

my bestaligned self a self-paced workbook

For when you are out of sync, at a crossroads or just need a reset.

This is a digital download.



ABOUT THE CREATOR



I'm Emily, and for the past 12 years, I've helped people navigate moments of change, uncertainty, and transformation—whether in their careers, relationships, or personal sense of self. With a background in education, leadership, and coaching, my work centers on one core belief: people move forward when they learn to listen deeply to themselves.

Over the years, I've guided individuals and teams through transitions big and small—career pivots, identity shifts, burnout, and reinvention. I've facilitated workshops, led teams, coached professionals, and designed experiences that help people get unstuck and reconnect with what matters most.

I created this course because I know what it's like to feel like you're living on autopilot—checking all the right boxes, doing everything you're "supposed" to do, and still wondering: *Is this it?*

This course is my response to that quiet question. It's an invitation to pause, reflect, and reorient. To listen inward and move forward—with intention.

You got this!





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WELCOME!

This workbook offers individuals a gentle but powerful tool to reconnect with their inner compass in a world constantly shaped by external expectations, opinions, and noise. By encouraging people to unplug from others' perceptions and tune into their own reality, needs, and desires, the guide fosters self-awareness, autonomy, and authentic decision-making. It helps users build a grounded sense of self-leadership—empowering them to live with intention, clarity, and purpose, rather than on autopilot or in pursuit of someone else's definition of success.

I hope that this book starts a conversation with yourself to align yourself with your life, and empowers you to take steps to live that life. Your commitment to this personal transformation process is impressive. I'm proud of you. Growth and change are never easy, but it is always worth it.



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What you'll get

By the time you complete this course, you'll have:

- A deeper understanding of who you're striving to be in this moment and what alignment means for you
- A routine journal practice to adopt into your life to check in with yourself and stay centered, even when life pulls you in different directions
- And a personal self-leadership system to help you make decisions, take action, and move forward with intention



S How it works

The course is designed to be gentle but powerful—just like real change.

This packet gives you:

- A short, focused coaching lesson
- Specific reflection prompts to explore your inner world and activate your needs, desires and motivations
- Small steps you can take to lead your life from the inside out

Go at your own pace. Pause when you need to. Come back when you're ready.











PHASEI Reset & Define



GENTLE STARTING EXERCISE

Stay with me, this might sound a little unusual, but it works. Imagine *you* are a **tree**.

The **trunk of the tree represents your heart, mind, and body-** your core self. It's your center, your foundation, the part of you that grounds and sustains everything else.

From the trunk grow your branches — each one symbolizes an identity you hold: maybe you're a parent, a partner, a leader, a caregiver, a dreamer. These are the roles you live out in the world.

On each branch are leaves — your thoughts, behaviors, habits, and perceptions. They change with the seasons, shift with the wind, and reflect what's happening in your environment.

When the wind blows — when life gets chaotic or challenging — it's natural to sway. You might feel off-balance. You might even lose a few leaves. But that doesn't mean the tree is broken.

The goal of this course isn't to stop the wind — it's to strengthen your trunk, understand your branches, and learn how to nurture the leaves that help you thrive. Because the stronger your center, the more grounded and resilient you'll be, no matter what season you're in.





PHASEI Reset & Define

INSTRUCTIONS:

The goal of this phase is to **define who you are in this moment and want or need to be in this season of life**. Our reading can provide a lens by which you can view this work - it's less about massive change, but intentional movement toward what you need most in this season. Reflect on each prompt thoughtfully. You can write your responses in the space provided or your journal of choice. This may take multiple attempts to find the right wording. Take your time - there is no rush or right or wrong answers—only what's true for you.

Complete each sentence with your thoughts on your life & relationships:

- I want to be the kind of person who...
- I choose to...
- I believe love looks like...
- I value...
- I show up as my best self when...





INSTRUCTIONS:

The goal of this phase is to **create a personal blueprint** for yourself, using the information you gathered about yourself in the previous phase. You can write your responses in the space provided on the following page or your journal of choice. This may take multiple attempts to find the right wording. Take your time - there is no rush or right or wrong answers—only what's true for you. Take a few minutes to pre-read the questions, then grab your favorite warm beverage, take a deep breath, and get started.

- What kind of parent, partner and/or friend do I want to be, especially when things get hard?
- What do I want people I love to feel when they're around me?
- What do I want to model in my home through my words, actions and energy?
- What do I want my kids, or future generations, to learn from how I live?
- When I look back in 20 years, what will I be proud I propritized? What will I regret if I don't?
- What kind of moments do I want to create more of in my everyday life?





SELF LEADERSHIP

What kind of parent, partner and/or friend do I want to be, especially when things get hard?
RELATIONSHIPS
What do I want people I love to feel when they're around me?
ROLEMODELING
What do I want to model in my home - through my words, actions and energy?





LIEFCTVI F
What do I want my kids, or future generations, to learn from how I live?
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PRIORITIZATION
When I look back in 20 years, what will I be proud I propritized? What will I regret if I don't?
JOYFUL MOMENTS & MEMORIES
What kind of moments do I want to create more of in my everyday life?



PHASE III Daily Reflection

INSTRUCTIONS:

Congratulations! You've made it this far; you are ready to move to the next phase - daily alignment journaling. The intent behind this is to encourage daily reflection to continuously remind yourself of where you are heading with intention, but whatever cadence feels right for you will work. These statements should be intentionally written to remind you of the path you want to be on each day. To begin, review Phase I and II and what you wrote, then complete each sentence using the text box below or your journal of choice.

Today:

- I am focused on...
- I am grateful for...
- I will make time for...
- I need to remind myself that...
- I love that I....

