



How to Live in Alignment

It all begins with curiosity

Can you, at the very least, be curious to the following facts:

- Happiness and wellbeing doesn't depend on external circumstances. You can find happiness, wellbeing and joy within yourself.
- You have a built-in compass that - without fail - leads you to what is best for you; what will enhance your wellbeing. Consider your compass your guide to alignment.
- Your everyday thoughts often obscure your compass. Think of your thoughts as like a virus that is busy on your computer, making it appear as if the machine is doing something but instead just creating heat and noise.
- Your compass shows itself through how you feel. If something feels bad, it means you're ignoring your compass; if something feels good, you are following it.
- Never act until you are aligned with your compass. This is the difference between mediocre work and inspired action.
- When you're feeling bad, the way to get in touch with your compass is to ask yourself one simple question: What can I do, right now, to feel just a little bit better?
- You can build momentum by following your compass again and again. Think of it like an Easter Egg hunt: You go from clue to clue, with ever-growing excitement.
- You can tap into your compass when you wish; you just need to remember it's there. Remembering comes with practice.

Simple steps to living in alignment

- Stop and ask yourself: What one word describes how I am feeling right now?
- Describe and understand that feeling.
- Accept that it's perfectly OK to have that feeling. Don't resist feeling like that.
- Ask yourself: What can I do, right now, to feel just a little bit better?
- Notice yourself starting to feel better.
- Build positive momentum by continuing to ask yourself: What can I do, right now, to feel just a little bit better?
- Dream exciting things and live in alignment. Follow your Easter Egg hunt of joy.
- This practice is like going to the gym. You build your "feel-better muscles" by working out again and again.

Three things you can do to get started quickly

- Before you go to bed, write down three things you can appreciate about the day. Do this for at least three weeks.
- Set a reminder to stop and tap into your feelings every hour.
- Every time you switch tasks, or get up from your desk, or walk into a room, take two deep breaths. Focus on those breaths.

Want more of this?

It's easier to learn by seeing examples. The daily emails you will receive are full of examples that show how to put this into practice. Watch out for them in your inbox and visit feelbetterproject.com