

Manifest You

MASTERCLASS:

Align Your Life
to Match the
TRUE You!

Welcome, Superstar!



I'm so
happy
you're
here.

*My name is Lucy and I'll be
your guide for this class -
showing you how to confidently
clear & align your life to
match the TRUE you.*

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Welcome to your Align Your Life Workbook!

Now that you've watched the class, let's get into the juicy part of getting CRYSTAL CLEAR CLARITY about *what you truly want in life*, what you've currently got going on, and how to align the two. #GAMEON

"You have to feel the way you want to live."

- Abraham Hicks

PART 1: CLARIFY YOUR INTENTION

How do you currently feel in your everyday life?
What are your most common emotions & moods?

How do you want to feel every day? This is important. How do you want to feel when you wake up in the morning? As you live your day? Fall asleep?

What's your goal for this masterclass? WHY do you want to release things that no longer serve you?

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"We have all a better guide in ourselves, if we would attend to it, than any other person can be."

- Jane Austin

PART 2: YOU ARE YOUR ULTIMATE GUIDE

If you've taken Manifest You - you have a clear visual & emotional picture of your Higher Self to guide you through the clearing process.

If you haven't, that's ok! Your emotions and bodily sensations will be your core decision-making tools.

As a general "rule":

1. Keep what feels expansive: like fresh air, clean water, and sunshine.
2. Release or shift anything that feels contractive or draining to you.

What you'll be left with is a huge burst of energy you can devote to living your purpose and your dreams!

♦ #WEEEEEEEEEE

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"We are what we consume. If we look deeply into the items that we consume every day, we will come to know our own nature very well."

— Thich Nhat Hanh

PART 3: MINDFUL CONSUMPTION

Mindful consumption isn't just about what we eat - it's about what we watch, listen to, taste, think about, and interact with every day.

Practicing mindful consumption means becoming aware of what you are **CHOOSING** to interact with and consume through your senses every day. Noticing how you feel before, during, & after each activity (including in the long-term) and adjusting your choices accordingly to align with wellbeing.

Everything from the foods you eat, to the TV shows you watch, to the internet sites you browse, to the people you surround yourself with and the places you go.

Everything we interact with has an effect on our mood, health, and wellbeing.

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Where our attention goes our energy flows and by spending time with certain music, people, foods etc. we start to vibrate with and become more "like" these things.

If we want to live a new, happier life we must begin to surround ourselves with and focus upon the things that uplift and expand us and release what does not.

PART 4: TAKE INVENTORY

On the following two pages, I want you to write down a typical day's activities in list form. Get detailed and be specific. Include every glass of water and Instagram scroll sesh.

You can do this now or take your journal with you into your day from start to finish and write down everything you do as a way to get a more accurate picture.

I recommend adding any common thoughts you think and/or moods you have at each time of day too. Write down how these common thoughts make you *feel*.

After you've listed a typical day, add any other obligations and activities you regularly engage in - perhaps on a weekly/monthly/yearly basis.

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A day in my life (continued):

PHEW! This is a LOT of work. Trust me, the heavy lifting will be over soon and you'll feel so much lighter and brighter!

Look back on what you've written and be honest with yourself. What are the activities, thoughts, and experiences you engage in that cause a drop in your energy? Let your body guide you.

Make bold or underline anything that drains you or feels contractive in your body.

Remember: Just because it drains you, doesn't mean you have to release it right away or at all, especially if it's something you must do (feed your kids/go to work).

In these cases, I invite you to ask the Universe for a solution, mindset shift, or creative approach to making it easier, simpler & more loving for you.

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What are some of my biggest energy drains?

Why do I engage them? What value am I getting from them? For example necessity, habit, serotonin boost, avoiding uncomfortable emotions, comfort.

What's my biggest *leverage point*? i.e. What's the **ONE** thing I could release or stop doing that would positively affect *every area of my life*?

What do *I know* isn't serving me, but I'm not quite ready to give up?

Is it possible I can shift my relationship to this "thing" in the meantime? For example, stop shaming myself and "let it be OK"? #selfcompassion

Which activities are actively nourishing & lifting me?

How can I increase the presence & frequency of these nourishing things in my life?

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"There are only two mantras, yum and yuck,
mine is yum."

— Tom Robbins

PART 5: YOUR PEOPLE

List the people you interact with most:

Who feels yummy and nourishing?

Who drains you?

Are there any friendships or people in your life you
could spend less time with, set boundaries, or
release?

"Be willing not to be available. Shed the guilt until guilt
stays away. It's ok to tell the world, I am taking time
for something very sacred. I am birthing myself once
more." - Dr. Jaiya John

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"Your commitment to your wellness is part of the revolution." — Danielle LaPorte

PART 6: OPPORTUNITIES TO RELEASE

Now that you have a clearer picture about what lifts, and drains you. Here is a list of ways you can clear and align your life with greater ease and wellbeing.

All these are just ideas. Take what works and leave the rest. Remember to use your Higher Self, your body, and your emotions as your guide.

- No longer watching the news and/or unsubscribing from the newspaper
- Stop watching TV shows and movies that don't feel uplifting. For example, ones that are heavy on violence & drama.
- Clear all your social feeds by only following those who feel aligned and uplifting to you now.
- Permanently delete or take a break from any Apps you know aren't serving you (Facebook, Instagram, TikTok). Even deleting them for 1-3 days should refresh you.

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- Unsubscribe from newsletters & marketing emails.
- Go through your music library and release songs that make you feel bad or don't align with the life you want to experience i.e. breakup songs.
- Clean out your closet and release anything that's torn, pilled, or stained. Only keep the clothes you love and feel SO GOOD in. Donate, consign, recycle, throw away the rest.
- Turn off all phone & computer notifications, ringers, badges, & sounds that distract you unnecessarily.
- Give yourself permission to cancel obligations or plans that you don't want to attend. Only say YES to social outings that you genuinely want to go to!
- Purchase things when you *know* you're in alignment. If you have to overly justify it, rationalize it, or keep going back & forth in your mind, it's probably a "no".

If any of the ideas above feel like fresh air, clean water and sunshine - or you get a whiff of "that's possible!?" and "I'm allowed to do that!?" then it's probably a YES! If it feels complicated or stressful, just leave it alone.

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IF YOU'VE MADE IT THIS FAR...

Take a break.

Stand up and breathe deeply.

Take a BIG stretch. Do a sun
salutation if it's in your practice.

Go get a glass of water or cup of
herbal tea and sit outside for 2-5
minutes. Look. Listen. Feel. Rest.

Then continue.



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"What we think, we become."

- Buddha

PART 7: THE SUBTLE REALMS OF CLEARING

Let's go deeper into the subtler realms of thought. It's likely you have a few thought patterns that don't feel good or align with what you want in life.

For example, judging yourself harshly when you look in the mirror, or, excessively doubting yourself when it comes to taking action on your dreams.

Just like an application on your computer, these thoughts are programs that have been downloaded into your mind and can similarly be let go through awareness & being willing to behave in new ways.

Every time you catch yourself thinking a negative thought, ask yourself: "Is that true!?" and "Do I want that to be true?"

If not, affirm: "Thoughts are just ideas. I can choose something new."

And shift to something more compassionate or loving. As you do so, you are literally dissolving old programs and building new, empowering ones that will serve you and everyone who interacts with you!

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[Click here for Purely Being Affirmation Meditations to help rewire your mind to more positive thoughts.](#)

This kind of releasing & re-programming work is intense and seemingly endless, but I promise you, it will change your life and things will get easier.

Once you get some positive momentum moving in the right direction, it will begin to carry itself.

As you gently release judgement, negativity, and tightness in yourself - you will have much more love & grace for everyone around you and your whole world will feel brighter and lighter.

The more you release what no longer serves you, the more you liberate energy to devote to your calling, purpose, passion and day-to-day activities.

Love begets love, goodness begets goodness, freedom begets freedom.

And honestly, that's everything! When you have the love, energy, and clarity to live in each day with joy and appreciation - life becomes a happy adventure.

And you deserve a **HAPPY ADVENTURE.**

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BONUS: TIPS FOR CLEARING

Drink lots of water. Clearing (even physically) is energetically intense. Water keeps everything moving.

Only make changes from a place of L O V E. Don't delete or "cancel" people out of anger or bitterness.

That being said, you're allowed to let people go. Remember: someone can be a good person, but not good for you. Maybe they're just vibrating in a different frequency. Send them love and keep choosing to advocate for yourself & your wellbeing.

The energy we act from always creates more of itself. When you act from a place of clarity, love, and wellbeing because you KNOW it's the right choice for you, everything will work out beautifully.

Change can be scary for both you and those around you. Be extra compassionate to yourself and others throughout the process. Communicate what you're doing, but don't let anyone sway or convince you away from your truth. It's your sacred right to live a life that feels deeply fulfilling and true to you. Set the example, stay the course, and let others follow.

Keep evolving! Check-in regularly with yourself and update, clear, add, & release things as necessary.

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Well done! You should be so proud of yourself for taking this brave bold step.

Now it's time to take action and start clearing.

Stay present with your emotions through it all. Letting go is no small thing.

There's no rush here. Be gentle with yourself and move at your own pace. Take deep breaths & breaks as needed.

May you clear and release with ease.

May you feel lighter and brighter every day.

May your life become your own living masterpiece.

May you know the beauty and perfection of your own being.

♦ Namaste



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"The Journey

One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice --
though the whole house
began to tremble
and you felt the old tug
at your ankles.

"Mend my life!"
each voice cried.

But you didn't stop.
You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations,
though their melancholy
was terrible.

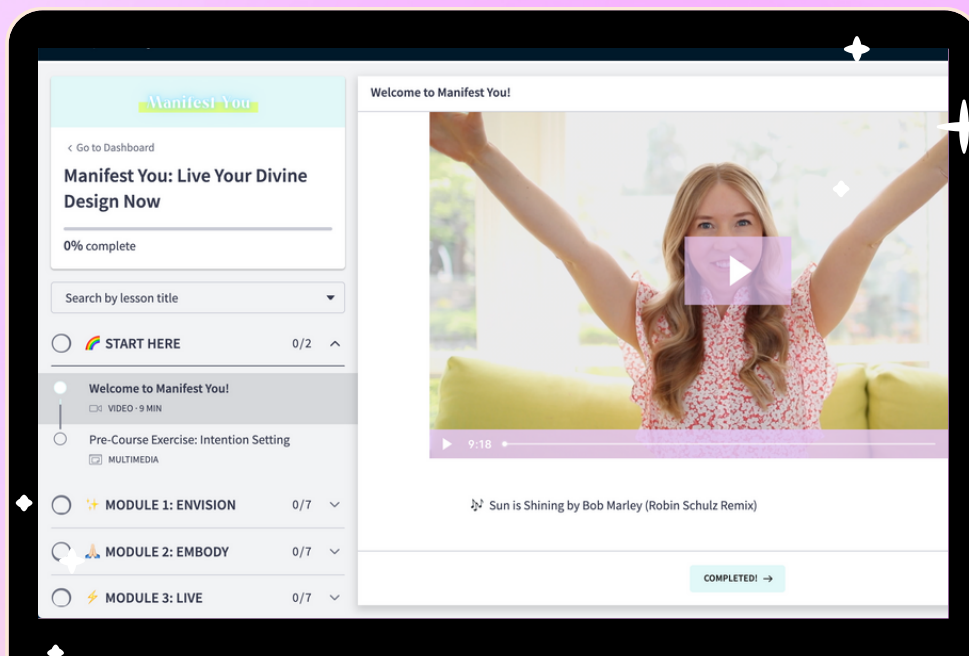
It was already late
enough, and a wild night,
and the road full of fallen
branches and stones.

But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly
recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do --
determined to save
the only life you could save."

— Mary Oliver

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