

Alignment Practice

Before you take any action steps in your life the best practice is to get into Alignment first.

This is a great practice to use as you are going through your day. Getting into Alignment before you do anything. It could be a phone call, a meeting, an appointment, going to the store, anything at all.

The most important time to get into Alignment though is before you take any Action steps toward your Aspirations and Desires. Before you do, it is important to remember:

Alignment First, the Action

This puts you into a place where you are feeling good and sets you up for better results.