



ALIGNMENT AUDIT TOOLKIT

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"WHEN YOU ARE IN ALIGNMENT,
YOU DO NOT NEED FORCE OR
ACCOUNTABILITY BECAUSE YOU
ARE INSPIRED TO TAKE ACTION"

-Melissa Machat

LETS START WITH MINDSET



Mindset isn't just positive affirmations and staying positive when things get tough.

Mindset is actually that inner dialogue happening whether you realize it or not, your beliefs, your thoughts, your self-talk, and all of the things that are controlling your outcome and results without you even realizing it.

Fears, doubts, feelings of not being good enough, maybe this isn't for me, maybe I'm not meant to do this, fear of being rejected, what would other people think, I know what I'm supposed to do, but I'm just not motivated or disciplined enough to do it.

Does this resonate with you?

You want to grow, but you also doubt whether you can. Other people seem to get lucky and have success but maybe it's not in the cards for you.

And the idea of growing your business or wanting to be successful but feeling like it's not working just adds to the overwhelm.

If you feel like you are beating your head against a wall and something is just not working, then you are not alone and I'm about to share some resources with you so you can keep your head above water and figure out what's really holding you back.

Sound too good to be true and too easy? It's not and I suffered for years with this exact problem and I learned the hard way so you don't have to!

Let's get started and step 1 is always self-awareness and reflection.



DEFINING SUCCESS



What is your definition of success? Chances are you might be following someone else's definition or rules of what success looks like, and are you clear on what YOUR definition is?

Here are some reflection questions to help you self-discover what's important to you and refocus on what you actually want!

- What is your definition of success?
- What lights you up?
- What gives you energy?
- What excites you
- What do you naturally do in your free time?
- What it is that gives you joy?
- What does your ideal business look like?
- When do you actually want to work?
- What does your ideal day look like?
- How much do you really need to make?



WHAT IS AN ALIGNED BUSINESS?

- Things flow with ease
- Inspired and excited to take action
- Living in your purpose
- Following your own rules
- More joy and happiness in your life
- Having fun
- No guilt or shame around doing things your way
- Minimal effort to achieve your goals



How do you create an Aligned Business?



WHERE ARE YOU OUT OF ALIGNMENT?



Take a moment to reflect:

- What areas of your life are you saying you want something and your actions/behavior says differently?
- Where are you getting frustrated and beating yourself up?
- Who's rules are you following?
- Pay attention to your language, "should" "supposed to" "behind" "not enough"
- Where do you feel guilt and obligation?

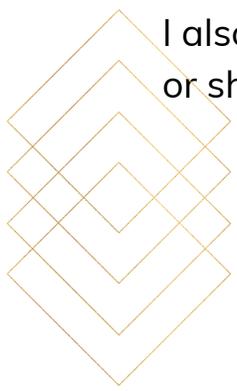
Your first step: Start making a list of EVERYTHING you are doing, supposed to be doing, and should be doing whether you are actually doing it or not.

That could be daily tasks, ideas, projects, someday when you have time you'd love to do _____ etc.

And for everything you are currently doing, I really mean EVERYTHING.

I want you to get clear about everything that's on your plate right now and everything you wish you were doing but aren't.

I also want you to write down and get clear about everything you are doing or should be doing that you are resisting.



OK, I HAVE MY LIST, NOW WHAT?



I knew exactly what I needed to do to grow my business but was resisting and avoiding it and thought I needed more intense accountability to force me to do what I was 'supposed to be doing'.

Felt like I wasn't motivated enough or disciplined enough, must be lazy, and if I really wanted it I would make it happen so WHY WAS IT NOT WORKING?!

Does this sound like you? Hang in there because I'm going to share how to stop the madness and what to do with your list....

Go through the list and make a check mark, highlight, (or whatever makes you happy) ALL of the things that DRAIN YOUR ENERGY AND DO NOT EXCITE YOU.

AND NO HOLDING BACK!!!!

Are you starting to see how much you are doing that is actually draining you and doesn't excite you?

Let's take a moment and visualize what life would look like if you stopped trying to do all of the things that drain you and don't bring you joy.

Do you feel lighter? Happier? Relieved? Or does it seem too good to be true and unattainable?

This is actually the first step to realizing what is out of alignment, so congratulations because you are already taking action to figure out your blocks!





I believe when you are in pure alignment you do not need accountability because you are inspired to take action.

So look at that list again, and everything you are “supposed to” or “should” be doing that drains you, ask yourself...

- What would you PREFER to do instead?
- If there were no rules, what would you do?
- What does YOUR WAY look like?

You can also go through these 4 questions below and here's a hint, the answers are already within you.

See what happens when you ask yourself these questions out loud, without analyzing or thinking, just ask yourself the questions and listen to the first thing that comes up.



4 QUESTIONS TO GET YOU BACK INTO ACTION



WHAT IS CAUSING ME TO FEEL THIS WAY?

A large, solid beige rectangular box intended for writing the answer to the first question.

WHAT OUTCOME AM I AVOIDING?

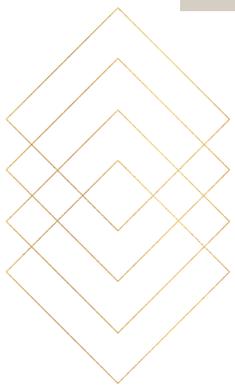
A large, solid beige rectangular box intended for writing the answer to the second question.

WHAT DO I WANT?

A large, solid beige rectangular box intended for writing the answer to the third question.

WHAT'S THE FIRST STEP TO MAKE IT HAPPEN?

A large, solid beige rectangular box intended for writing the answer to the fourth question.



NEXT STEPS TO CREATE A PURELY ALIGNED LIFE & BUSINESS



STEP ONE

What does your dream life and schedule look like?

STEP TWO

How many hours and days do you actually want to work?

STEP THREE

Where can you start saying NO and renegotiate commitments?

STEP FOUR

What's the first step you can take towards creating an aligned business?



WHAT'S NEXT?



This is the first step to figuring out what might be out of alignment, where you're following someone else's rules instead of your own, and gaining clarity around what you actually want!

This was an eye-opening exercise the first time I did it. No one had asked me what gives me energy and excites me versus what drains me and what I don't enjoy because I never thought I had an option.

I also had a huge realization that the things I was avoiding or resisting were not actually true to what I wanted, they were what I was told I should be doing!

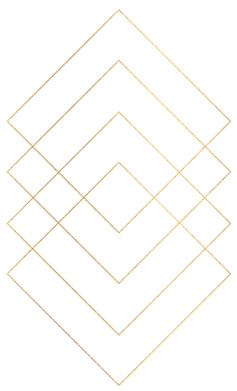
Did you know as humans we are programmed to focus on the negative and what we DON'T want?

Do you even know what you DO want?

It seems simple and I find most people actually don't have an answer when I ask them that question.

Typically when I come across someone who feels stuck in their business, things aren't working, or it's like they're hitting their head against a wall, something is out of alignment.

When you are clear on your values, what's important to you, and the life you want to create, you are inspired to take action.





You don't need accountability. You don't need force. And things will happen with ease.

So if that's NOT what's happening in your life right now, and it seems like it's the exact opposite where nothing is working, I would challenge you to evaluate what you're doing, why you're doing it, and who's rules you're following.

Chances are you are following someone else's definition and trying to create a life on someone else's terms and not your own.

When I started to learn about this, I was completely in denial and 100% resistant. I believed the reason things weren't working was because I just had to push harder and do more, and I had to prove I could achieve my goals and be successful.

It took years for me to figure out "what was wrong with me" and I was searching for answers in all of the wrong places.

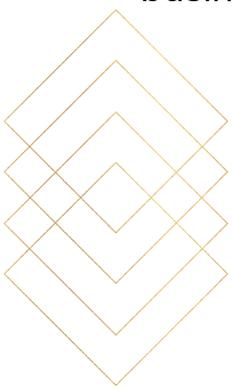
I hope this information helped you start to figure out what might be out of alignment in your life so you can rediscover what you truly want.

Remember, this is a journey and I'm here as a resource for you.

It's small adjustments every day, and it's not someday when you get there, living in pure alignment get's to start NOW!

I can't wait to see the magic that happens when you are building life and business on your terms in pure alignment.

-Melissa Machat



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ADDITIONAL RESOURCES



Here are additional resources if you're ready to learn more about becoming Purely Aligned....

Free Resource: [Path to Freedom Facebook group](#) - immediate access to multiple masterclasses and mindset tune ups as well as all future free classes!

Purely Aligned Podcast- New episodes weekly and please make sure to subscribe and leave a review

Digital Course: [Stop the Hustle: End the Grind and Get Aligned](#) - Learn about NLP and what's really holding you back, including HOW to take back control of your mind

Workshop: [Next Level Alignment](#) Learn your values at the unconscious level and how knowing this is the secret to joy, happiness and fulfillment

You can also find me on Instagram @melissamachat and I am here for you as a resource on your journey to living a purely aligned life!

