



ALIGNMENT ACCELERATOR MODULE 1 - YOUR ASPECTS

*Preparing to embark on a
new chapter in your life!
You are ready!!*

Alignment Accelerator

MODULE 1: YOU AND ALL OF YOUR ASPECTS

You have now learned about different aspects that you access on a regular basis. You can begin to identify them throughout your day to assess your state of mind.



These journal prompts will help you determine how these different states look and feel for you. By knowing how to identify them, you can gauge whether you are in or out of alignment and you can make the necessary adjustments.

MODULE 1: JOURNAL PROMPTS

1 *Think of times when you may have been in a lower state of consciousness. How did you feel? How did you react?*

2 *Think of times when you may have been in a higher state of consciousness. How did you feel? How did you react?*

MODULE 0: JOURNAL PROMPTS CONT.

3 What are some ways you can quickly pull yourself out of a lower state of consciousness?

4 Sit quietly and connect with your soul. What is it telling you?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's part of a bound notebook.