

21 Day Transformation Guide

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Welcome!

Congratulations on choosing the 21 Day Transformation to clear blocks and to intentionally move forward. The process is designed to help you connect with your desires, give you an infusion of clarity, energy, and peace and to:

- Remove the barriers to being unapologetically you
- Shift out of old patterns quickly and painlessly
- Understand and begin to accept who you are
- Discover your purpose
- Launch your transformation

Then, the ongoing process helps you develop the habit of staying clear, connect you're your purpose (and how to apply your purpose), and start to

- Connect to your higher self
- Separate shoulds from choices
- Apply the Truth of you to real life/apply alignment
- Identify resistance
- Reconcile what you now know with what you might do

There are three phases of the 21 Day Transformation:



Explore: lays the foundational groundwork that eases the entire process.



Align: your Soul Map is revealed and blocks and restrictions to alignment are removed.



Empower: begin to integrate what you've learned and apply it to specific situations in your life.

Explore

To deepen the Align experience, it is helpful to start by first doing some groundwork. This groundwork is designed to establish a common language and set a frame of reference to ease the process.

You'll be provided links to educational videos that will smooth the entire process. Watching these beforehand allows us to spend more of our time together focused on specific ways that you can implement the information, rather than explaining core principles. Of course if after watching the videos you still have questions, I'm happy to discuss that with you.



CHECKLIST

- Send pre-information (full legal name now, full legal name at birth, date of birth, place of birth) via the online scheduler
- Schedule your session; you will receive a confirmation email and reminder emails
- Watch the groundwork videos
 - Identity Gap
 - Dimensions, Energy Bodies, & Chakras
 - Soul Map
- Print the 'Soul Map Notes' (page 16) and 'Soul Realignment Notes' (page 18) to take notes on during your reading (having that structure helps understanding)
- Create distraction-free time and space for your session so you can get the most out of it

IDENTITY GAP

The following refers to the video "[Identity Gap](#)"

Authenticity Empowers

Being unapologetically you is empowering, and being empowered gives you full access to vital source energy. Vital source energy makes everything possible.

Notes:



Not always authentic

Lost touch with your Truth, not owning your awesome, feels dangerous to be unapologetically you.

Notes:



Image: David Goehring, Shifty, 2013

Problems created by the Identity Gap



Notes:

Gauge the Identity Gap

Notes:



Listen to your Soul Signals

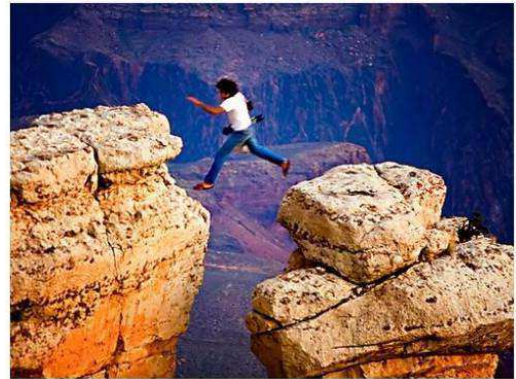
- Inspiration
 - Impulses, whims, desires
- Language
 - Should, shouldn't, have to, need to, got to, can't, ...
- Emotions
 - Signal to stop and pay attention
- Physical
 - Sensations, symptoms, dis-ease, illness



Notes:

Close the Identity Gap

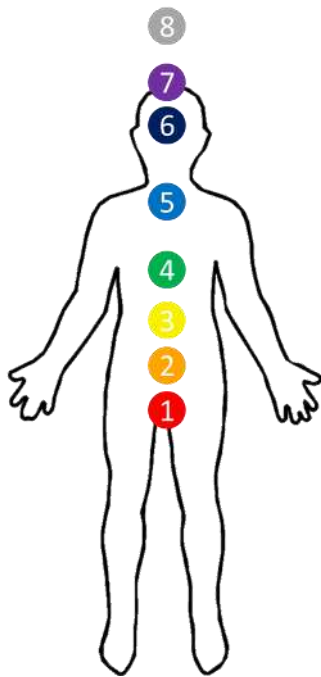
- Own your awesome
- Be unapologetically you
- Trust yourself



Notes:

Chakras

Circular (or cone) shaped energy structures that connect the energy bodies and direct life energy for physical and spiritual well-being



8th Soul star: "Center of your soul's contract." Higher self. Spiritual connection, awareness.

7th Crown: "Live in the present moment." Big why. Connection to spiritual nature, guidance. Empowerment, freedom, Divine Power.

6th Third Eye: "Seek only Truth." Reasons behind choice. Intuition, insight, intellect, reasoning, attitude, beliefs.

5th Throat: "Surrender personal will to Divine will." Choice, communication, listening, writing, authenticity. Essence is faith.

4th Heart: "Love is Divine power." Mediates between body and spirit. Powerhouse of energy system. Love, healing; worthiness, connection.

3rd Solar plexus: "Honor oneself." Self-esteem, will, individuality, personality. Personal power, boundaries & code of honor.

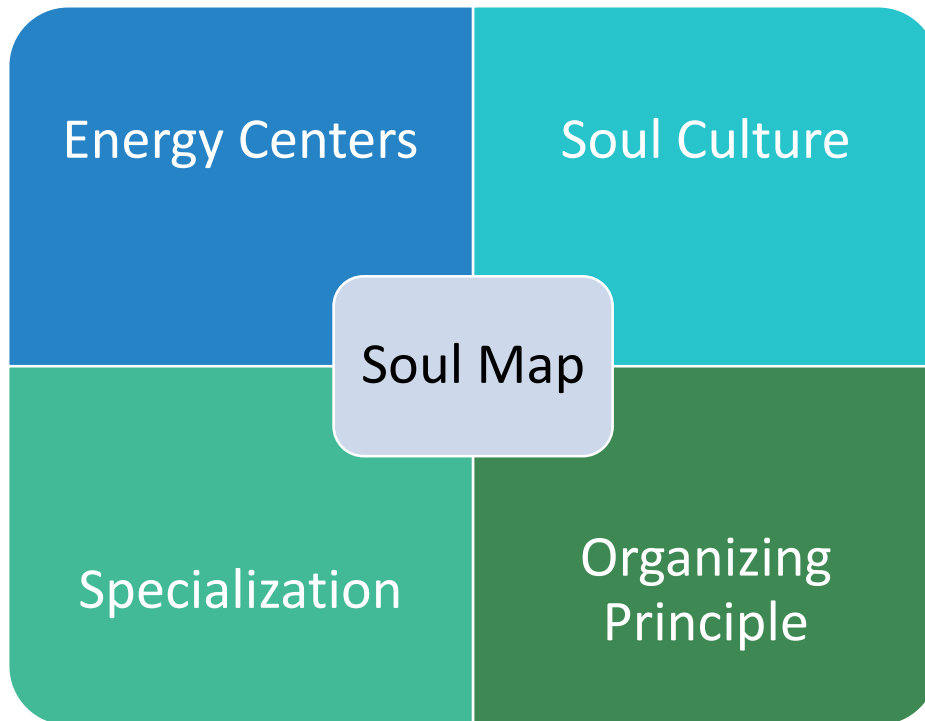
2nd Sacral: "Honor one another." Creativity, sex, money, manifesting in the physical. Law of magnetic attraction.

1st Root: "All is one." Safety, security, family and cultural patterns and beliefs. Connected to life. Survival.

Notes:

SOUL MAP

This following refers to the video "[Soul Map](#)"



Your Soul Map is a way of describing who you truly are—your True Self. It is how you are designed or ‘wired’, and is a fabulous way of discovering your Divine gifts.

Once you understand your Soul Map, you will be better able to align how you are being with who you truly are—in short, you’ll be able to easily close your Identity Gap.

Notes:

Soul Culture

Refers to traits that tend to show up in our experience.

Notes:



Image: fdecomite, "Iles de Paix" modular polyhedra, 2010

Specializations

Skill set that comes naturally; used to deepen and expand purpose.

Notes:



Image: John Gateley, Swiss Army Knife, 2015

ORGANIC	SYSTEMIC	LINEAR
<i>Creation Style</i>		
Unpredictable flow	Juggle several moving pieces	Step-by-step
<i>Features/Strengths</i>		
May appear not very organized at all	Comfortable juggling many moving pieces at once	Step-by-step planner
Things unfold “organically” in a way that only makes sense when finished	Able to take into account the entirety of an organization or structure, with all of its parts	Loves to-do lists and instructions and calendars
End results may appear highly organized and complex, but how created was not	Understands how various components affect one another within a system	Great at following through on tasks, managing projects, and getting things accomplished
Must allow themselves to flow in the present moment	Natural multi-taskers	Operate based on “What’s next?”
Most productive without a highly defined schedule or plan	Tend to get very bored when they focus on just ONE thing	Organized, methodical, prepared so that the “next” step runs smoothly
Don’t tend to spend much time on research or planning; best at figuring things out as they go	Get stressed when too focused on a single task because the rest of the “system” is being neglected	Excellent delegators of specific tasks that “come next” and ensure everyone is “in line” with a plan of action
Great when simply START without worrying about the entire process (intentionality, NOT planning is key)	Great at delegating individual components of a project, fabulous with complex project management, gifted strategists	Great at implementing plans, as long as not multi-tasking
Spontaneous and intuitive, and all things are subject to change at all times	Performs well when understands the overall goals and plans for spontaneity	Unanticipated disruptions require ‘a moment’ to regroup and restructure the plan
Best when comfortable seeing only the next step or two, and allowing the rest to unfold	Best when understand the big picture and can ‘see’ all the moving parts of the project or system	Best when break projects down into sequential steps in order to be effective
<i>Challenges</i>		
Can get stuck in inaction; “knowing” the process before beginning is not part of the organic process	Can get lost in their own vision and don’t know where to start, because they’ve created such an elaborate system in their heads	Overwhelmed by having to do too many things at once and by big and complex projects
Easily distracted (because of their spontaneity)	Small mishaps and can turn into major disasters because they see ALL consequences to the system	Can get stuck in the planning vs. the doing ... they LOVE to plan!
Can drive linear and systemic people crazy because seem to always be changing the plan	May create unnecessary whole new “systems” to deal with sudden crises	Abrupt upheaval or surprises
<i>Resistance</i>		
“Should” themselves for not planning, being more organized	“Should” themselves into being more focused or free-flowing	“Should” themselves into more spontaneity
Stopping progress in response to “too many rules”	Overcomplicating systems; simplicity can be a challenge	Researching and planning vs. doing

Align

This section is used for your Soul Realignment session. During this time we will cover your Soul Map, and reveal and clear the blocks and restrictions you have to aligning to your Soul Map.



CHECKLIST

- If you haven't already, print the 'Soul Map Notes' (page 16) and 'Soul Realignment Notes' (page 18) to take notes on during your reading (having that structure helps understanding)
- Create distraction-free time and space for your session so you can get the most out of it
- Create time after your session (at least 20 minutes) for you to begin to integrate the information

SOUL MAP NOTES

Primary issue: _____ Date: _____

ENERGY CENTERS

My soul's **SIGNATURE** energy center is: _____ at _____%

Notes: _____

My soul's **INFLUENCING** energy center is: _____ at _____%

Notes: _____

SOUL CULTURE

My soul's culture of origin is: _____

Notes: _____

SPECIALIZATION

My soul's specialization(s): _____

Notes: _____

ORGANIZING PRINCIPLE

My soul's organizing principle is: _____

0	25	50	75	100
Organic		Systemic		Linear

Notes: _____

LIFE THEME

My soul's chosen theme for this life is: _____

Notes: _____

Empower

This section includes the information and exercises to help you fully integrate what you learned during your Align session, and empower you to take actions that align your life to your Soul Map.

In each exercise you are asked to write about what has been reveal to you. Yes, you have already taken notes about this and received a written report...but write out the exercises anyway. Writing is a physical action that also creates changes at the level of thought, feeling, and experience. In other words, writing is a third dimensional action also creating change in the fourth and fifth dimensions.



CHECKLIST

- After our session, you'll receive your:
 - Soul Map Report
 - Recording of our session
 - Homework
 - Soul facet restoration reading (only if you had gained or lost soul facets)
- Complete the Divine Gifts exercise (page 20) using your session notes (pages 16-18) and your Soul Map Report
- Complete the Alignment to Soul Map exercise (page 22) using the Divine Gifts exercise (page 20) and your Soul Map Report
- Fill out the Soul Map Quick Reference (page 25) using your session notes (pages 16-18), the Divine Gifts exercise (page 20), Alignment to Soul Map exercise (page 22), and your Soul Map Report. Post this and look at it daily to keep you on track.

DIVINE GIFTS

Divine gifts are parts of our Soul Map—both those we perceive as ‘positive’ AND those we perceive as ‘negative’—that are part of what makes us awesome. Knowing our Divine gifts is the first part of Knowing Your Awesome, which helps you Own Your Awesome.

My Divine gifts from my Soul Map:

Signature Energy Center: @ %

Influencing Energy Center: @ %

Soul Culture:

Specialization:

Organizing Principle:

The Divine gifts that most resonate with me are: _____

Why do these resonate? Have you used them more in your life? Are you intrigued?

The Divine gifts that DON'T resonate with me or that I am uncomfortable with are: _____

Why don't these resonate? Have you used them in your life? Where are you making it wrong?

Where am I already using my Divine gifts?

Where are the opportunities in my life to use more of my Divine gifts? What else is possible?

ALIGNMENT TO SOUL MAP

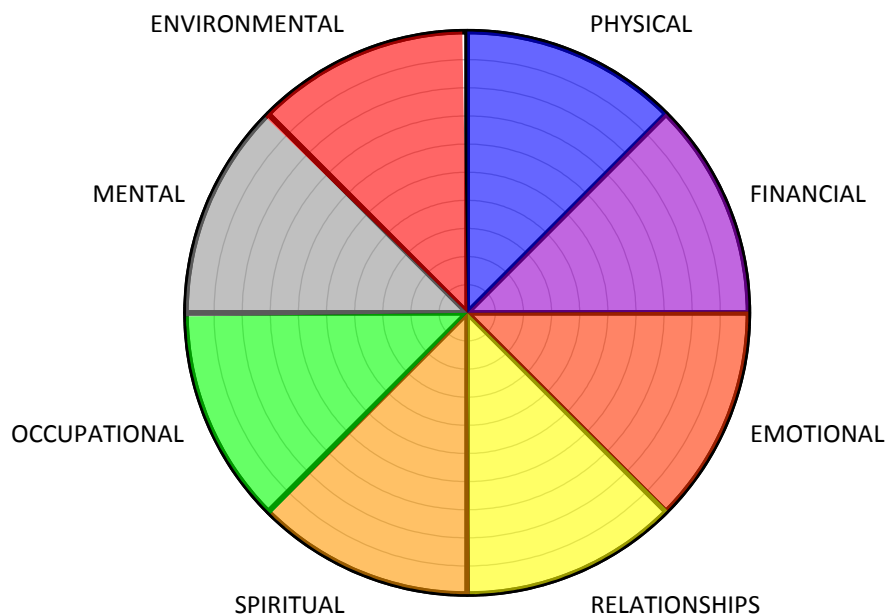
To transform your life and Unleash Your Awesome, it is as simple—and as challenging—as aligning your life to your Soul Map. While each piece of your Soul Map is important, it is **most** important to align your attitudes and actions with your Signature energy center. As you become more aligned with your Signature energy center, it is helpful to go back and incorporate your Influencing and energy center along with your Soul Culture and Specializations.

You've spent time digging into your Soul Map and looking at your Divine gifts; now, let's take it a step further by looking for alignment (or misalignment) in some different areas of life, including:

- Physical – your physical body and how you use it, nurture it, and meet its needs
- Emotional – your emotional flow and connection
- Mental – your way of thinking and approach to life, intellectual stimulation
- Spiritual – your spiritual practices, approach, and spiritual beliefs
- Financial – all things about your relationship to money and how you treat it
- Relationships – your approach to close relationships, friendships, and other
- Occupational – your business or job alignment, including tasks and approach
- Environmental – your environment, including physical space, attitudes of others, etc.

Look at your Soul Map Report and the Divine Gifts exercise, then take a few minutes to look at each of these life areas. Jot down a few things in each where your attitudes and actions align with your Soul Map, and where your attitudes and actions are misaligned with your Soul Map.

This exercise is designed to give a structured approach to aligning your life, and to start to empower you. During our follow-up appointments we will begin to dig into *how* to align your life, and this exercise launches our work together.



PHYSICAL

Aligned Attitudes & Actions	Misaligned Attitudes & Actions

EMOTIONAL

Aligned Attitudes & Actions	Misaligned Attitudes & Actions

MENTAL

Aligned Attitudes & Actions	Misaligned Attitudes & Actions

SPIRITUAL

Aligned Attitudes & Actions	Misaligned Attitudes & Actions

FINANCIAL

Aligned Attitudes & Actions	Misaligned Attitudes & Actions

RELATIONSHIPS

Aligned Attitudes & Actions	Misaligned Attitudes & Actions

OCCUPATIONAL

Aligned Attitudes & Actions	Misaligned Attitudes & Actions

ENVIRONMENTAL

Aligned Attitudes & Actions	Misaligned Attitudes & Actions

SOUL MAP QUICK REFERENCE

ENERGY CENTERS OF TRAINING	
SIGNATURE	INFLUENCING

Top 3 elements to apply in my life

1.	1.
2.	2.
3.	3.

Top signals of blocked energy

CULTURE	SPECIALIZATION	ORGANIZING PRINCIPLE

Aligning attitudes and actions:

Aligning attitudes and actions:

Aligning attitudes and actions:

Comments:
