

Self-Mastery Starter Kit
“Alignment is the Key”

**“WHAT’S REALLY HOLDING
YOU BACK?” –**

SELF-SABOTAGE AUDIT



Thought Patterns

»» Tick anything that feels true ««

- I overthink simple decisions
- I doubt myself even after success
- I wait for the “perfect time” to start
- I fear judgment or criticism
- I compare myself to others constantly
- I feel like I’m not “ready yet”
- I start things but don’t finish them

Emotional Patterns

»» Tick anything that feels true ««

- I feel overwhelmed easily
- I avoid situations that challenge me
- I feel drained without knowing why
- I struggle with consistency
- I feel guilty when prioritising myself
- I suppress my emotions instead of processing them

Behavioural Patterns

»» Tick anything that feels true ««

- I procrastinate important tasks
- I distract myself (social media, busy work)
- I say yes when I want to say no
- I undercharge or undervalue myself
- I don't show up confidently online
- I delay taking action even when I know what to do

SCORING:

”

0–5 ticks → Mild
resistance

”

6–12 ticks → Active
self-sabotage patterns

”

13+ ticks → Deep
subconscious blocks
(needs alignment
work)

»» Which pattern shows up the most in my life — and what is it trying to protect me from ««

STEP 1 Breathe

»» Breath & Reset

- Close your eyes
- Inhale for 4 seconds
- Hold for 4 seconds
- Exhale for 6 seconds

»» Repeat 5 times ««

STEP 2: Thought Alignment (1 min)

»» Ask yourself: ««

- What am I focusing on right now?
- Is this helping or draining me?

Replace with:

“Today I choose clarity, calm, and

»» aligned action ««

STEP 3

»» Emotional Check-In (1 min) ««

- What am I feeling right now?
- Where do I feel it in my body?

Say:

»» “I allow this feeling to move through me” ««

STEP 4

»» Intention Setting (1 min) ««

- Today I will focus on: _____
- The ONE action I will take: _____

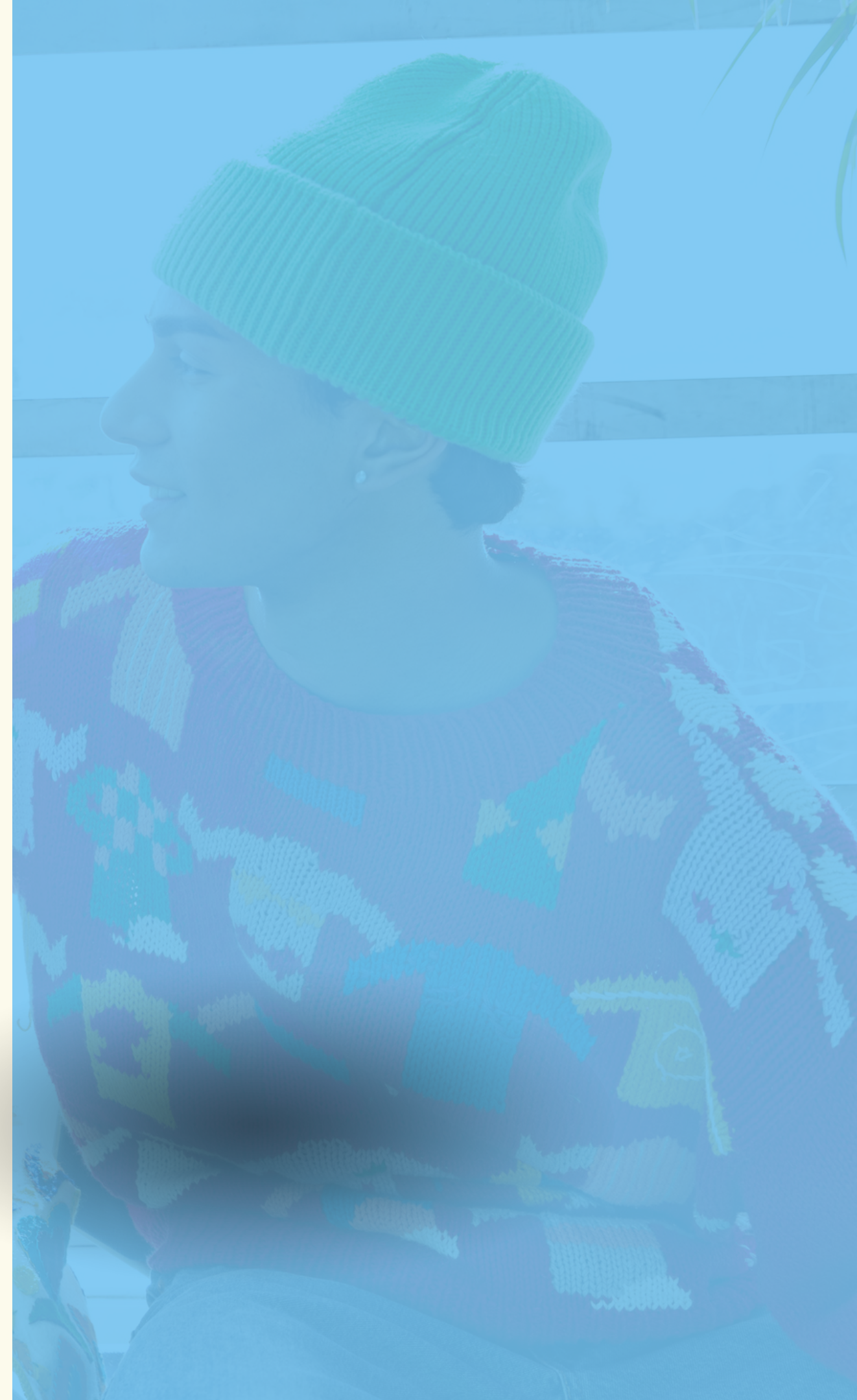
STEP 5: Identity Anchor (1 min)

»» Repeat: ««

I am becoming someone who follows through, trusts themselves, and creates aligned results

RELEASE & RESET TECHNIQUE (3-7 MINUTES)”

[PivotSimply](#) | [UnboundPivot](#)



STEP 1

»» Identify Emotion ««

- What am I feeling?
- (e.g., stress, fear, doubt)

Rate intensity: 1–10

STEP 2: EFT Tapping Sequence

»» Tap gently on: ««

- Side of hand → “Even though I feel ____, I accept myself”
- Eyebrow
- Side of eye
- Under eye
- Under nose
- Chin
- Collarbone

Repeat:

»» “This feeling is safe to release. ««

STEP 3

»» Breath Release ««

- Inhale deeply
- Exhale slowly through mouth
- Imagine releasing heaviness

STEP 4

»» Reframe ««

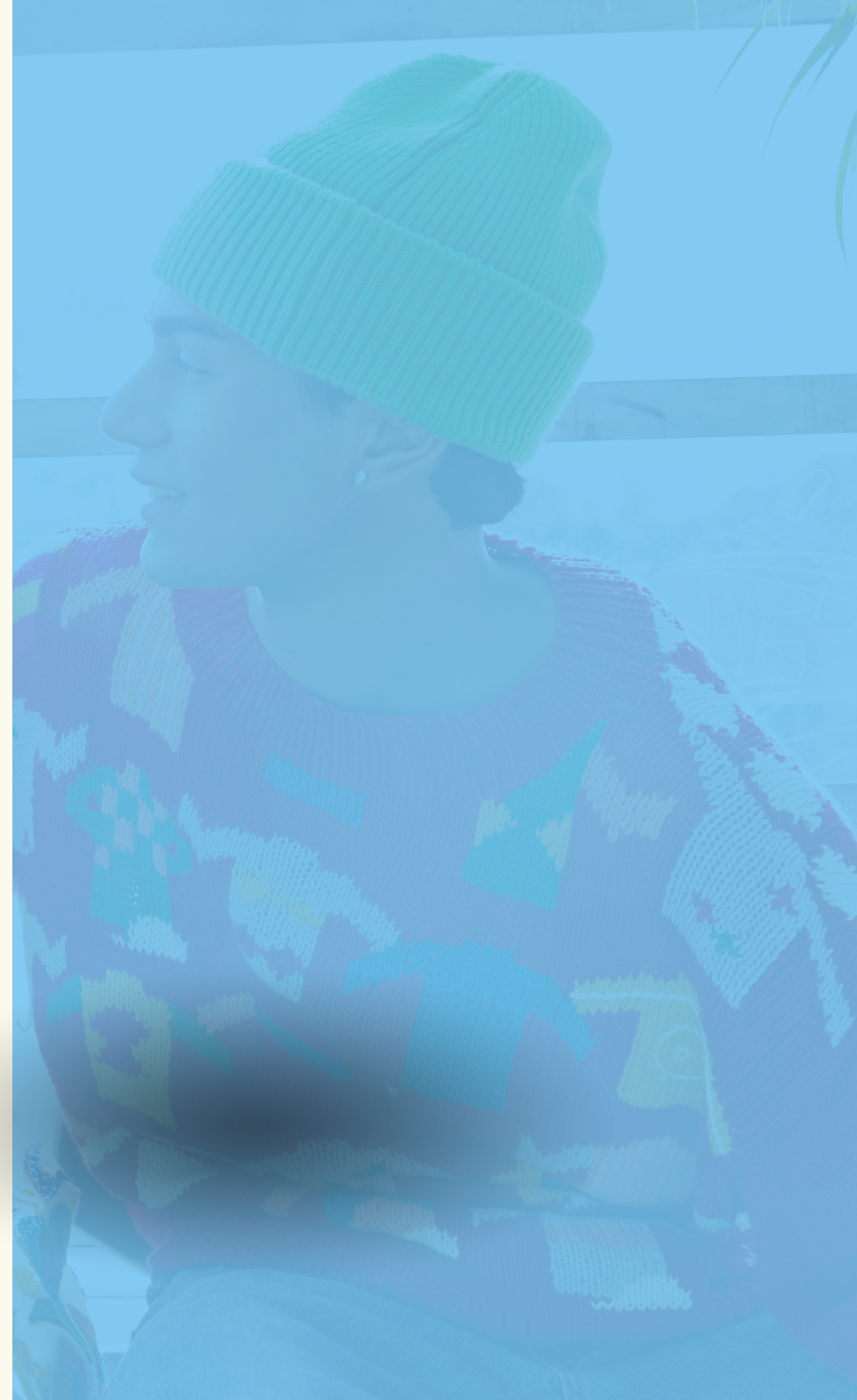
- Say:
- “I am safe. I am supported. I am in control

STEP 5

»» Re-rate emotion ««

- Notice shift (usually drops 2–5 points)

RECONNECT WITH YOUR INNER GUIDANCE



STEP 1

»» Silence the Noise ««

- Sit quietly for 2–3 minutes
- No phone, no distractions

STEP 2: Ask One Question

»» Examples: ««

- What do I need right now?
- What is the next aligned step?
- Is this decision right for me?

STEP 3: Listen (Without Forcing)

»» Notice: ««

- First thought
- Body sensation
- Emotional response
- Your intuition is usually:
- Calm
- Clear
- Immediate

STEP 4

»» Trust Practice ««

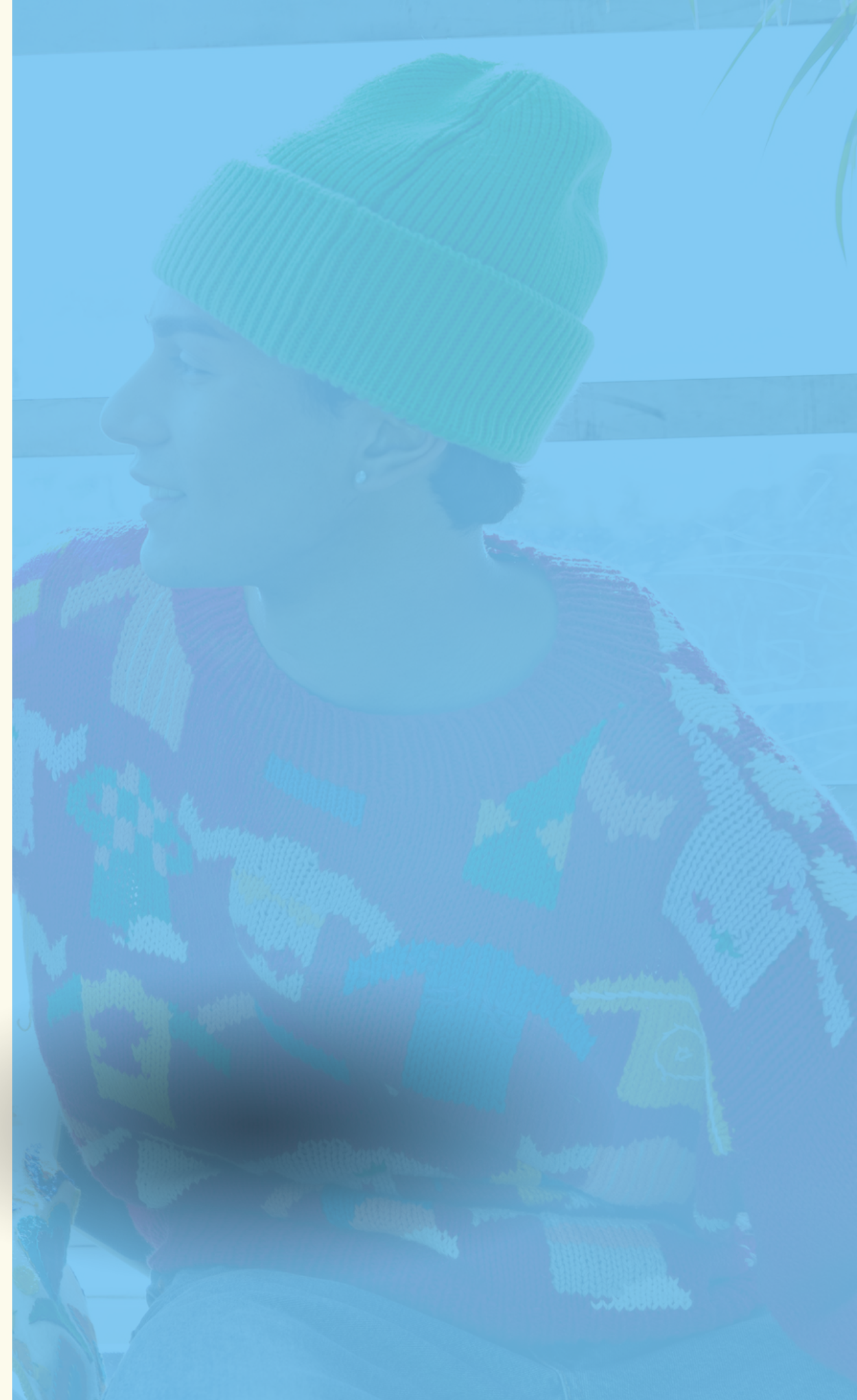
- My intuitive answer: _____
- My logical doubt: _____
- Choose one small action aligned with intuition

STEP 5

»» Daily Strengthening ««

- Ask 1 small intuitive question daily
- Act on it
- Build trust

ALIGNMENT & GROWTH TRACKER



STEP 5

»» Daily Strengthening ««

- Ask 1 small intuitive question daily
- Act on it
- Build trust

SCORING:

DAILY TRACKER TABLE

Day	MOOD (1-10)	ENERGY (1-10)	ALIGNMENT PRACTICE DONE
	KEY ACTION TAKEN	EMOTIONAL STATE	

»» Which pattern shows up the most in my life — and what is it trying to protect me from ««

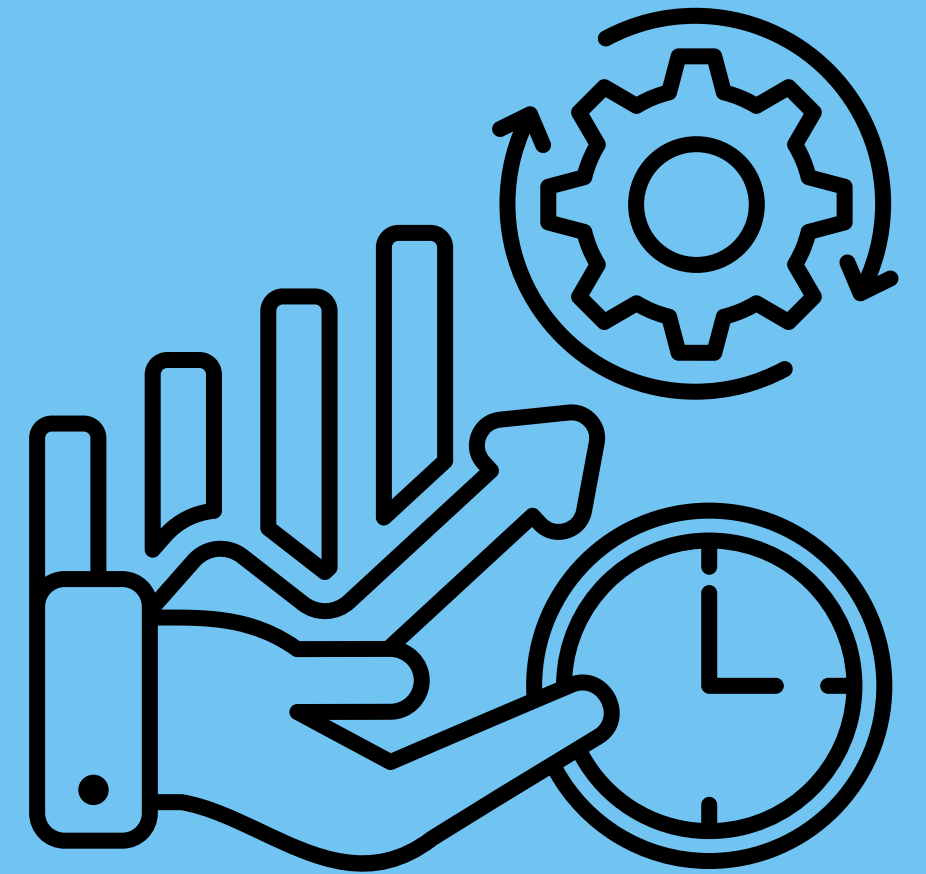
WEEKLY REFLECTION:

- What went well this week?
- Where did I feel most aligned?
- What triggered me?
- What did I learn about myself?

PROGRESS SCALE

»» Rate weekly ««

- Confidence: /10
- Clarity: /10
- Consistency: /10
- Emotional Balance: /10



“Who am I becoming through my daily actions?”

Next Step:

- If this helped you, imagine what deeper alignment can unlock for you.
- **Take the Free Self-Mastery Assessment**
- Discover what's really holding you back and get your personalised transformation roadmap

- **Unlock 7 Days Free Access to the Conscious Creators Hub**
- Go deeper with guided practices, tools, and support to accelerate your growth