



REFUTURE YOUR LIFE  
INTERNATIONAL



## Aligning with Yourself

One of the greatest and most rewarding experiences in life is learning who you are and the gifts you have to share. It allows you to shine as who you are, make the contribution you're here to make, and live a fulfilling life. It also honors the Divine in you.

You are a magnificent, magical, multi-talented, multi-gifted being. That's the you I'm talking about aligning with. Not being able to see that for yourself doesn't mean it's not true. If you see that's true but also see a lot of faults, *please* go ahead and put that in the group pot / cauldron for Wednesday's Clearing Call. Just let all that stuff flow in. All of that is far more about what others have taught you than about your authentic self, and focusing on it doesn't help anyone.

Can you remember a time as a child (or imagine one) when you felt wonderful just being you? When you were simply being your natural self? You weren't pretending or trying. You were being. *That's* the you I'm talking about. If you can't relate to this, it's okay. That's what we're working on this month.

I'd thought about making this month's topic be about setting boundaries. That's going to be a side topic because I realized that what setting boundaries is really about is owning your value. When you own your value, you can dance in the moment with what's honoring of and in alignment with what you need, and what isn't. And you're willing to claim it for yourself.

There may be someone(s) in your life with whom you need to set a boundary, and I fully support that. Getting more deeply connected with yourself will make that clearer and easier to do.

Let's dive in and see what we find. If you aren't *feeling* that you're valuable, that's okay. For this exercise, just lean and trust. It's okay if it feels like you're pretending.

What word describes your essence, what you're here to experience and embody? Words that I've heard people choose include: peace, love, natural, learner, warrior, freedom, joy, and all out. (If you want more guidance on this, watch the video in the Facebook group or on the Resources page.)

What do you notice in your body when you hold the thought, "I am filled with unlimited value"?

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What thoughts come up?

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What would be possible for you if you believed in your bones that you are filled with unlimited value?

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What would change in your daily life if you believed this?

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Is there a particular relationship that would need to shift? What would it look like for your value to be honored?

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What is your commitment about this?

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