

THE ALIGNMENT EXPERIENCE

5 days of journal prompts + action ideas to take you from stagnant AF to authentically aligned.

created + curated by VC

A QUICK RUNDOWN ON HOW TO USE THIS WORKBOOK...

Lets cut to the chase here boo, alignment is messy, but it's supposed to be. Try to work through each workbook sequentially in order for the experience to make the biggest impact.

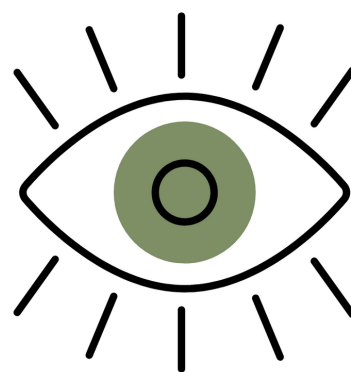
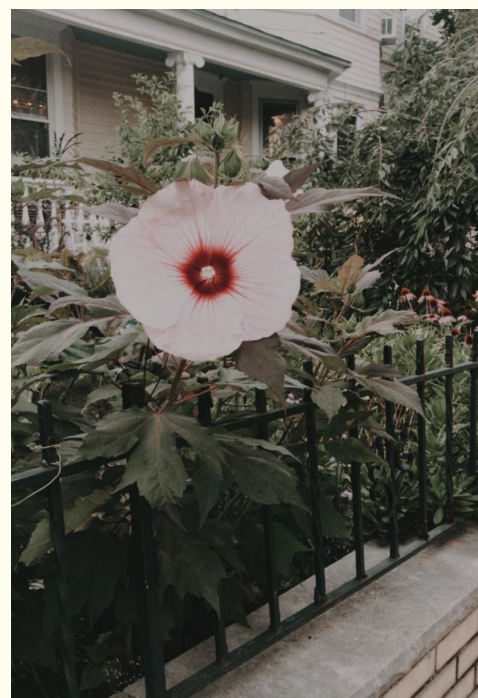
Go into each day with intention.

Know that this is a completely safe space for you to drop into yourself, your feelings, and your emotions.

Get creative and feel into every journal prompt and action item by allowing yourself to do it openly.

And start building your alignment accountability checklist (literally or metaphorically) in a way that feels attainable to you.

Feel free to share your own authentic alignment experience on social media and tag me @bachataandbarbells so I can follow! You can also totally hashtag #thealignmentexperience if you feel called to.



**THE ALIGNMENT
EXPERIENCE**

DAY 1 - MOVEMENT

Movement is a way for our body to shift stagnant energy as well as release any of the sticky shit that might be mucking us up inside, like heavy emotions, stress, or daily annoyances. The way you move is your choice and contrary to belief, it should be treated as enjoyment, not a punishment.

DAY 1 JOURNAL PROMPT

Put a timer on for 8 minutes and write about a shitty experience you had with movement. Take yourself back to that moment, drop into the feelings you felt when you were going through it, and write about WHY it felt so shitty. What made it difficult? Were you supported? Did you go through that type of movement again?

THEN!

Do the same thing, but write about a POSITIVE experience with movement, one where you felt powerful, in control, and actually enjoyed it. Make your description colorful and meaningful, make it yours.

DAY 1 ACTION ITEM

Put yourself through 8 minutes of the type of POSITIVE movement you just described in the journal prompt. Let your body move freely, try and allow yourself to let everything else float away, and enjoy. If you need some extra motivation or added support, tap into one of these b&b's virtual workouts (PW: BANDBVIRTUAL).

FULL BODY DB

QUICKIE CARDIO

QUICKIE CIRCUIT

DAY 2 - ACTION

ACTION, which is what we do as humans for the collective, our part in the bigger picture, that thing that we take part in from our heart because we know in order to expand as a collective, we all have a part, we all have to take action.

ACTION could look something like educating yourself on the real history behind the Black Lives Matter movement to volunteering for an animal rescue in your spare time. It's something selfless, but also sustainable realistic for your current reality.

DAY 2 JOURNAL PROMPT

Do a self-inventory of all the times you said "I want to do this..." or "I wish I could help that...". Write whatever the "this" or "that" is and then dig into what comes up around it. What's blocking you from taking action? Is there a fear of taking the next step? If yes (which is sooo normal), where does that stem from? Be super honest with yourself here and don't be afraid to get down and dirty.

DAY 2 ACTION ITEM

Create an attainable action tiny step plan you can realistically take to make one of your action items happen by identifying the bigger picture and working backward from it. It could look like this...

BIG PICTURE - Free all the doggos from the shelter.

ATTAINABLE ACTION TINY STEP - donate \$5 a month to a shelter of your choice.

In between the AATS and the big picture, map out a calendar style plan to keep the momentum going.

DAY 3 - MOOD WORK

MOOD work, wtf is it? It's the practices we take to pretty much keep our shit together on an emotional and mental level (and some physical follows suit). MOOD work keeps us grounded, allows us to process and move through all the feels, and keeps us grounded throughout our days.

DAY 3 JOURNAL PROMPT

Dig into a ritual + revival process that helps you stay grounded throughout the rest of your day. What's a ritual + revival process? A ritual is something you do to get your mind in the right place, to ground your energy before the rat race starts. It could be a cup of coffee in silence, it could be jamming out a KORN at 6am to get you amped for a Zoom workout, it's something you do for you. A revival is an action you take to maintain that energy balance throughout the day.

If you already have one, examine it. Is it still working? Do you want/need to tweak it somewhere? Does it still fulfill you? If you don't have one, create one, first by writing it down then by putting it into practice.

DAY 3 ACTION ITEM

Implement your new or revised ritual + revival practice for 5 straight days. After those 5 days are up, revisit and assess how you feel.

Simple enough, right? Honestly, if you're going through your ritual + revival and you're like "this is fucking dumb, I could be doing XYZ" that's okay. A little bit of resistance isn't always a bad thing - but stick it out for the 5 days. I promise it will be worth it.

DAY 4 - SOUL

SOUL work is the thing that sets yours on FIRE, keeps it centered, and is truly the core of your existence (For a really good quick difference between centering + grounding, check out this Hot Take from Jessica Lanyadoo). It could be something like collecting vintage books orrrr traveling to immerse yourself in other cultures, SOUL work is the thing that makes your inside buzz. So why is it so hard if it makes us feel so good? Because we've been conditioned to think that taking care of our SOUL is a selfish act when really, it's selfless. For most of us, we're living our lives on the go, some of us with kids (or pups) in tow, caring for others, trying to juggle all the other weird-ass shit that's going on in front of us. As strange as it may sound, it's easier to put yourself second, right?

LETS CHANGE THAT.

DAY 4 JOURNAL PROMPT

Write out a FULL day of setting your soul on fire, from the minute your eyes open to the minute you fall asleep. Write it from a third-person narrative as if you're watching yourself live this day. Be descriptive, use dialogue, create other characters (who may be your real-life peeps), and use your imagination like you used to do when you were a little kid.

When you finish, read it back to yourself out loud and journal on the feelings that come up when you do this.

DAY 4 - SOUL

DAY 4 ACTION ITEM

Cross-check the story you wrote with the actual life you're living and take note of the following:

- Parallels: is any of your story real life for you now?
- Passions: the key aspects that got you excited, the drive behind the story.
- Passives: the difference between your story and the life you're living now.

After you cross-check, pick out one piece of your story and make a plan to realistically add it into your life. Obviously, if your story takes place in Bermuda, ya can't up and go tomorrow (or can you?), but maybe there's a silent cup of coffee in your story that you can slide into your morning tomorrow.

DAY 5 - INTEGRATION

INTEGRATION DAY of the alignment experience! I hope that over the past 4 days you were able to carve out some space for yourself, dig deep, and can now identify what authentic alignment feels to you. Now for the fun - integrating ALL DAT into the future. Here's an [integration video](#) that will help you take everything you dipped into over the past week and put it all together for your future journey towards alignment.

At the end of the video, I provide a few different resources for you to check out, here are the links to each of them below:

[Alignment experience playlist](#) by yours truly

[Spiritual Shit: Alignment, Pain, and Purpose Podcast episode](#) by Alea Lovely

[This is Just What It's Like Sometimes](#) book by Neghar Fonooni