

*The 7 Keys to Alignment
for Highly Sensitive & Empaths*



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From Determined & Doubtful to Empowered in your true nature !

As you explore these 7 essential keys to alignment, you're going to discover the layers that effect us Highly Sensitive and Empaths... and how to embrace and empower each one.

- #1 Boundaries**
- #2 Energy Flow**
- #3 Individuality**
- #4 Authentic Expression**
- #5 Inspired Impact**
- #6 Self-Actualisation**
- #7 Validation**

#7 Validation is the most important and is the foundation for all the others.

As a fellow hsp, empath - I get it!

I see and appreciate your passion & vision and I understand the challenges of living in this noisy, overstimulating world!

From Determined & Doubtful to Empowered in your true nature !

Alignment = what feels good, what feels right for YOU, what fits, what makes you feel grounded.

Alignment means something different for each individual depending on the dynamic combination between their needs, desires and preferences in life.

What about the added nuance of being a Highly Sensitive Person (HSP) or Empath?

All HSPs share the powerful traits of deep feeling, processing and intuition - how you experience these and utilise them in the world is entirely unique to your individual experience.

My own journey as an HSP, Empath, professional and business owner has brought me huge insight into the needs and challenges faced by HSPs & Empaths and I have been comparing notes with my fellow HSPs for years now.


Here is what I learned about the journey of alignment and the 7 keys that support it:

**Answer the questions that accompany each essential key and journal further where you need more clarity on your answers.*

01

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Boundaries



To experience alignment, your needs have to be met without any feelings of guilt. This is the basis of healthy boundaries.

01 *Why Boundaries?*

Your needs must be met without feeling guilty about it.

As HSPs and empaths, our empathy can lead us to putting everyone else's needs first. We can sense, feel and notice the subtleties in others' experience and it doesn't feel natural for us to **not** respond. We sooth, appease, support & empower others very naturally.

A lifetime of cultivating this habit means that when we come to prioritise our own needs and wants, it can feel like we are being selfish or self-centred. This is where boundaries come in. Boundaries are respectful and empowering for all involved.

They don't create a divide but rather, they strengthen understanding and open communication. Meeting our own needs with honesty and without feeling guilty is the basis of healthy boundaries. The more you prioritise yourself and what you truly want and need in a given situation, the easier it gets to set boundaries in all areas of your life.

On a scale of 1-10, how good are you at meeting your own needs?
Be honest with yourself.

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Energy Flow



Managing your energies and living life to a rhythm that suits you allows for a productive and steady energy flow.

**Enough with dancing to the beat of others demands and expectations.*

02

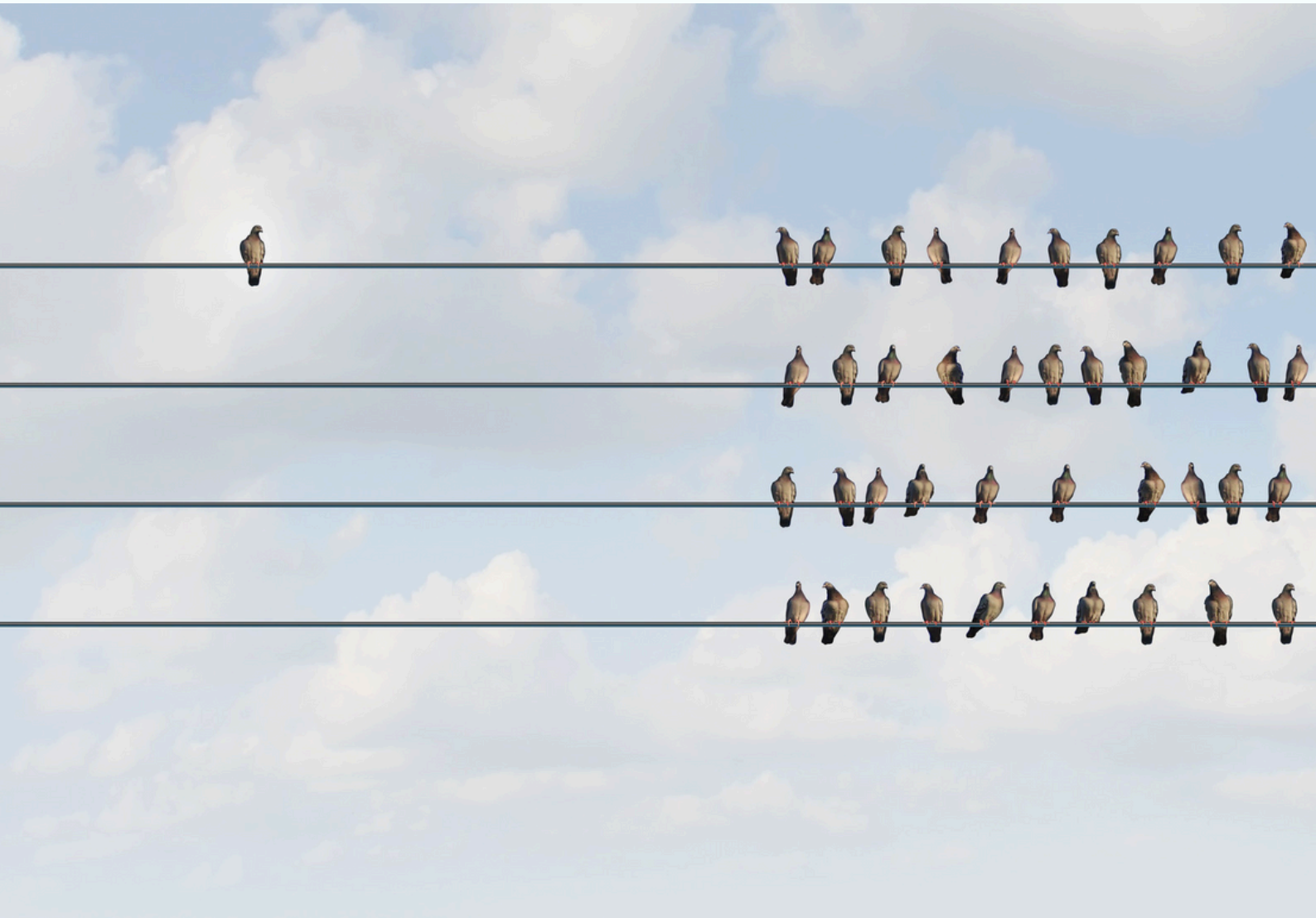
Why Energy Flow?

Managing and honouring your unique energy flow is a vital part of your well-being. If you leave it as an afterthought, it tends to catch up on you in the form of exhaustion and overwhelm. This is extremely common for HSPs and the one area that needs our attention the most so that the positive aspects of our trait can THRIVE!

When you prioritise your energy flow and learn to cultivate your own optimal energy level, you learn how to live life to a rhythm that suits you, where a productive and steady energy flow underpins everything else. This is essential.

What does your ideal rhythm feel like?

Individuality



*Honour who you truly are and you are
on the path of least resistance.*

03

Why Individuality?

To live life and run your business on the path of least resistance, you must honour your individuality, who you truly are. Call it your core identity, self-concept, true self or higher self - it is that feeling only you know, of being yourself - feeling true, grounded and content.

The best and easiest way to tap into this part of yourself is by trusting your own judgement and tuning into your intuition more intentionally and more frequently and taking aligned action based on your intuitive feelings. Aligned action is action that feels good and makes you feel inspired and excited about that action and the potential consequences of that action - i.e. the future.

How are you honouring your individuality?

04

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Authentic Expression



*Alignment comes through full expression
of who you are-
creatively, authentically, without hesitation.*

04 *Why Authentic Expression?*

Aligned action goes hand-in-hand with authentic expression - whatever that means for you.

Full expression of who you are, creatively, authentically and without hesitation will empower your path and make it much much easier to define success - your version of success, not success defined by others or by society or social media!

If this is challenging, begin in a small way, you won't find your voice through a lack of expression.

So many HSPs and Empaths have incredible ideas and a clear vision of what they want to achieve but they get blocked in the expression of it. Finding your voice is essential.

What one thing can you do this week to honour your authentic expression?

Inspired Impact

DREAM IT

WISH IT

DO IT

ACHIEVE IT

*HSPs are drawn to heart-felt,
meaningful work that makes an impact
on the world around them.*

05 *Why Inspired Impact?*

Highly Sensitive & Empaths are extremely creative and they are drawn to heart-felt, purpose-driven work that makes an impact on the world around them.

As entrepreneurs and employees, and in every industry, HSPs bring forward-thinking, creativity, detail and depth to the conversation. In doing so, they are making waves and bringing change to their corner of the world.

When ambitious, forward-thinking highly sensitive & empathic professionals learn to apply their innate strengths and skills to their work, they not only create a ripple effect in their industry, they maximise their own potential.

HSPs & Empaths have so so much to offer every industry, but we need to work within energetic boundaries that allow us to SHINE!

What IMPACT do you dream of making?

06

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Self-Actualisation



*Growth, progression, becoming.
Optimising your unique potential.*

06 *Why Self-Actualisation?*

As deep thinkers, most HSPs enjoy deeper topics of conversation to small talk and they love to ponder larger life questions. One of which is their own being, becoming, growth & potential - self-actualisation.

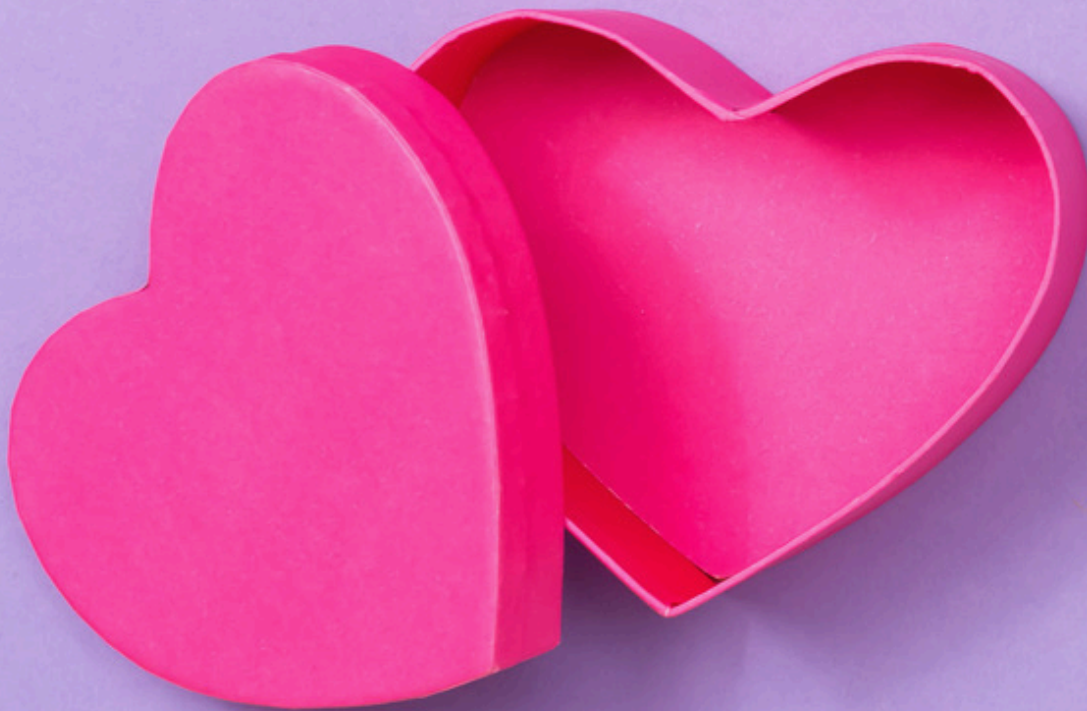
It is natural of course for most people to seek to optimise their potential. For HSPs, it is natural to do so while also feeling inspired to make a difference to the world around them in a heart-felt, soul purpose, 'I was put on this earth to do this' sort of way.

This is why you'll find so many HSPs in caring, supporting professions like education, psychology, therapy and coaching, and creative, expressive professions like the arts, music and creative fields. You'll also find them in innovative industries and entrepreneurship across many fields.

But, as HSPs make up 30% of the population, they are in every field, every pocket of society and have so much to offer. Bravely Be You in the world!

Have you always felt that pull for growth?
How have you responded in the past?

Validation



You need to give yourself the validation you deserve so others around you can follow your lead. Many may not ever get you, but that's fine.

Never dismiss your own experience or wisdom.

07 *Why Validation?*

This one is not just essential, it is crucial - a deal breaker.

You need to give yourself the validation you deserve for being an HSP and having this powerful trait so others around you can follow your lead!

How you treat yourself and define yourself demonstrates to others how it should be done. Many people you cross paths with will not 'get it', they will not understand you, this is OK.

It is your responsibility to empower and validate yourself - it has to come from within. Start by accepting and believing that the Highly Sensitive trait is a real thing ! You have enough evidence from your own life, don't you?

Being Highly Sensitive is not a diagnosis and it is not a condition or something to fix. It is a trait, a part of who you naturally are. Never dismiss your own experience, your own knowing and wisdom. Surround yourself with supportive friends and a community who do get it and who appreciate you.

How do you feel about your trait of sensitivity?



let's chat

or DM me @hspalignmentcoach

Sinead x





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