



INNER
ALIGNMENT
education

Unstuck Yourself and
Get Un-Sickified!
Move Past the Pain and
Live Worthy & Wellthy!

The Workbook

Own It | Move It | Clear It

-When You Embody Health-
---The Body Heals Itself---

My Health Vision Envision for 30 Days

Today's Date:

Identify Blocks to Health

Identities and beliefs to release to embody your vision:

I now believe this is possible:
(Imagine & Feel into 2-6x/day)

What resources and support are you currently using for your health progression?

Promises I want to make and keep:

Other wishes to integrate more calmness daily (future goals):

Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line, repeated five times.

Now that my envisioned health is a reality, I can focus on:

Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line, repeated five times.

30 Days of Gratitude
(Take a few deep breaths
before you write) Continue with a
new notebook!

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