

the

SELF- ALIGNMENT

bible



remember yourself



embody your essence



come home

A TOOL FOR TOTAL SELF-ALIGNMENT AND SELF-REMEMBERING

Created by Honey Bachan © Clara McKay 2022

The intention:

The intention and origin of this workbook is all based in a manicure... yes, that's right!

In the middle of this year I got a manicure and had that classic awkward moment of allowing the nail Artist to choose my colour (the one I had picked wasn't going to work). The polish she picked was pale pink, full glitter.

Sitting in the nail chair I thought "Oh my god, this is horrible, so cringe". But as I walked around, in the bright sun for the rest of my afternoon, as my nails sparkled I realised ... "I actually love this."

And from that sparkly pink epiphany I realised I had been so swept up in trends, in others' projections onto me, influenced and so disconnected amongst all of the busyness of these times that I lost who I was.. (I hope you can relate).

For so long I'd been guided by what other's expected of me, social roles and also the projections and assumptions of others have about me of being who 'someone like me' *was supposed to be*.

The prompts in this workbook are those that lit my path all the way back to myself. To what I love, need, desire and what's important to me and what I needed to pour more energy into. Your responses should serve as reminders of who you are, waiting for you if ever you wane off the track again.

I hope these prompts pull you back to centre also and bring you all the way home to Self.

How to use :

This workbook has been designed with two specific sections, that will serve you in two very different ways.

Whichever section you feel ready to dive into I suggest setting the scene - if you're at home, light some candles, pour some yummy herbal tea, set a bouquet of fresh flowers and **give yourself time**. Or maybe you're like me and the ultimate journaling practice is at a cafe, bunkered down with a chai tea!

Section One is a deep dive into You, it holds pivotal questions about your authentic Self or true identity. These prompts are designed to remind you of who you really are and re-cement you into your own needs, wants and desires.

I suggest that you tune into and reflect on this section every 6-12 months as a check-in to ensure that you're on track and honouring your true self amongst the busyness of life.

Section Two is a monthly journaling and introspection practice. I love to tune into these questions as part of my Full Moon rituals. You might like to do this too or check-in with yourself at the start of each month when you fill out your Monthly Mood, if you'd like to set a reminder in your calendar [click here](#) to add a recurring calendar event, blocking out this sacred time and start the beginning of the month ritual.

Section One:

The Foundation of You

Q. What do you really love?

list out over the next 3 pages

Let go of anything that is trending or in fashion here and think about things you've enjoyed since you were little.

Q. *What do you really love?*

Q. *What do you really love?*

Action. Once complete go through the previous pages and **circle what things are absent in your life currently** or that you would just like more of.

Q. *What is it that you want?*

This could be objects, ways of being, feelings or any desires - don't hold back.

Q. What things do you need in order to get ^
and to feel most happy and self-expressed.

This could be literal equipment, new practices or ways of behaving like being more disciplined or keeping a stricter routine.

Q. What in your current life do you not like or
are not happy with?

list out over the next 2 pages

Q. What in your current life do you not like or are not happy with?

Q. *What steals your harmony?*

Q. Who are you....really? Describe your truest Self.

list out over the next 2 pages

Use simple, descriptors and one word adjectives, consider what colour, scent, shape and flavour your true Self is.

Q. Who are you....really? Describe your truest Self.

Q. How would you know if you were embodying your Highest Self? How would they be different?

Q. *List all of the evidence to support the statement:*

You are already enough.

Your strengths:

Your weaknesses:

Q. List things that give you energy - or are positive circuit breakers for low mood:

Q. Describe a day in your ideal life as embodying your Highest Self:

I want:

I need:

I deserve:

Q. *What are your highest values?*

If this question stumps you [click here](#).

Describe what embodying and living this value looks like in daily life:

one

two

three

four

five

six

Q. *What are your highest principles?*

aka - your non-negotiable ethical or moral boundaries and the standards that you hold yourself and others to.

Q. What action steps do you need to take to come into alignment with this highest, most value aligned and principled Self:

Give yourself a sustainable timeline and deadlines to get there.

A space for notes + reflection:

Section Two:

Monthly Alignment

Q. Who do you want to show up as this month? Describe them:

Q. Remember your favourite moments from the last month:

Q. How did you grow last month?

Q. What was difficult last month? Did you let your Highest Self down in any way?

Q. Is there anything you could've done to handle yourself in more alignment with your Highest Self?

Q. Where did you feel resistance last month?

Things you're
loving right now:

Things that you're
not so hot on
right now:

Q. This month your Soul is craving:

Q. What do you want to focus on more this month?

this month:

LESS:

MORE:

this month:

LETTING GO OF:

INVITING IN:

Q. What do you want to accomplish this month?

Q. I will take care of myself by:

A space for notes + reflection:

I hope this tool has served you to come back into a state of self-alignment and self-honouring.

I'm a one-woman-team on a mission to build and support women's self-worth, confidence and space-taking-up capacity all over the world.

By supporting and sharing this tool you're contributing to this phenomenon inward and outwardly.

As within so without.

So if you've gained clarity and confidence from this tool please share it with your nearest and dearest and tag me @honeybachancoaching on IG and @honeybachan.com on TikTok so that I can share your inner revolution!

If this work has ignited in you a desire for a more aligned way of living I invite you to explore 1:1 Coaching with me.

[Here's all of the details](#)

+ here's a [direct link to book in a complimentary 1:1 chemistry call](#) to see if Coaching is for you!

I would be so deeply honoured to support your expansion!

with grace,

Honey x