

# Winter Alignment Kit, 2013

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This Winter Alignment Kit offers reflections for you to align to your full vitality and purpose, and to live intentionally.

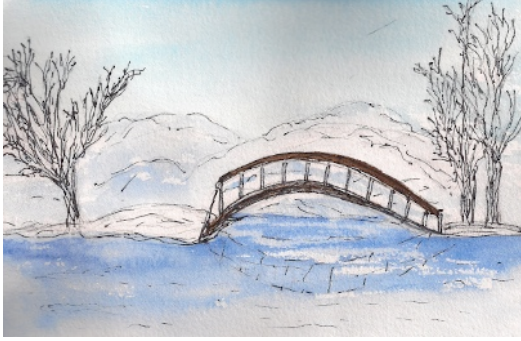
## How Faithful Have You Been to Your True Self?

Look back at the last year and get a sense for your conscious connection to the deepest and wisest part of you, your True Self.

How actively connected do you feel with your True Self?

How faithfully do you honor the guidance that you feel from within, in your actions and in your life?

What do you want to shift in your relationship with your True Self, during the next year?



## **Celebrations and Accomplishments**

Allow yourself to celebrate and appreciate the things that are most meaningful from 2013.

What can you celebrate?

What do you appreciate, in your heart, about yourself and your life?

What have you accomplished this year that you feel especially proud of?



## Disappointments or Hold-backs

Rather than allowing ourselves to feel bad about disappointments or places where we might have held back, we can use these to inspire us into authentic new territories in 2014.

Check to see whether there is anything that you might feel disappointed in, from this past year.

Look back at the year to see if there are any places where you've held back from being your True Self, or in expressing that essence in the world.

What is it time for now?



## Shining the Light of Attention

The quality of our lives is magically impacted by where we place our attention consciously.

What needs the light of your energy and focus, going forward, to support your full thriving and vitality?

What do you want to put your attention on, in 2014?

What do you feel called to?



## What Matters Now?

Center in your heart and feel into the current landscape of your life, in all areas that are important to you.

What really matters now?

What is emerging within you?



## Primary Coaching Focuses, First Quarter 2014

Please review what you have written, and, from the depth of your heart (rather than from the “Should List”), please create two or three Primary Coaching Focuses for our coaching time in the First Quarter of 2014.

Who do you most want to be, in your world, in 2014?

What is it time to create?

Primary Coaching Focuses for First Quarter, 2014:

Please share your Primary Coaching Focuses in our next coaching call.

