

Aligned Decision Making:

Access Your Intuition and Move from Confusion to Clarity

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Audio Recording & Workbook

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Welcome!

I'm so glad you're right here, right now. There is so much to share with you! I invite you to take some quiet space for yourself, pour a cup of tea, bring a pencil, and join me for this time of being really present with yourself and tuning in to your clarity. It isn't recommended to listen to this recording while driving as there are various physical, energetic, and meditative activities that I'll be guiding you through. Please ***print*** this workbook so that you can participate fully in the experience. It's a beautiful opportunity for transformation! ~ Warmly, Meggie

What is an Aligned Decision? A decision that has a deep resonance within you. You feel truly on your life path, fulfilling your life purpose, and you are actively connected with your intuition.

☞ Overcoming Doubt: It's All About Mindset

What are the beliefs keeping you stuck in confusion?

- I don't know what to do.
- I'm going to fail.
- I'm afraid of success.
- Something terrible is going to happen.
- _____
- _____
- _____

- > Your thoughts create your perception of reality.
- > Your thinking is the root of the confusion.
- > You can **choose** which thoughts to believe!

"If you don't like something, change it; if you can't change it, change the way you think about it."

- Mary Englebreit

A Powerful, Simple Tool for Breaking Free of Doubt: The Work of Byron Katie

Stressful Belief: _____

1. Is it true? Yes / No
2. Is it absolutely true? Yes / No
3. How do you react when you believe that thought?

4. Who would you be without the thought?

Turn the stressful thought around to its opposite:

> How is this new thought as true or truer? Come up with 3 examples.

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Turn the stressful thought around to “my thinking”:

> How is this new thought as true or truer? Come up with 3 examples.

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☞ Energy Clearing Exercises

Cook's Hook-Ups:

- Sit or lie down. Get comfy. You'll be in this position for a few minutes.
- Cross your ankles.
- Cross your wrists. Keeping wrists crossed, turn palms to face one another and interlace fingers.
- Keeping your hands interlocked, swing them down towards your belly and up to rest on your heart. If you feel like a pretzel, you've got it right. :)
- Place your tongue on the roof of your mouth.
- Breathe deeply and completely for several minutes.

Brain Integration:

- Stand with your arms outstretched to the sides.
- Keeping your arms extended, slowly move them towards each other while repeating:
"I am (your name) here and now."
- Feeling resistance at times (like polar opposites of a magnet) is normal. Simply pause your movement, breathe, and continue repeating the statement until movement toward center feels easeful again.
- When your hands touch, interlace your fingers and bring them to your heart. Repeat the statement one last time with conviction.

How do you feel now?

The above exercises come from Transformational Kinesiology, a system of clearings and balances for alignment on all levels: physical, mental, emotional, and spiritual.

☞ Accessing Your Intuition

Before you can make a decision, it's helpful to know the question. Be specific. What is the core question that is stirring in you? Write it down.

My Question Is: _____

What are the possible answers to your question?

Option A: _____

Option B: _____

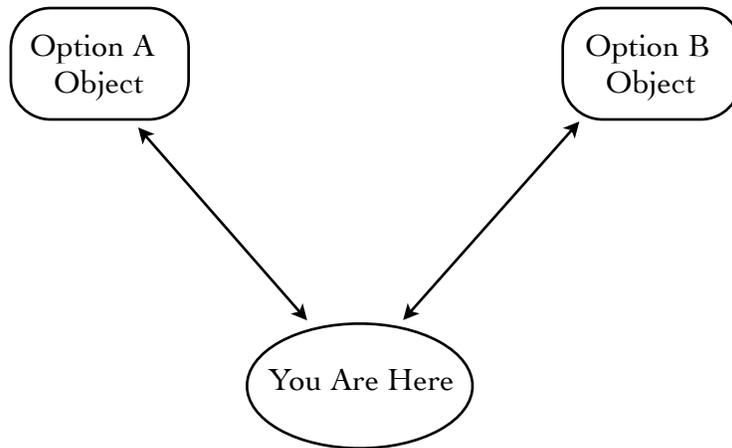
Connecting with Your Center:

- Sit or lie down and close your eyes.
- Place your hands on your head. Greet your mind. Thank it for all the ways it serves you.
- Place your hands on your heart. Greet your heart. Thank it for all the ways it serves you
- Place your hands on your belly. Greet your belly. Thank it for all the ways it serves you.
- Now drop even deeper into your very center. Breathe.
- Ask your question. Breathe again.
- Notice what messages come to you. These may be images, sensations, sounds, feelings, or words.
They will likely be a different quality than that of the thinking-mind.
- When you feel complete, offer gratitude.
- Place your hands on your belly. Breathe and reconnect. Repeat with your heart and head.
- Come present to your surroundings.

Take a moment to write your insights down:

Body Pendulum:

- Choose an object to represent Option A and another object to represent Option B.
- Place these objects about 6 feet away from you with Option A off to the left at a 45 degree angle and Option B off to the right at a 45 degree angle. (See diagram below.)



- Ask your question out loud. Name the options out loud.
- Go to the Option A object. Take it in your hands. Talk about what this option would mean. Notice how your body feels as you hold the object and imagine this option as your reality. Repeat with the Option B object. You may want to write down your observations:

Body Sensations With Option A:	Body Sensations With Option B:

>>> *continued on next page*

- Stand in your original position.
- Ask your question again.
- Still your mind and tune into your body. Allow your body to move slightly. Notice which direction your body leans towards. Where is your body being drawn, Option A or B?

Take a moment to write your insights down:

What Lights Up?

- Place one palm of your hand on your forehead. Place the other palm of your hand hand on the back of your head, just above your neck. Take a few deep breaths. Allow your mind to still. Keep your hands in this position throughout this exercise.
- Ask your question.
- Imagine the different possibilities as doorways before you. Breathe.
- Which doorway lights up? Don't think or analyze. Simply notice.

Take a moment to write your insights down:

☞ Where will you be 3 months from now?

Where will you be 3 months from now if you live life making decisions based on what you think you should do or by what other people say you should do? Be radically honest with yourself.

Where would all those “shoulds” lead you? Make a list:

- _____
- _____
- _____
- _____
- _____

Now, imagine what your life would be like if you spent the next 3 months making decisions based purely on your **emotional reactions**. What does it look like? How does it feel?

Decisions made from a **purely mental place** often lead to feelings of being trapped, of denying your heart’s longing, and of dampening down your dreams in order to play it safe.

Decisions made from **purely emotional reactions** can make for a chaotic roller coaster of highs and lows. You get a case of emotional whip-lash and it leaves you drained. Exhausted. Burned out. And then, because it feels like too much, you numb out.

Aligned Decision Making gives you an alternative. It empowers you to connect with your intuition and fully embody your life purpose. This is what you’ve been yearning for! Take a

moment and ask yourself this-- if you had the *courage* to do so, how would it feel to live life making aligned decisions? How might your life look in just 3 months from now? Breathe. What is the first answer that comes to mind? Write it down!

In my experience, and in witnessing my clients' journeys, **decisions that are in alignment with your soul path open you to sense of true freedom, to greater meaning in life, to manifesting dreams, to ecstatic joy, and to loving your life.** The choice is yours! Follow your intuition and your path will unfold before you.

☞ An Invitation

If you have been inspired by this audio and workbook and are feeling ready to say "Yes!" and step fully onto your path, then **I invite you to apply for a Free Breakthrough Session** with me.

To apply, please visit: www.soulcenteredlifecoaching.com/breakthrough .

Work with Meggie: I offer Free Teleclasses, webinars, private coaching programs, as well as Women's Wisdom Rising: A 6-Month Intimate Journey of Transformational Self-Care & Personal Empowerment. Please visit my website to learn more:

www.soulcenteredlifecoaching.com. You may also reach out to me directly by emailing meggie@soulcenteredlifecoaching.com.

I look forward to connecting with you!

