

Aligned ACTION CHECKLIST

Tips to keep your frequency matching that of your goals

- Check in with your emotions. Do your actions evoke feelings of joy, excitement, and fulfillment that align with your goals?
- Tune into your energy levels. Are your actions energizing you or draining you? Aligned actions typically feel uplifting.
- Listen to your intuition. Are you making decisions that feel right intuitively?
- Are any of the actions 'busy' actions or knee-jerk. If yes, stop and get clear.
- Is taking the actions difficult? Are red flags coming up that you are out of alignment? Stop, release resistance and get clear.
- Are you in flow while taking your actions? Are you coming up against stops or blocks? If yes, get clear.
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How do the actions *feel?*

There will be things to do, and stuff to get done... but for the actions to help achieve your goals with ease, you need to be CLEAR and ALIGNED.