

## ***Are you in Alignment or Resistance?***

The world is filled with duality- day and night; north and south, negative and positive.

Our thoughts and actions are no different. We can either be aligned or resistant to our desires and goals. When we are in alignment, we are fully present. We are actively practicing an abundance mindset and we are regularly correcting to our path- keeping our goals in sight and staying true to the course.

When we are in resistance, we have a scarcity mindset. We are focused on the absence of what we have and we are not fully present.

Now, what does it mean to have an abundance mindset? I'm not talking about material things- I am talking about the way you *feel about your life*. Are you grateful for the things you have, or do you find yourself regularly complaining? Are you noticing your flaws or your strengths?

We've spoken several times about how your reticular activating system will find evidence to prove you right. When you say things like "I am so overwhelmed!" Guess what? You will find yourself

covering under your To-Do List! Shift what you're saying to "It may be difficult but I've got this! I can do hard things!"

Leanne compared it to driving a car. We need to learn how to shift gears. As we go, we can keep getting into higher gears. There is no need to spend our entire lives in first gear.

In the words of President Roosevelt, comparison is the thief of joy. Don't compare your life or your progress to anyone else's.

Compete with the person in the mirror. Look where you were 3 months...6 months...1 year ago and see what progress you have made since then. Continually re-align yourself with your goals.

Everyone stumbles. Everyone wanders from the path from time to time, but the important thing is to find your way back and to keep pushing forward.

## **AND YOUR ALIGNMENT ASSIGNMENT...**

**STEP 1: Meditate.** Be still and find your place of calm. Inhale deeply. Focus on the breathe filling your lungs. Hold it for a few seconds and exhale slowly. Become fully present in the moment. If you like music, download an app like Brain.FM and immerse yourself in it for 15min a day.

**STEP 2:Journal.** Have a sacred time in the morning to stimulate your mind. Read your Bible. Read a book. Start your day by

priming your reticular activating system to focus on growth and positivity.

**STEP 3: Start your day with at least THREE gratitude's.** What are you thankful for today? Who are you thankful for?

*Remember, life is a great big buffet table and YOU get to choose the things that will set your life in the right direction!*