



The *A.L.I.G.N.* *method*

a guide to working with your
natural design, not against it



When you look
back on your
decision to start
a business, do
you remember
what you
thought it was
going to be
like?

When you started your business, you probably had a picture in your head of what it would feel like — helping people, doing work you were proud of, having more freedom instead of less.

For a lot of people, the day-to-day doesn't quite match that picture.

Not because something's wrong with them — usually because they're working against how they're actually wired, not with it.



A lot of business owners feel this: stress around finding and keeping clients, or a nagging sense that even the people who want to work with you might not stick around.

But usually, the problem isn't the clients. It's the feeling that you don't have a choice — that saying no isn't really an option.

That worry — of not being enough, of not being liked — is one a lot of us carry. It shows up in small ways: hesitating to post something because it doesn't feel quite ready, comparing your pace to someone else's highlight reel, ending the day having avoided the parts of the work you don't enjoy.

Usually, it's not about working harder. It's about figuring out what you're actually working against.



Something is missing, and you just can't put your finger on it.

You've taken the courses, read the books, listened to people share what worked for them.

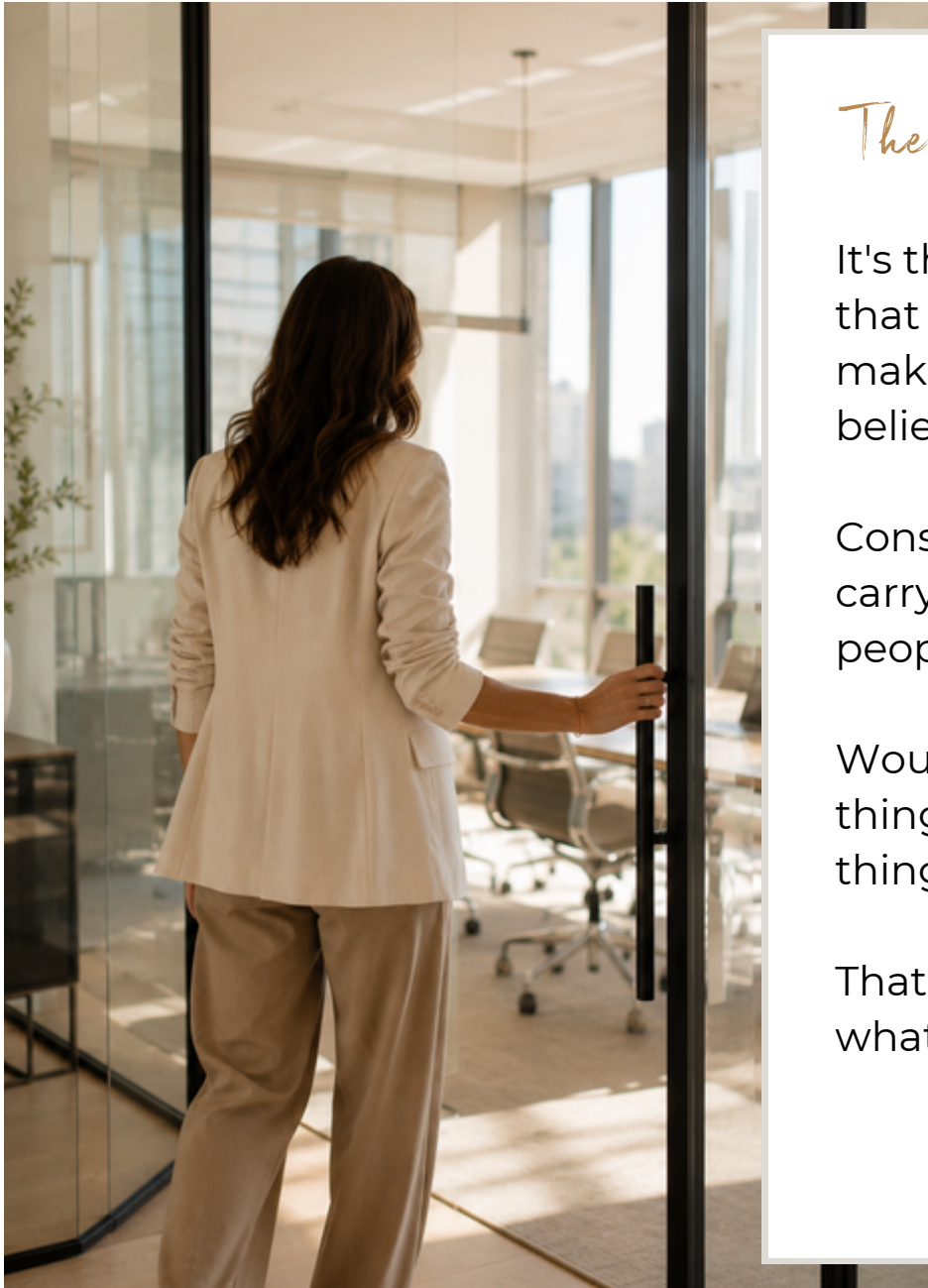
Maybe you've even tried to mirror what they do. But at the end of the day, something still doesn't feel right.

Here's the thing:

✗ Hustle and grind alone won't fix that.

✗ Neither will beating yourself up over an unproductive day, or trying to force yourself into someone else's system.

Something is missing, and it's worth figuring out what.



The problem is not that you're not good enough.

It's that you're stuck comparing yourself to an ideal that doesn't actually match who you are. You're making decisions based on fear and outdated beliefs, instead of what's true for you.

Consider this: how would you show up if you didn't carry the fear of not being good enough, or of people not liking you?

Would you put yourself out there more? Publish the thing you've been sitting on? Stop saying yes to things you don't want, and no to things you do?

That's what alignment actually offers — clarity on what's yours to do, and the confidence to do it.

It would be life-changing!



You'd stop looking to other people for approval, and start trusting your own read on things.

You'd end most days feeling like you actually did something, instead of replaying what you didn't get to.

There's nothing wrong with you.

What you want for your life and your business is possible — and it starts with alignment.

I want you
to imagine
that you're
walking
through a
forest and
you come
upon this
big beautiful
tree.



I want you to imagine you're walking through a forest, and you come across a big, beautiful tree.

Its trunk is strong.
Its roots go deep.
Its branches stretch wide, full of green leaves — not because it's trying to be something else, but because it's getting exactly what it needs: the right amount of water, the right amount of light, roots deep enough to hold through anything the weather brings.

What if you had the same potential — not to become something else, but to be as fully yourself as that tree is?

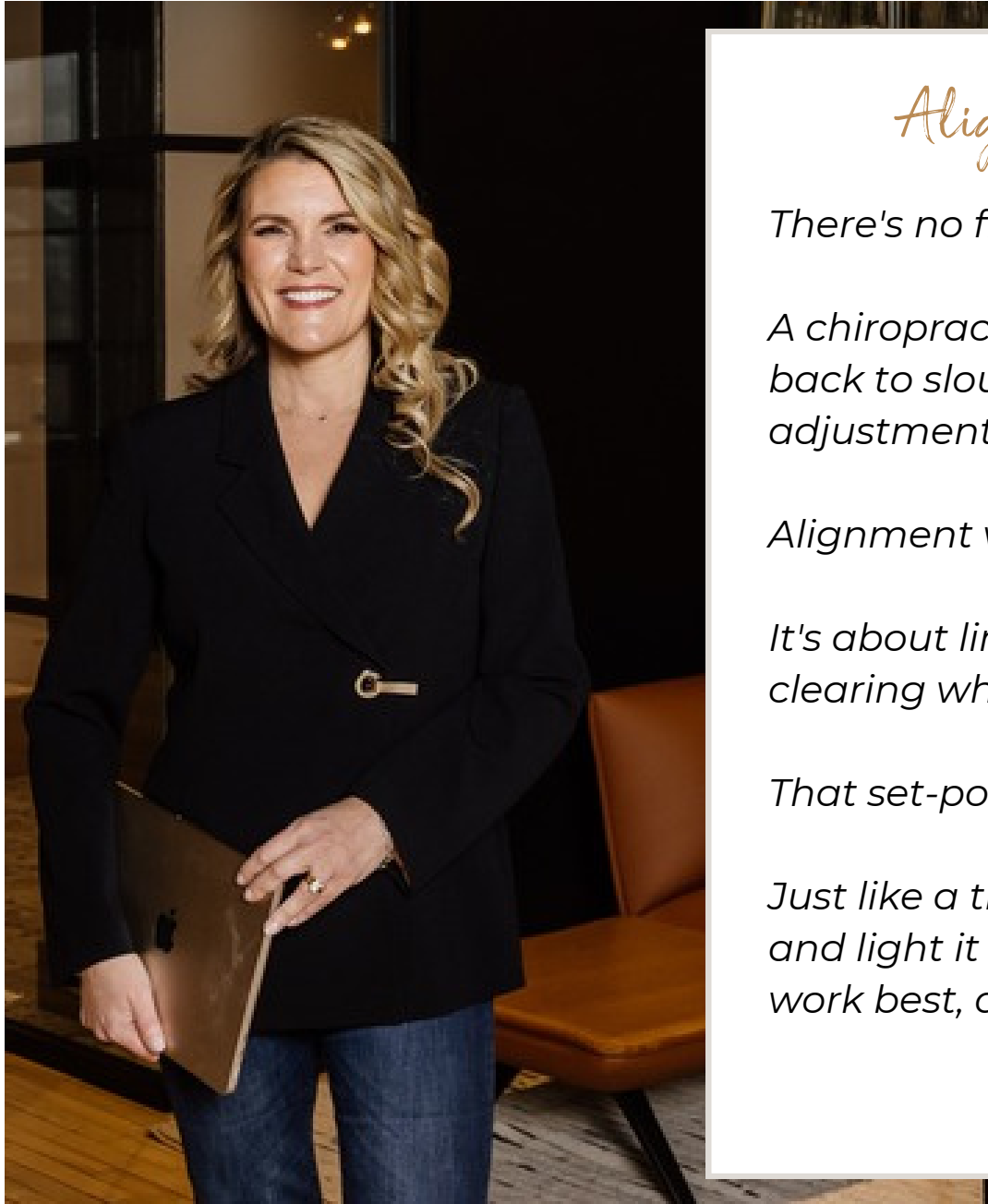


The only difference between the tree and you, is that the tree is aligned and is getting everything it needs to thrive!

The tree isn't trying to be anything other than what it is. It's just aligned — getting what it actually needs to grow.

You need something similar: thoughts, systems, and actions that actually fit how you work. Maybe your mindset isn't supporting what you want.

Maybe the systems you've adopted don't match your natural strengths?



Alignment is not a set destination.

There's no finish line to growth.

A chiropractor can adjust your spine, but if you go back to slouching at your desk, you'll need another adjustment.

Alignment works the same way.

It's about lining up with your natural set-point, and clearing whatever's standing in the way.

That set-point is your Blueprint.

Just like a tree has a blueprint for how much water and light it needs, you have one too — for how you work best, and what actually helps you thrive.

**THE A.L.I.G.N. METHOD IS THE
APPLICATION OF TWO THINGS**

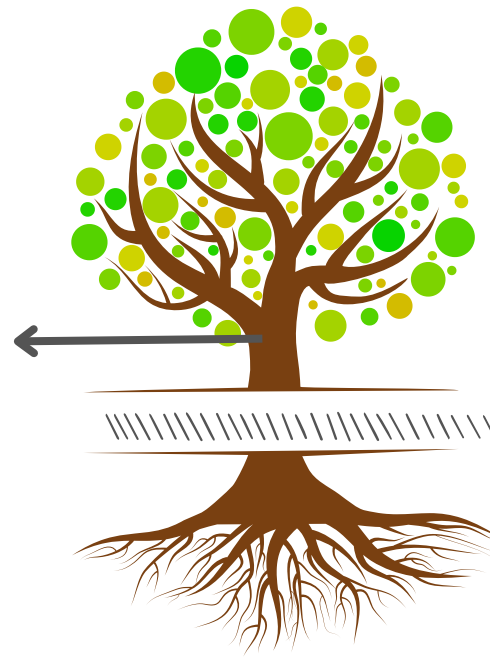
Your Blueprint

Identifying and aligning with your blueprint so that you can start seeing and doing the things that are right for you.

Alignment Blocks

Identifying and Eliminating what your blocks are, so that you gain clarity on where you're holding yourself back from creating the success you want

Your Blueprint



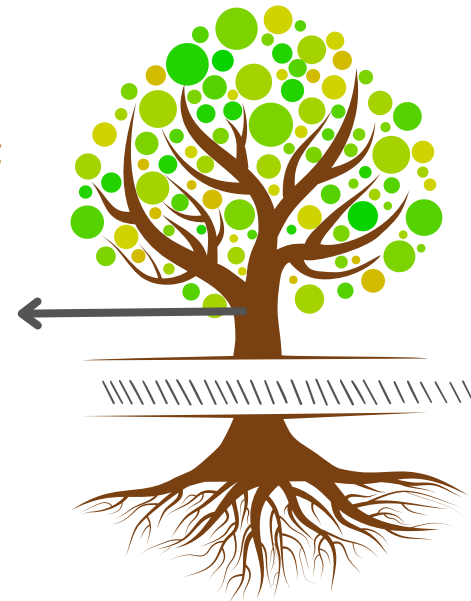
Alignment Blocks

Your Blueprint

Your Blueprint is like your natural code. It can tell you:

- What things you're most attracted to
- Where you find the most joy in your life
- What gifts you possess that others can benefit from
- What strengths are most natural for you that others would find challenging
- What pace of working do you enjoy most
- What tasks and roles you naturally gravitate to in your business
- How you interact with others who are like you and not like you

Your Blueprint



- What your natural communication style is
- What things motivate you
- Your optimal energy level
- What things cause you the most amount of stress

Your blueprint is the map that shows you how you work best!

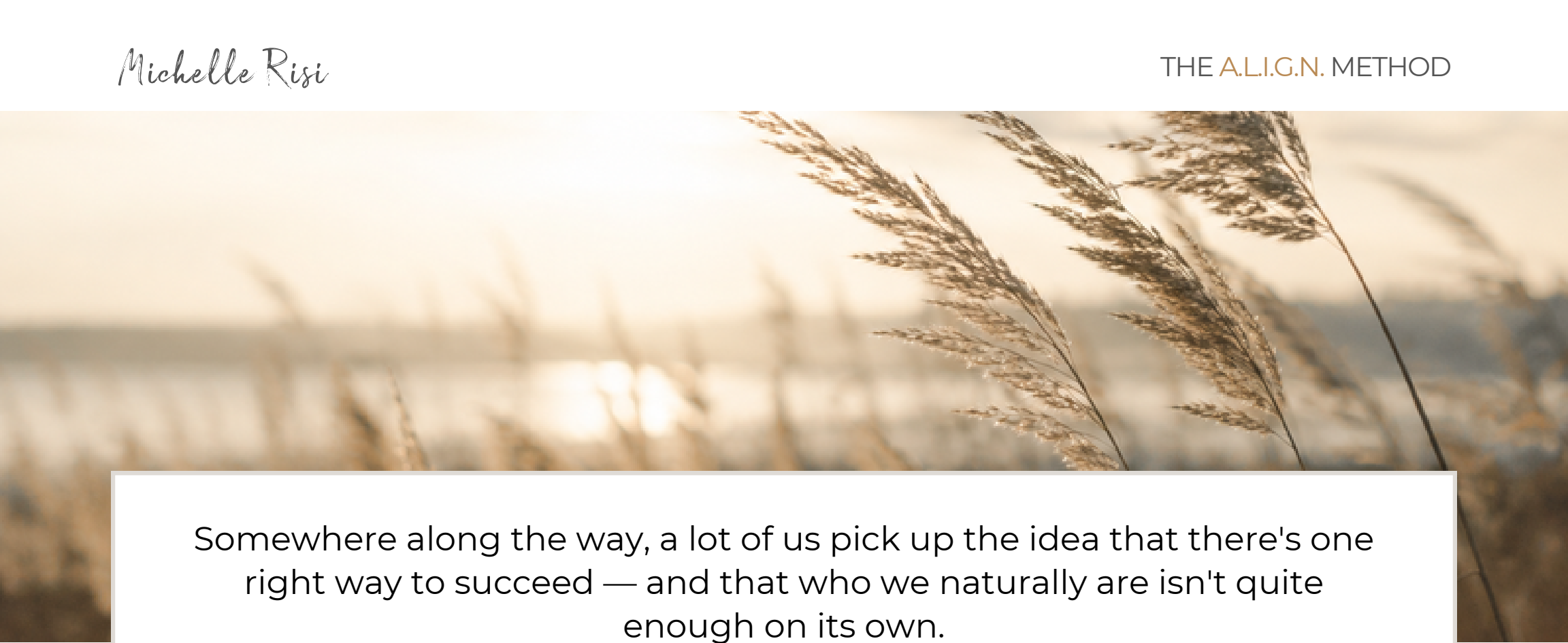
The more aligned you are with your Blueprint, the more ease and fulfillment you'll feel.

Think about how different your days would be if you knew what your routine should actually look like — or felt confident about your role, instead of guessing at it.

Knowing your Blueprint means you can make decisions that actually fit you.

A lot of stress and frustration comes from working against what's natural for you, not from doing something wrong.





Somewhere along the way, a lot of us pick up the idea that there's one right way to succeed — and that who we naturally are isn't quite enough on its own.

Maybe you shared an idea once and got shut down instead of encouraged. Maybe you learned, early on, that fitting in mattered more than being exactly who you were.

Over time, that shapes decisions — often going against your own Blueprint, without you noticing.

"Everyone is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."



It reminds me of this famous quote:

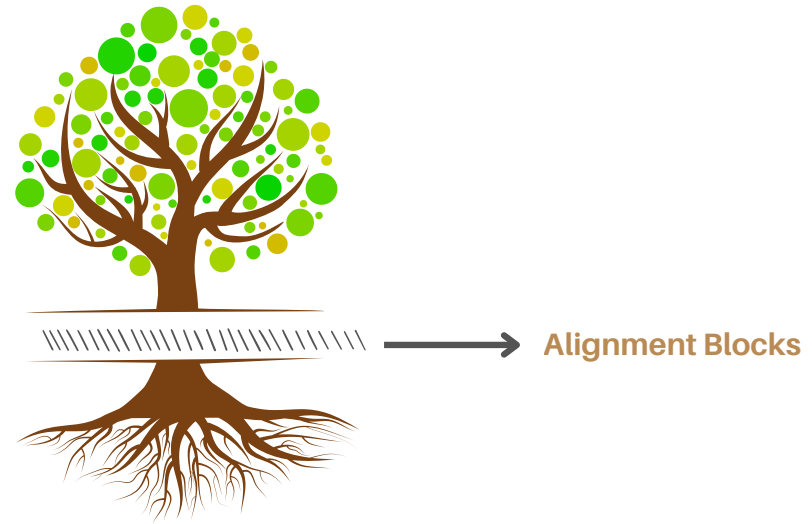
"Everyone is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."

You likely have potential you haven't fully tapped into — not because it isn't there, but because you've been measuring yourself against the wrong things.

Once you start aligning with your actual Blueprint, you'll start recognizing more of what's already true about you.

Alignment Blocks

Alignment Blocks are what get in the way of your true potential.



They can be skillset-related — adopting systems or strategies that don't actually fit how you work — or mindset-related, like believing you're not good enough or capable enough.

Where do you find yourself avoiding or putting off something you know would help, because you're afraid of getting it wrong?

Where do you say yes to things you don't want, or no to things you do, because you're worried what people will think?



Some of the biggest blocks you'll face exist in your mind, because what you believe to be true about yourself, is the lens you make decisions from.

*When you believe you can, you'll find a way.
When you believe you can't, you'll find excuses.*

So the question is, how long do you want to go on believing thoughts that don't serve you?

How long are you willing to wait before you realize your greatest potential?

Your mindset is one of the most powerful tools you have and when you learn how to master your thoughts, and identify the blocks that are stopping you from creating the life you want, you'll finally be able to enjoy the freedom, fulfillment and financial success you desire!

Can you see it?

When you're working from alignment instead of against it, things start to shift.

You spend more time with people and work that actually fit you. You have more energy left for what matters.

Decisions get a little clearer, a little less heavy.

That's what this is really about.





Alignment Audit

The answers you're looking for may
already be inside you.

Take a few minutes to answer the
questions on the next pages.

Don't overthink them.

Write the first answer that comes to
mind.

Alignment Audit



There are no right or wrong answers.
This isn't about becoming someone different.
It's about noticing where your life and
business already fit you — and
where they don't.

*Don't overthink it.
Write the first answer
that comes to mind.*

RIGHT NOW, HOW ALIGNED DOES YOUR BUSINESS
FEEL WITH WHO YOU ARE?

1

2

3

4

5

I'm constantly
forcing it

My business largely
reflects how I work best



Come back to this in 30 or 90 days and see what has shifted.



1. WHERE DO YOU ALREADY FEEL ALIGNED?

I feel most like myself when I'm...

The work that gives me energy is...

People naturally come to me for...

At the end of a really good day, I feel...



2. WHERE ARE YOU WORKING AGAINST YOURSELF?

I keep telling myself I should...

The part of my work I avoid most often is...

Something I'm doing because I think I have to —
not because it actually fits me — is...



3. WHAT WOULD CHANGE IF FEAR WASN'T MAKING THE DECISION?

If I wasn't worried about failing, I would...

If I wasn't worried about what other people
might think, I would...

The decision I've been putting off is...



4. WHAT DO YOU ACTUALLY WANT?

The version of success I've been chasing looks like...

But the version of success I truly want feels like...

I want more... I want less...

At the end of a good workday, I want to feel...



5. ONE ALIGNED STEP

You don't need to change everything.

One thing I can stop forcing is...

One thing I can say no to is...

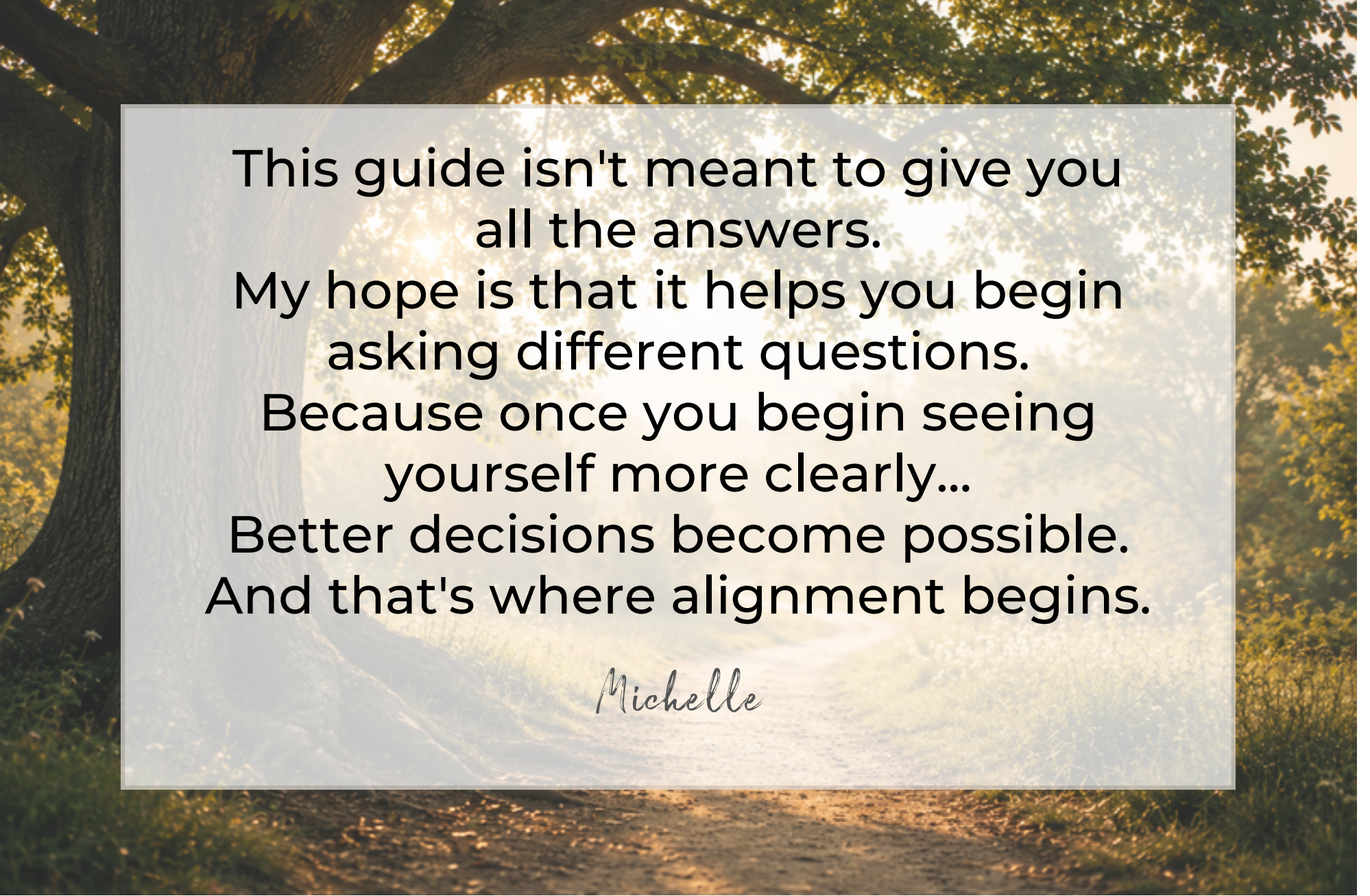
One thing I can make more room for is...

One decision I can make this week that feels more like me is...



Alignment isn't something you achieve once.

It's something you return to — every time you choose what's true for you over what's expected of you.



This guide isn't meant to give you
all the answers.
My hope is that it helps you begin
asking different questions.
Because once you begin seeing
yourself more clearly...
Better decisions become possible.
And that's where alignment begins.

Michelle