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The Authentic Alignment Challenge

*Get ready to start living more authentically, one
small step at a time.*



Hello lovely,

WELCOME!

I'm so excited that you're taking this challenge! I promise, it's going to be transformational.

Hi, I'm Francesca, a late-diagnosed autistic woman and mother of an AuDHDer. I know what it's like to feel misunderstood and disconnected.

After my diagnosis, I struggled to find clarity and guidance in the emotional journey that followed, which is why I created Sparkly Frog to guide others through the journey of self-acceptance.

This Authentic Alignment Challenge is a 14-day journey to help you reconnect with who you really are. Each small step will guide you toward living authentically and in alignment with your true needs.

If you've ever felt like you didn't belong or had to hide who you are, this challenge is for you.



Let's take these 14 days together to start living more authentically, one small step at a time.

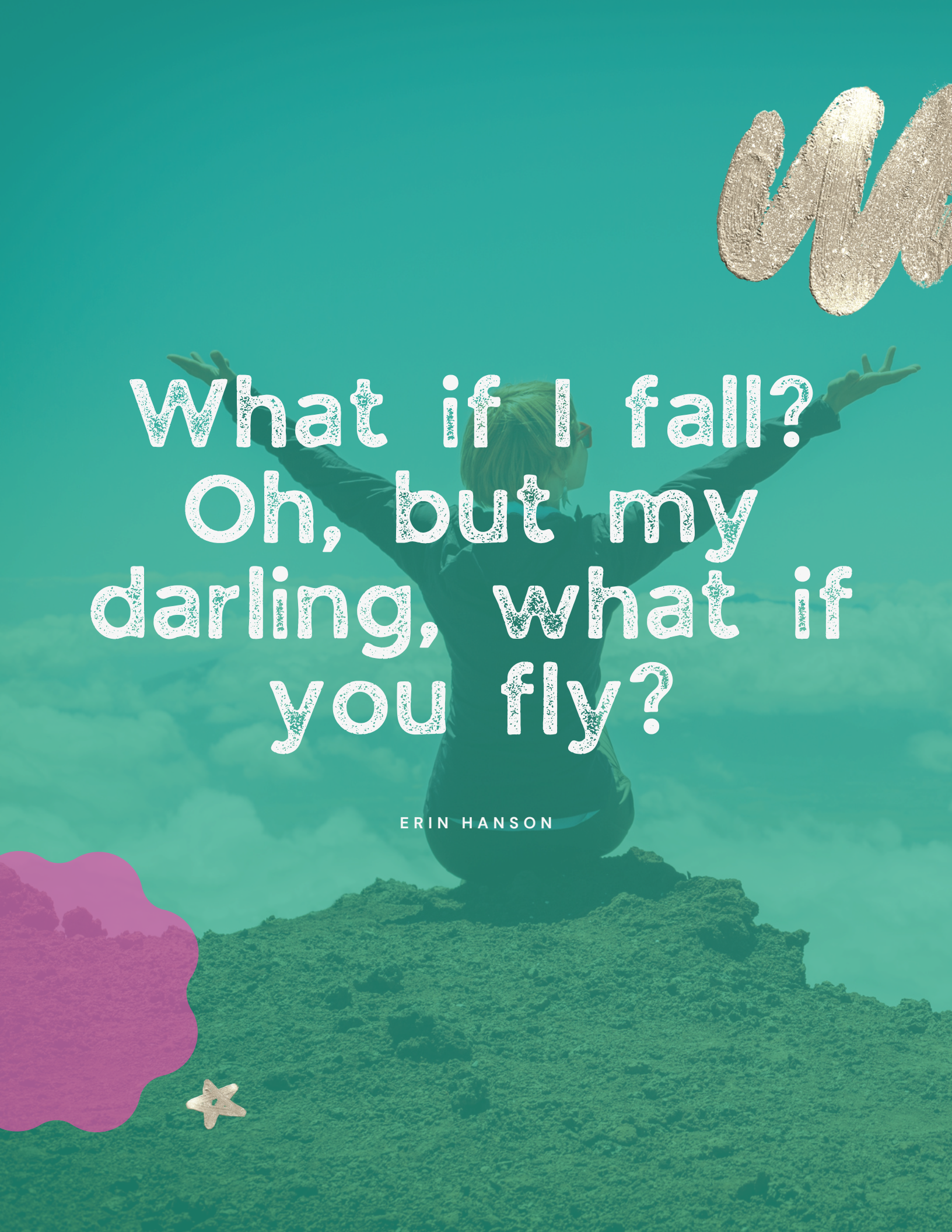
Welcome to the journey. I'm here to walk beside you.

*Francesca
Kx*

THE AUTHENTIC ALIGNMENT CHALLENGE

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Website: www.sparklyfrog.com

A person with their arms outstretched stands on the edge of a cliff, looking out over a vast, teal-colored landscape. The background is a solid teal color with a subtle, textured pattern. In the top right corner, there are two large, gold-colored brush strokes. In the bottom left corner, there is a large, pink, cloud-like shape and a small, gold-colored star.

What if I fall?
Oh, but my
darling, what if
you fly?

ERIN HANSON

Getting Started

STEP ONE

1

COMMIT TO YOURSELF

This isn't about perfection, it's about showing up for yourself each day. Commit to taking small steps toward alignment, and trust that even a few minutes of attention can make a big difference.

STEP TWO

2

TAKE ACTION, NO MATTER HOW SMALL

Every action counts, no matter how tiny it may seem. Listen to your body and brain—if something feels right, do it. If something feels off, take a pause. Trust your instincts and keep moving forward, one step at a time.

STEP THREE

3

HAVE FUN WITH IT

This is your journey, and it's okay to enjoy the process. Find moments of joy in these small shifts, and allow yourself to celebrate the progress you make – no matter how subtle.

Ready to get started? Good, let's do it...

ALIGNING AUTHENTICALLY

Daily Dose of Authentic Alignment

To truly reconnect with your authentic self, it's the small, everyday actions that make all the difference. By taking tiny steps each day to tune into your needs, you'll slowly build a foundation of trust and alignment with who you really are. Here are a few simple actions to get you started on this journey toward living more authentically, one small step at a time.

1 • MORNING SELF CHECK-IN

Take a moment every morning to ask yourself, "How am I feeling today?" Pay attention to any emotions, thoughts, or physical sensations that arise. This simple act of tuning into yourself will help you start your day with awareness, so you can better understand what you truly need throughout the day.



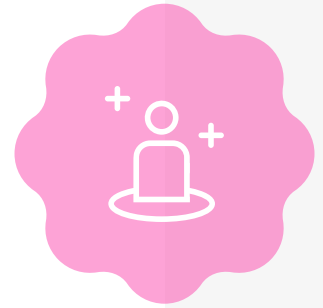
2 • NOTICING ALIGNMENT

As you move through your day, take note of a moment when something feels right – when you feel in sync with yourself, your body, or your environment. It may be a conversation, a task, or just a quiet moment of peace. By noticing these moments, you'll start to recognise what truly aligns with your authentic self.



3 • GENTLE BOUNDARY SETTING

Today, practise saying “no” to something that doesn’t feel right, even if it’s small. This could be turning down an invitation or taking a break when you need it. Setting boundaries is a powerful act of self-compassion, and each small “no” helps you protect your energy and honour your true needs.



4 • BODY AWARENESS BREAK

Throughout the day, take 2–3 minutes to check in with your body. Notice any tension, discomfort, or areas where you feel at ease. Simply observing how your body feels can help you reconnect with your instincts and build trust in your body’s signals, which is key to aligning with your true self.



5 • EVENING REFLECTION

Before bed, spend a few minutes journaling about one thing that went well during the day and how it felt in your body. It could be something as simple as a kind interaction or a moment of self-care. Reflecting on your day in this way helps you end on a positive note and reinforces your growing sense of self-awareness and authenticity.



THE AUTHENTIC ALIGNMENT CHALLENGE

Daily Routine

start date:



MORNING SELF CHECK-IN



NOTICING ALIGNMENT



GENTLE BOUNDARY SETTING



BODY AWARENESS BREAK



EVENING REFLECTION

1

2

3

4

5

6

7

8

9

10

11

12

13

14



You've made it!

I truly hope this challenge has shown you what's possible and helped you begin to reconnect with the real you. Even the smallest steps can lead to big changes and, by taking this time for yourself, you've already set yourself on a new and exciting path

This challenge is just the tip of the iceberg, there are so many more ways I can help you.
If you're ready for the next steps, here's how we can work together...

1:1 Coaching: Coaching to help you find clarity, build confidence, and create balance.

Guided Journaling: The See Your Story journal is coming soon to help you explore and align with who you really are.

Workshops and Resources: Insights and support through workshops, blogs and social media.

FIND ME AT:

- Website: www.sparklyfrog.com
- Instagram: [@sparklyfrog_francesca](https://www.instagram.com/sparklyfrog_francesca)

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