

A woman with long blonde hair, wearing a wide-brimmed straw hat with a brown band, is seen from the side, carrying a young child in her arms. They are standing in a field of tall, golden-brown grass. In the background, there are rolling hills and mountains under a soft, hazy sky. The overall tone is warm and natural.

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how to
live in alignment
while honoring your family values

Sarah Bennett

*"An intentional life
is the best life."*

WELCOME

INTRODUCTION

Hello and welcome to Live in Alignment!

Seven years ago my family and I sold everything we owned to travel full time. For the holidays we found ourselves in the middle of nowhere with nothing and it was the best year we had ever had.

Over the years I have incorporated what we have learned from our many years of living on the road to finding our own ways of navigating holidays and social gatherings in a way that align with our hearts and family values.

Instead of dreading the holiday madness I have figured out a way to live in alignment with my personal and family values when it comes to gifts, activities and foods. All while enjoying the holiday season more than ever before. In this guide I am going to walk you step by step on how to incorporate all of this into your own life.

I am so happy you are here!

XO - *Sarah*

Symptoms of Misalignment

Listening to our mama hearts and honoring our intuition is extremely important. Cultural pressure, family norms and fear sometimes get in our way but it is never too late to realign. The holiday season tends to be a time when we neglect our desires and values but it CAN be a wonderful opportunity to set boundaries and align with our hearts and intuition WHILE enjoying the season even more.

1 Frustration

2 Dread

3 Loneliness

4 Overwhelm

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www.reallygreatsite.com



01 *intention over fear*

I hear it all the time “I can’t do that - I just want my child to have fun or fit in”. This statement comes from a place of fear. A fear that if you commit to something that resonates with your heart it would mean your child wouldn’t have fun or fit in.

Instead I invite you to be creative, think outside the box and believe it is 100% possible for your child to have fun AND "fit in" in a way that honors your family values.

When thinking about social or holiday gatherings decide how you want it to be and make it happen. Because mama, it can be EXACTLY how you want!

02 *your family values*

Make a list of your family values here. What matters most to you? Is it conforming? Or is it making decisions that feel right in your heart and learning how to stand by those decisions no matter the situation? There is no right or wrong answer. The point of this exercise is to become clear on what matters most to you so you can make decisions from an intentional place. Here are a few of my family's values just to give you an idea . . . "We honor our bodies needs no matter what." "We always support each other." "We honor the animals and the earth." "We honor experiences over things."

03 *make life your own*

It is okay to be different. It is okay to honor your heart. It is okay to create a life of your very own.

You do NOT have to conform to norms. Your best motherhood lies in you embodying the life you want to have. Right now!

Your children are absolutely NOT missing out if you decide to only offer them organic candies. Or even if you decide to give them none at all.

They are so damn lucky because they are learning from you how to honor their hearts and live in alignment. Teach them why you decide not to eat traditional candy. Teach them about high fructose corn syrup and what it does in our bodies. Teach them where gelatin comes from and ask them if they support that.

Make this life your very own and feel proud of it!





04 *take your meals with you*

Just because you do not want to eat the processed foods that are at your family or friend gatherings does not mean you either have to give in or not attend.

It is okay to take your own meal. People actually LOVE this and are so intrigued to learn what you are bringing and why. It is an opportunity to share your wealth of knowledge. Without judgement you can share that as a family you value wellness over norms.

I always pack our whole meal with us. Plus a lot of extras to share. It simplifies our whole experience. My children make the meal with me and are always so excited for the goodness we bring that they don't care at all what other people are eating. They are very aware of why we eat the way we do and they are so proud. They are 100%. NOT missing out. In fact the only way they would be missing out is if we compromised our values to conform to norms.



Visualize

Close your eyes and visualize your dream scenario for whatever occasion is on your mind

How is it going to go, what are you going to bring, how are you going to feel?



See everything as an opportunity

Think outside the box on ways an occasion can be fun while honoring all of your values.

Every occasion is a new opportunity to have fun AND honor your family values.



Include your children

Include your children in your plan. Explain to them why you are living the way you are. Let them feel proud of your family values.

*"Missing out looks like conforming.
Living looks like listening,
honoring and choosing heart
alignment."*

Happy Alignment



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