



Module 1: Awareness & Deliberate Intention

Break through the noise and uncover what's really calling for alignment.

Welcome to Week 1: This week is about slowing down, tuning in, and reconnecting with your inner rhythm. As you move through these exercises, notice what feels aligned, what feels heavy, and what your body is trying to tell you. Awareness is where your reset begins. Each reflection you make here is a small alignment cue, a signal to your body and mind that you're ready for balanced change

The Awareness & Deliberate Intention Process™

This 3-part process helps you identify where your energy, attention, and choices may be out of alignment. Through reflection and intention, you'll begin to reconnect with your authentic rhythm and inner guidance.

Step 1: Pause for Presence (Awareness)

Just like nature shifts with the seasons, awareness unfolds in rhythm — not all at once. Around each equinox, daylight changes by only about nine minutes a day, reminding us that transformation happens gradually. Our bodies, guided by circadian rhythms, follow this same natural flow of awareness and rest.

As you move through this worksheet, honor your own rhythm. Each small reflection is a gentle 9-minute shift toward deeper alignment.

Purpose: To slow your mind and reconnect with your body's signals.

Practice:

- Take three deep breaths — in through the nose, out through the mouth.
- Close your eyes and notice any sensations in your body.
- Ask yourself:
 - – Where am I holding tension?
 - – What emotion has been most present lately?
 - – If my body could speak right now, what would it say?

Journal Prompt: What keeps looping in your mind that's asking to be acknowledged?

Step 2: Trace the Energy (Recognition)

Notice patterns with curiosity, not judgment.

Purpose: To uncover the source of what feels misaligned—whether it's stress, resentment, or unmet needs.

Practice:

- Think of recent moments when you felt drained, triggered, or unsettled.
- Reflect:
 - – What was happening in that moment?
 - – What did I need that I didn't give myself?
 - – What fear or belief might be driving this pattern?

Journal Prompt: Where am I living from obligation rather than inspiration?

Step 3: Set a Deliberate Intention (Alignment)

Purpose: To consciously align your thoughts, energy, and actions with what matters most.

Practice:

- Write one statement that expresses how you want to feel or show up this week. (Example: “I choose peace over pressure” or “I honor my body’s wisdom.”)
- Visualize your week aligning with this intention.
- Commit to one small action that supports this alignment.

Journal Prompt: What does alignment look and feel like for me this week?

Weekly Deliberate Intention & Affirmation

Write a short statement that captures your focus for the week — something you can revisit each morning as a reminder of alignment.