

Daily Soul Alignment

workbook



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Welcome

I'm so glad you're here.



This workbook is your companion for the journey ahead — a place to pause, reflect, and explore what it feels like to live more in tune with your soul each day. You don't have to overhaul your life or carve out hours of quiet.

Alignment can happen in moments — in the way you breathe before a meeting, in the choice to listen to your own voice first, in a tiny shift that brings you back into ease.

Over the next five steps, you'll collect simple, beautiful tools you can use anywhere, anytime.

This is your space to jot down insights, track your shifts, and celebrate each small win. Treat it as a gentle invitation, not a to-do list. There's no right way to do this — only the way that feels most alive for you.

Let's step in together and see what unfolds.

How to Use This Workbook

This workbook is your space. It's a quiet corner for reflection, play, and small discoveries as you move through the Daily Soul Alignment in 5 Steps course.

You'll find prompts, exercises, and space to capture your thoughts after each lesson. There's no rush. You can follow along step-by-step with the online course or dip into the workbook whenever you want to revisit a practice.

Here's one way to flow with it:

1. **Watch or listen to the lesson first.** Let the ideas and practices land without pressure.
2. **Open to the matching step in this workbook** and explore the prompts at your own pace.
3. **Jot down what comes**—words, sketches, feelings, or even single phrases. This is your record of connection.
4. **Keep it close**—you may find yourself reaching for it during your day to remind yourself of an insight or a shift.
5. **Return to it often**—these steps aren't a one-time path; they're touchstones you can revisit anytime life feels noisy or you want to realign.

Tip: Treat this workbook like a conversation with yourself. Some days, the pages will be full. Some days, just a single sentence will feel enough. Both are perfect.

"Your soul doesn't speak in
deadlines.

It whispers in moments.
Keep listening."



STEP 1

The Reset

Clearing the Noise

Before we can hear our soul's voice, we need to make space for it. This step is about softening the mental chatter and letting your thoughts settle, like snowflakes drifting to the ground.

Here, you'll discover a simple practice that brings you into the quiet. No matter where you are or what's happening around you.

When we carry mental noise and tension, it's like trying to hear a soft song over loud static. Clearing space in your mind and body lets your soul's signal come through clearly. This reset is a doorway to presence.

Focus: Why alignment starts with removing energetic clutter.

Practice: The 3-Breath Release

1. Drop your shoulders.
2. Breathe deeply in through the nose.
3. Exhale slowly, letting go of tension.

Reflection Prompt:

- What feels lighter after this exercise?
- Where in my body do I feel more open?



STEP 2

The Compass Listening Inward

Your inner guidance is always there, waiting patiently to be heard. This step invites you to lean in and notice the subtle pull toward what feels true.

You'll practice tuning in and recognising the signals your heart has been sending all along.

Your inner compass is always speaking, but it can be drowned out by obligations, worries, and habits. By practicing quick, honest listening, you re-establish trust with yourself and know what feels truly aligned.

Focus: How to quickly hear your inner voice.

Practice: 60-Second Self-Inquiry

1. Pause.
2. Ask: 'What's true for me right now?'
3. Listen without editing.

Reflection Prompt:

- What did I hear?
- How does this answer feel in my body?



STEP 3

The Tune-Up

Small Shifts, Big Flow

Even the tiniest change can create a ripple of ease. This step is about gentle adjustments, shifting your focus, and changing your posture. It is for altering your pace to move back into flow.

These are the kinds of tweaks that make your day feel lighter and more natural.

Small adjustments can have a big impact on your energy. You don't need to overhaul your whole day-just shift one thing in the moment. This approach builds momentum and flow without resistance.

Focus: Aligning choices with your energy instead of forcing.

Practice: The One Shift Rule

1. Notice friction.
2. Make a small change (move, drink water, step outside).

Reflection Prompt:

- What shift did I make?
- How did it change my energy?



STEP 4

The Anchor

Rituals That Stick

Rituals give us something to hold onto, a touchstone that brings us home to ourselves.

This step helps you choose or create one that feels deliciously yours. It's something sensory, simple, and repeatable, so alignment becomes a habit you don't have to think about.

An anchor is a consistent cue that tells your body and mind, 'It's safe to be here.' Rituals give your soul a predictable doorway back to alignment, no matter how chaotic the day gets.

Focus: Using mini-rituals to hold alignment without effort.

Practice: Anchor Selection

1. Choose one sensory cue (song, scent, object).
2. Use it daily at the same time.

Reflection Prompt:

- What anchor did I choose?
- How does it help me return to alignment?



STEP 5

The Expansion

Living from Alignment

This is where it all comes together. You'll explore how to carry these practices into the rest of your life, letting them infuse your mornings, decisions, and interactions.

Here, alignment shifts from something you "do" into something you simply are.

Living from alignment isn't about constant effort; it's about consistently choosing what feels right in the moment. Over time, it becomes second nature, shaping a life that reflects your soul's truth. Focus: Turning daily alignment into your default.

Practice: Aligned Action Today

1. Ask: 'What feels light and right?'
2. Take one action from that answer.

Reflection Prompt:

- What action did I take?
- How did it shift my day's flow?

"The more you return to
yourself, the more the world
feels like it's returning to you."

Congratulations



Thank you! You've completed the Daily Soul Alignment Workbook!

You've shown up for yourself with curiosity, presence, and heart. Each reflection, each small shift you've made is part of a bigger journey toward living in your truest rhythm.

Remember, alignment is not something you achieve once; it's something you return to, again and again. And now, you have tools that will always bring you home.

If you'd like to keep nurturing your practice, you can explore more beautiful resources, tools, and gifts designed to support your alignment journey.

🌿 Visit: www.embodydesignpress.com

Your next step is waiting and it's already yours to take.

