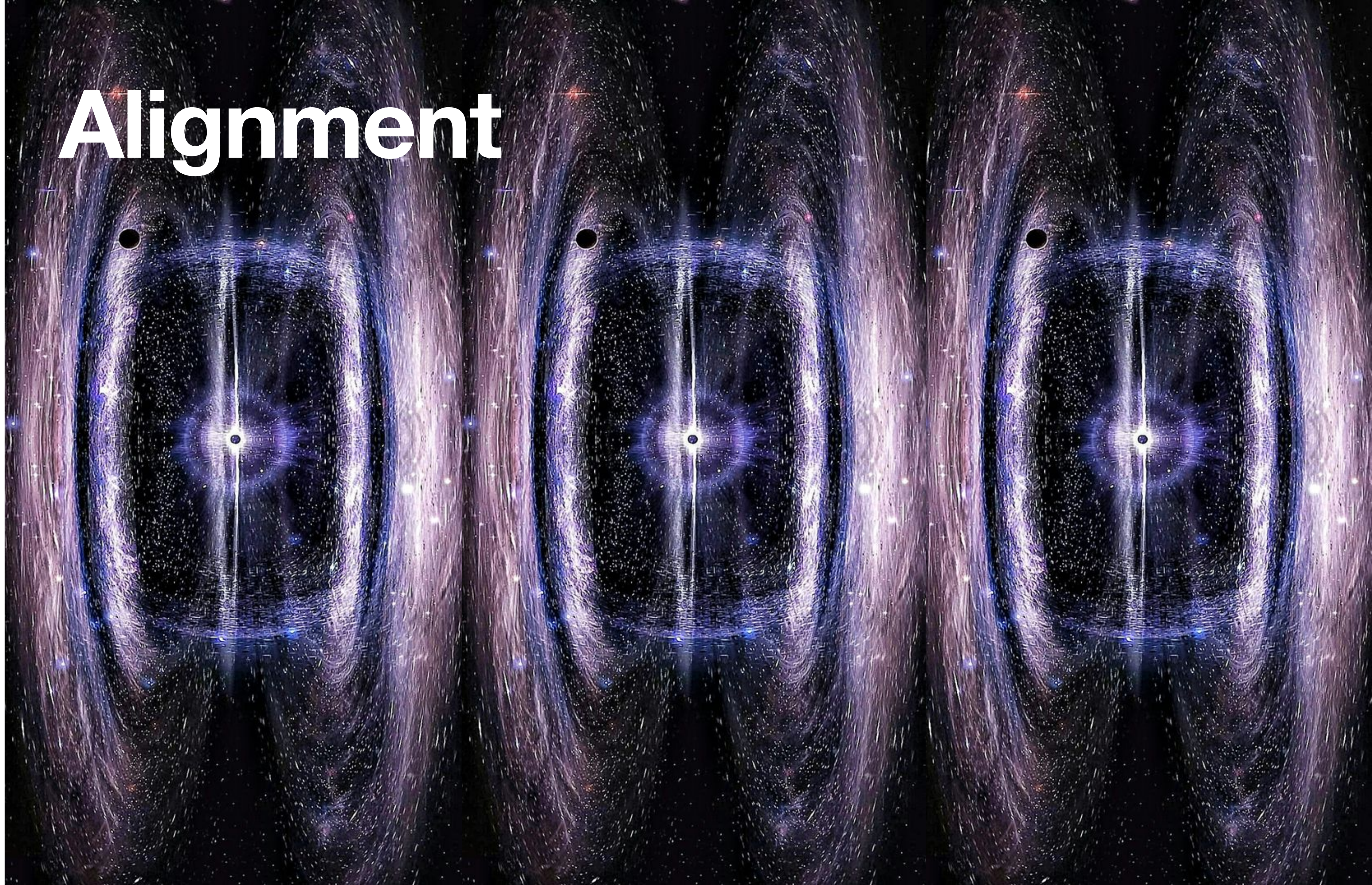


# When activated:

- Shut down systems
- Blinkers on
- No appetite
- Tunnel vision
- Stress hormones
- Fend for yourself
- Survival of the fittest
- Fear
- Lack
- Scarcity
- Grasping



# Alignment





# When activated:

- Opportunities come to you
- People are drawn to you
- Clear message that resonates
- Clear vision of where you want to go
- Doors open in ways you could never have imagined
- Infinite possibilities
- Trusting the process
- Leaning in
- Surrendered to what is
- Innovation
- Being of service

# How to come into alignment

- Daily practice
- Awareness
- Ask questions
- How can I be of service
- Tune into your purpose - why am I here?
- Look for feedback loops
- Morning routine



**Your community needs you to  
lead from a place of abundance**

# What does this look like in your business?

- Build your reputation
- Collaboration and leverage
- Act quickly
- Service over selling
- Create for the sake of creating
- Prepare for opportunities
- Step into your power and be an expert
- Leader



# Self Care





- Stop when it's too much
- Breathe and flood your body with oxygen
- Focus on your energy field
- Exercise
- Call someone
- Go back to the drawing board



**WHAT  
THE HELL  
NEXT?**



**EBOOK & WORKBOOK**



**PODCAST**



**1:1 BUSINESS COACHING**

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