

HEY THERE!

Thank you for choosing to work with these exercises, they have been lovingly and thoughtfully crafted in the trust that you will find them useful tools to have whilst developing yourself.

So grab a cuppa, your pen and your favourite notebook and take some time to invest in yourself. If you do this exercise properly I promise you some very cool results!

REQUIREMENTS:

As you work through any of these exercises, you are required to stay in the moment of each question, do not 'think ahead' as this will only impede your ability to find the answers you're looking for. The more emotional and less calculated your responses can be, the better these exercises will work for you.

Most of the responses you will be required to give, will be one or two word answers. This is due to the fact that when you're limited to describing something emotional, using only one or two words, you tend to force yourself to find the most appropriate words that are closest to your truth. This limits your reign to embellish in emotional justifications and untruths.

Remember, "crap" or "good" don't count; make your responses as relevantly descriptive as possible, such as "frustrated" or "growing".

You will find access to emotional descriptors that should assist you if you get stuck trying to describe your feelings at: www.thesaurus.com/browse

On that note, I will let you get on with it!



Enjoy it!

Kate xx

Exercise 1

Using ONE descriptive word, how would you class each area of your life listed below, as it is for you now?

For example, my emotional side of life could be 'powerful' or 'unstable' or 'aware', things like that.

WRITE THESE OUT IN YOUR NOTEBOOK

Emotional (your feelings/emotions)

Vocational (your work, purpose or whatever takes up most of your days)

Financial (your finances)

Mental (your thoughts and conscious/logical side)

Spiritual (your connection to self – your faith)

Familial (your family, whatever that looks like)

Social (your socialising with other people)

Physical (your physical body)

Intimate (your romantic partnerships, sexuality, and private/personal side)

*Don't rush ahead
remember. Take a
moment to reflect.*



Now that you've taken stock of where you're positioned, let's recognise the next thing

Exercise 2

Write out each of those areas again, and next to them list the absolute best things about those areas for you. What do you love about them? What do they give you? Don't write your response until you're SURE that your answer is definite and the absolute top value. Take your time.

**N.B. THERE IS ALWAYS SOMETHING TO VALUE IN A SITUATION
(ESPECIALLY IN THE CHALLENGING ONES), SO LOOK HARD!**

*How are you feeling now?
Take note of your energy
and emotion*



Ok so now you have done a fair bit of work already, congratulations! Are you starting to notice a shift in your energy, even just a tiny bit? If so, it's because getting clear and focusing on value rather than loss, lifts your energy, your emotions and puts your mind on a healthy track. Let's keep going

Exercise 3

Using that list of life areas again; this time you'll be writing out how you'd most like to be in each area, in ONE word.

For example, if my emotional side of life was 'unstable', I might choose to write 'balanced'.

The intention with this exercise is to FEEL your response before you write it. Remember, these exercises aren't about ticking all the boxes, or filling out all the spaces as we're taught in every school test, driving test, job application etc. These are different; you'll need to FEEL your answers, not just know them.



*Take note of how capable
you make yourself as you
list these.*

Ok so now you have completed what I like to call a 'Self-Audit'. Congratulations on your hard work!

If you're feeling a little better, a little lighter than you did before you started, that's because your brain is currently focused on YOU! Focused IN! (Seriously, congratulations, not many people practice this, you should be very proud) Your brain and your body are now in a place of creation. You're not thoroughly distracted on your external environment. So go ahead and create!

This won't last, as it must be practiced to become a better quality habit. So just take note of how you feel, why you feel that way and now you know what you can do every time you feel a little frustrated, upset, fuzzy-brained or in a place you'd like to change.

This is a taste of the work I do with my weekly and fortnightly clients to set in motion PERMANENT change in their lives. If you're experiencing disruption and unease in your relationships, career, family, business, manifesting or other areas, and you're ready to take a step towards changing it (really, ask yourself if you're ready), click on the Facebook link or email link below and send me a message. I will message you back and arrange a time for a FREE call/Skype chat to discuss your situation.

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