

The Reset and Realign BLUEPRINT

MODULE 1

The Reset Begins

Journal Prompts

1 What pulls me away from stillness?

2 How do I usually respond when I try to pause?

3 What would it feel like to give myself permission to slow down without guilt?

NAME THE NOISE

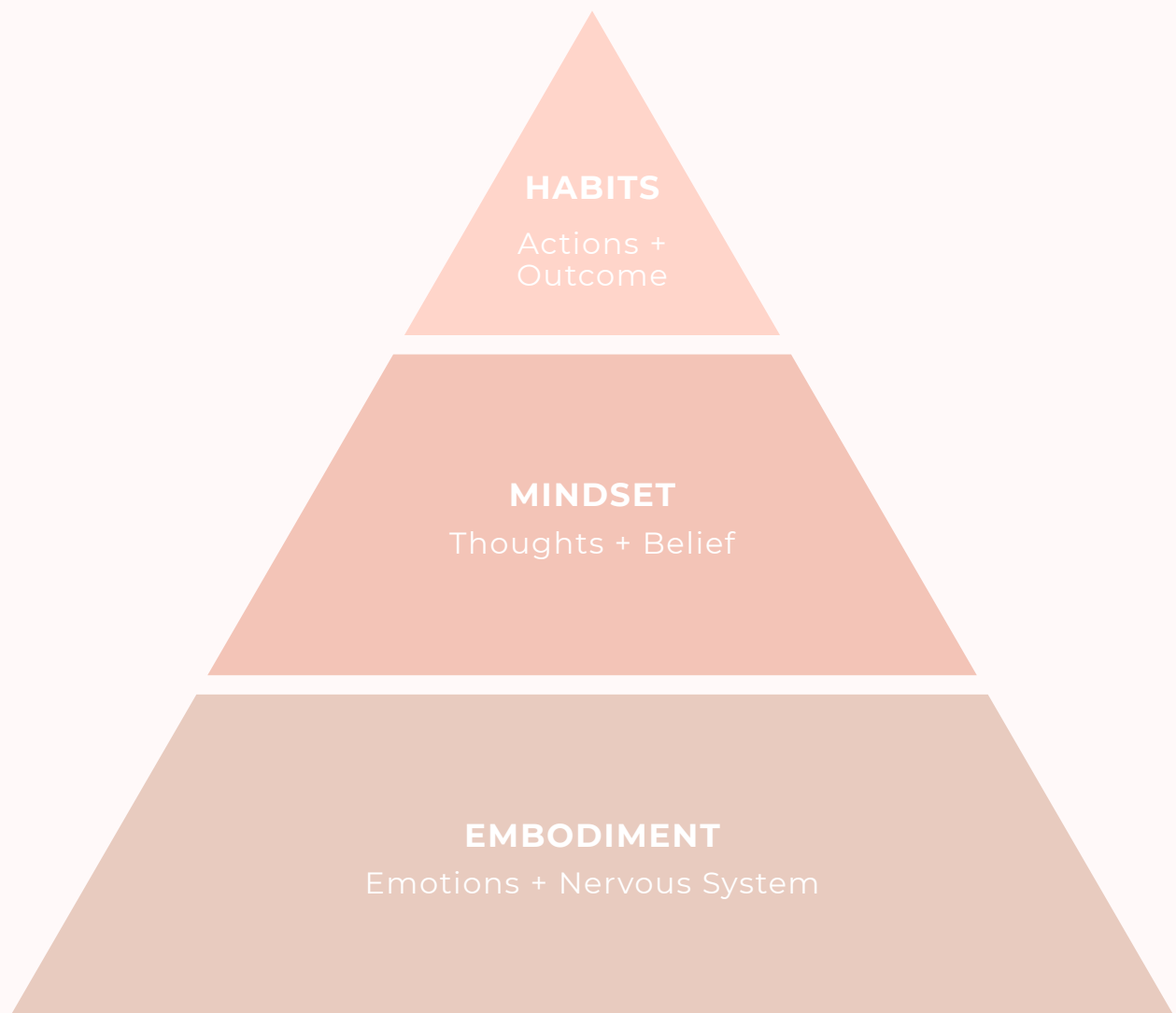
Sit quietly for 5 minutes. When distractions pop up, gently note them — no judgment, just awareness.

Root Energy Pyramid

Your Frequency is Your Foundation

WHEN YOU SHIFT YOUR ROOT ENERGY, YOUR LIFE STARTS
TO FLOW.

- SHANNON COLLEEN



Most people try to change their life from the top down,
but true lasting change starts at the energetic root.

Journal Prompts

1 What do you actually want? This could be the hardest question you ever ask yourself.

2 If could do, be, have anything... what would that look like?

3 What are the emotions that fit that reality?

4 What would it look like to wake up everyday feeling excited, energized, and aligned? Is this what it would take to feel this way?

The Feeling Frequency

Where do you currently fit?

**POSITIVE
FEELINGS**

**NEGATIVE
FEELINGS**

BELIEF

BEING. DOING. HAVING.

WRITE IT ALL OUT

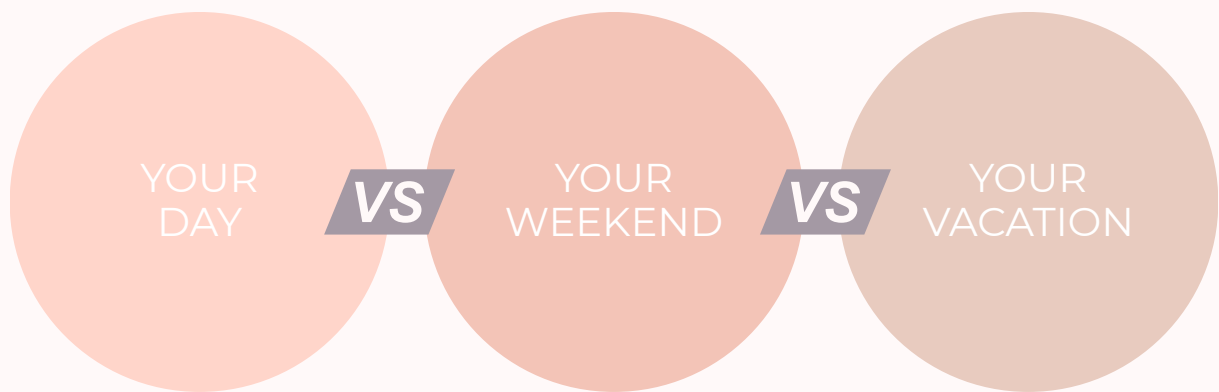
How does it feel? believable? Maybe not yet. maybe a little..

Whats stopping you? Name all the things- family, paycheck, friends, failure, income, failing, unsure how, etc.

You are a Creator

Shift from unconscious patterns to intentional power.

Lets compare- your day, your weekend, your vacation.



CREATION



INNER
ABILITIES



SELF
PROGRAM

Time to shift back.
Understanding and awareness.

INTENTION

CLARITY. HONESTY. DEVOTION TO WHAT MATTERS.

So here's your job:

Do the work.

Show up with a willing heart.

Be honest with yourself.

Stay committed to what you really want.

Homework

Get CLEAR on what you want if you could have
do be anything.

Write it out, how it feels, how your life looks, what
you're doing, your house, job, day, finances.

This may change a little but take the time to get
still every single day for 5 minutes with absolutely
no interruption and find this state.

Write anything that comes up additionally with
what you want, feel, have, love.