

The Aligned Reset™

Real-Life Integration Planner

Real-Life Integration is where awareness becomes action and identity becomes consistent. This planner is designed to help you bridge what you now know with how you choose to live. Small, Self-led actions repeated with compassion are what stabilize change. You are not here to be perfect — you are here to practice becoming.

◆ 1. What I Am Releasing

Old patterns, beliefs, behaviors, roles, or identities I am consciously letting go of:

◆ 2. What I Am Choosing Instead

The new way I am choosing to show up:

The Aligned Reset™

Real-Life Integration Planner

◆ 3. The Value I'm Anchoring Into

Which value from my Alignment work am I intentionally living this week?

- Safety
 - Truth
 - Freedom
 - Peace
 - Integrity
 - Confidence
 - Connection
 - Other: _____
-

◆ 4. My Environment Shift

One change I will make in my physical environment to support integration:



The Aligned Reset™

Real-Life Integration Planner

◆ 5. My Relationship / Boundary Shift

One boundary, conversation, or relational pattern I am integrating:

◆ 6. My Energy & Self-Care Shift

One way I am choosing to care for my nervous system this week:

◆ 7. My One Self-Led Micro Action

One small, grounded action my Self is choosing this week:

◆ 8. Weekly Integration Check-In

(Complete at the end of the week)

What shifted for me?



The Aligned Reset™

Real-Life Integration Planner

What felt challenging?

What am I proud of?

✦ Closing Quote for Handout #2

If your grounded, adult Self were leading, what would your next small, aligned choice be?

✦ Closing Reflection

What once protected you does not need to lead you forever.
You are allowed to update your safety.

***“Alignment shows you what’s true.
Integration is choosing it again tomorrow.”***
— Michelle Berns, *The Aligned Reset™*

Affirmation: “I trust myself to choose what aligns — again and again.”

