

Ten 10 Little Steps to Greater Alignment

1. **Find time to dream every day.** How? A few suggestions:
 - Watch the sunset
 - Take a walk
 - Look at the stars
 - Drive in the country.
 - Sit in front of a fireplace.
 - Meditate.
 - Work in the dirt.
 - Go to the bookstore.
 - Listen to the rain.
 - Look at the skyline and the city lights at night.
 - Travel to different – far reaching – places.
 - Go to an art gallery.
 - Be still.
2. **Listen to your heart.** Pay attention to the little voice inside. Heed it.
3. **Let go.** Of expectations, should, suppose to, and ought to, societal rules. Stay pure in intention and purpose – aligned to your soul and overall vision – and all else will take care of itself.
4. **Read everything.**
5. **Keep a journal.** Write things down. They will multiply in your mind's eye. It can be like 'living it over' – and that is incredibly powerful. A Gratitude journal is a great start!
6. **Connect with your body.** I have found that our body often is the first signal that something is 'out of alignment'. Bubble baths, yoga, reiki, massages, tai chi, etc.
7. **Get to know you.** Give yourself permission to be free to be. Observe yourself – be curious about what drives your behaviors. What do you love? What feeds your soul?
8. **Take action.** (A goal is a dream with a deadline). Write down the 1-2 things you want to 'do' in 2014 – and just take a single step toward that goal. Our goals need to be SMART (specific, measurable, **aligned**, realistic, time-based). Alignment to your soul and your overall vision of who/where/what you want to be is the secret.
9. **Make it happen!** We only control three things in our lives: our ABC's. (Attitudes, Behaviors, Choices). No one else's. We create our own reality through these three things. Heaven (or hell) can be on Earth.
10. **Stay aligned to a Divine power.**



www.alignmentinc.com and www.kristinkaufman.com

kristinkaufman@alignmentinc.com

214-526-4944

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Things to Consider on our Journey toward Alignment

You realize you are on a journey. You have no clue, really, if you are aligned or not. You just know that you don't have enough hours in the day to do all you want to do. You want to lose weight, save more money, be there for your children/husband/family/friends – and you are pulled in a million different directions. Your house has clutter everywhere – you need to clean out your closet, purge, and generally 'feng shui' your life. You have read a million books on this subject. You are a 'self help' book-a-holic. Yet, just can't get to the 'root of it' to change. All things are not fully 'aligned' or congruent. A few questions to ponder:

- Who are you, *really*? What do *you* want? What is holding you back?
- For whom are you in service today? Who do you want to serve? Why?
- Who are you trying to please? Why?
- What are you promising? To whom? Why?
- How much money are you trying to make? Why?
- What are you trying to change? Why? What is holding you back?
- What do you want people to say about you? Which people? Why?
- What are you passionate about? What would you do for free? What 'really' turns you on?
- What do *you* value? Are they the same as your company and the individuals with whom you work and your friends?
- What is the 'dream' for you? Job, life, situation, day, year....??
- If you 'got *it*'what would you have?
- How will you know...once you 'get *there*'how will you know you have reached it?
- What does '*success*' really (really!) look like to you? What are you doing to achieve *that* definition of success?
- What resources can help you decide, weigh, hold the mirror up? And support you on this journey?



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The Alignment Library

(This is just a few - also, go to www.alignmentinc.com for a full listing)

- Mojo – Marshall Goldsmith
- Getting Naked – Patrick Lencioni
- The Four Agreements – Don Miguel Ruiz
- Life Lessons - Elisabeth Kubler Ross
- Mystic Cool - Don Joseph Goewey
- Krishnamurti (anything he has written – a good one to start with: Think on these Things)
- Anne Lamott (anything she has written – a good one to start with: Traveling Mercies)
- The Trance of Scarcity – Victoria Castle
- The Mystic Heart – Wayne Teasdale
- Wake up Now – Stephan Bodian
- Sue Monk Kid (anything she has written – full of metaphors and symbols)
- Carl Jung (anything he has written – a good one to start with: The Undiscovered Self)
- Joseph Campbell (anything he has written – a good one to start with: The Power of Myth)
- Stuart Heller (anything he has written – a good one to start with: The Dance of Becoming)
- Ken Wilbur (anything he has written – a good one to start with: The Essential Ken Wilber)
- Immunity to Change - Robert Kegan (he has written many other good books, too)



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