

6 C's of Shift

A REFLECTION & ALIGNMENT GUIDE FOR SUSTAINABLE CHANGE

Purpose of this worksheet:

This is not about fixing yourself.

It's about understanding yourself, reconnecting to what matters, and creating aligned change — one step at a time.

You can move through this all at once or revisit one C per day or per week.

💡 HOW TO USE THIS WORKSHEET

Find a quiet moment (10–20 minutes is enough)

Be honest, not perfect

There are no “right” answers

Let curiosity lead instead of judgment

C #1: COURAGE

Courage is honesty. It's choosing differently — even when it feels uncomfortable.

Reflect:

Where in my life do I feel tension, resistance, or quiet dissatisfaction?

What feels familiar but no longer aligned?

Release:

What am I ready to let go of in this season?

Aligned Action:

One courageous step I can take this week (small counts):

C #2: COMMITMENT

Commitment is devotion – not intensity. It's returning again and again.

Reflect:

What matters most to me right now?

Where have I been inconsistent because I expected perfection?

Reframe:

What does sustainable commitment look like for me in this season?

Aligned Action:

One thing I am willing to stay committed to (even when motivation fades):

C #3: CONSISTENCY

Consistency is small, aligned action done repeatedly.

Reflect:

What am I already doing consistently that supports me?

Where am I overcomplicating things?

Simplify:

What is one small habit I can repeat without burning out?

Aligned Action:

One small, repeatable action I commit to this week:

C #4: CONNECTION

Connection is regulation, support, and belonging.

Reflect:

Where do I feel most connected right now? (Body, people, purpose)

Where do I feel disconnected or isolated?

Awareness:

What kind of support do I need more of in this season?

Aligned Action:

One way I can strengthen connection this week:

C #5: CURIOSITY

Curiosity replaces judgment with understanding.

Reflect:

What do I tend to criticize myself for?

What might be happening underneath that behavior or pattern?

Reframe:

Instead of "What's wrong with me?"

What if I asked:

Aligned Action:

One situation where I will practice curiosity instead of judgment:

C #6: CONGRUENCY

Congruency is alignment between values and actions.

Reflect:

What values matter most to me right now?

Where do my actions already reflect those values?

Where do I feel out of alignment?

Realign:

What needs to shift so my life feels more honest and aligned?

Aligned Action:

One adjustment I can make this week to increase congruency:

INTEGRATION PAGE:

YOUR SHIFT FOCUS

Congruency is alignment between values and actions.

Right now, the C I feel most called to work on is:

- Courage
- Commitment
- Consistency
- Connection
- Curiosity
- Congruency

Why this one feels important right now:

My intention for this season:

Final Thoughts:

SHIFT doesn't happen through pressure.

It happens through alignment.

You don't need to do all six at once.

You just need to begin — with honesty and compassion.

If you'd like deeper guidance, be sure to:

- Watch the long-form teaching video
- Revisit this worksheet regularly
- Reach out if you want support walking this path

You're not behind.

You're becoming.

NOTES PAGE

Use this to take notes, brain dump or journal

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