

Aligned & Open Starter Kit

SIMPLE PRACTICES TO MOVE TOWARD A BETTER FUTURE

🔊 PLAY 'NIGHT RECEIVE' AUDIO BEFORE BED



ECHOES OF BEYOND

• How You'll Use This •

Ground • Coherence

Settle your body so your signal is clean.

Script • Identity

Speak one present-tense truth
you can stand behind.

Visualize • Imprint

Hold a believable picture as if
it's already true.

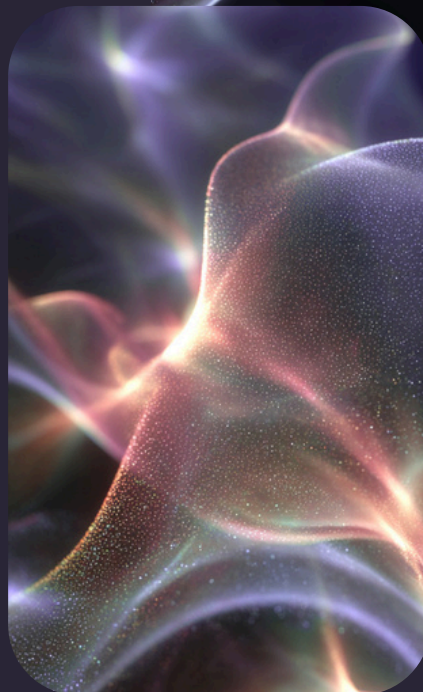
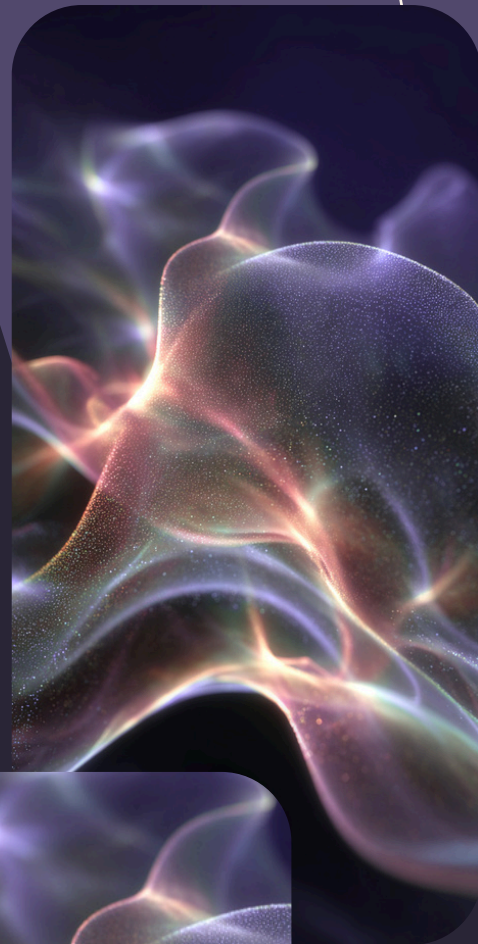
Act • Alignment

Offer proof: one small, exact step.

Gratitude • Receive

Name what's working; let timing breathe.

If you miss a day, you didn't fail—you resume. Momentum beats perfection.



Coherence Card

• Energy •

When your body settles, your signal gets clean.
From here, your words and actions actually land.

Posture

Feet grounded, spine tall,
shoulders low, tongue
resting.

Breath

Inhale 4 • hold 4
exhale 4 • hold 4

Heart focus

One hand on your chest, feel
a warm spot there.

Cue

"I'm safe enough
to soften."

Use before any intention, message, or decision.

Script • Identity •

Identity language is a present-tense line about who you are while you act. It's short, believable, and dignified. When the body is calm, this line gives your day a direction you can actually follow.

Choose one line that feels 60–80% true, say it out loud once, then rewrite it in your own words. Set it where you'll see it (lock-screen or a small card). We'll use this line in the next steps: picture it, prove it with one small action, and notice the shift.

Speak or write your line

- *I create from a calm center.*
- *My voice holds its worth.*
- *My yes is valuable; my no is clean.*
- *I receive with clarity and respect.*
- *I take one precise step today.*



Tip: set today's line as your phone wallpaper.

Visualize • Imprint •

When pictures feel vague, use these prompts to craft a believable snapshot
- one sound, one texture, one bodily shift

A believable picture tells your body “already happening.” Short, sensory snapshots imprint faster than long daydreams.

Build your scene:

- *Future self: who you are in the moment it's true.*
- *One sound or one texture: e.g. notification chime / warm mug.*
- *One body shift: chest widening, shoulders settling.*
- *Identity line (quietly): repeat today's line once.*
- *Loop once: then let it fade.*

Examples:

Scene 1 — Quiet Architecture

- *The door opens; a friend smiles. Coats brush; warmth gathers in your palms. Sound/texture: soft hinge + wool sleeve. Body: chest widens. Line: "I'm easy to be with."*

Scene 2 — Clean Ask, Clean Receive

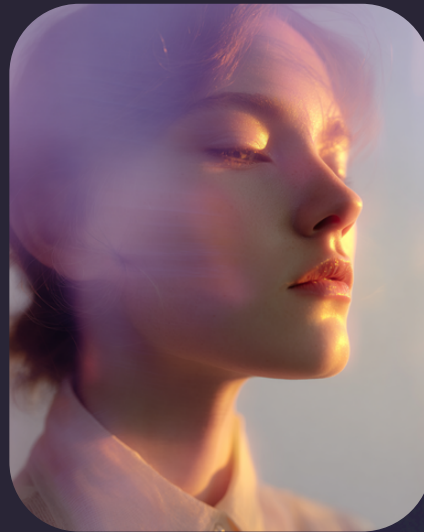
- *You send one clear message. The whoosh is soft; your ribs expand. Sound/texture: send-chime + glass under thumb. Body: breath lengthens. Line: "My yes is valuable; my no is clean."*

Act • Alignment •

Stuck choosing? Pick one precise move, put a time/place in your calendar, and do only that. (you already say this - keep it exactly; it's perfect)

Work / Money

- *Send one kind outreach or follow-up.*
- *Publish one proof (screenshot, tiny story).*



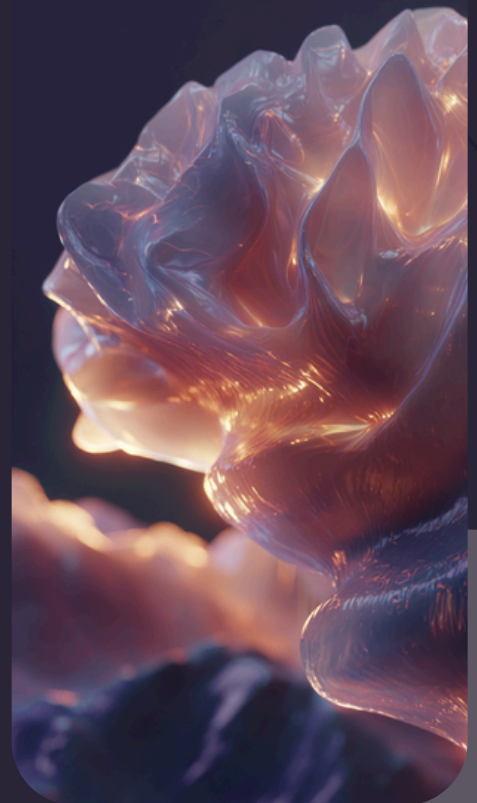
Relationships / Voice

- *Say one clear "not today."*
- *Text a sincere thank-you.*

Home / Body

- *Tidy one surface you see often.*
- *Put your phone in another room for 15 minutes.*

*Note: Momentum > perfection.
One is enough.*



Gratitude • Receive •

Gripping the how/when tightens your energy. Surrender keeps you receptive: you act, then you let timing breathe.

Say one aloud:

"This or something kinder, in right timing."

"I'm open to help and better ways."

"I release the how; I'll take the next right step."

Close:

Hand on heart. Long exhale. Picture your scene once, then let it go.
Continue with your day.

Optional Night Receive

Play quietly while you get ready for bed. Let the words wash through - if you fall asleep, perfect.

*audio is attached in download folder
+ also available on your website - [here](#)



One-Sentence Anchor

Action is the glue. One small step proves the belief to your system and keeps momentum gentle and real.

Write one sentence you'll live today. Keep it kind and simple.

I am the kind of person who _____

Today I will _____

Because it's a kind step toward _____

When I feel wobbly, I'll breathe and remind myself _____

Set a time/place for your step and put it in your calendar.

• Daily Card •

Script • Identity

Today's line is: I am worthy.

Write your version in your own words: _____

Visualize • Imprint

Hold a vivid picture of your future self.

Act • Alignment

Offer one precise proof today.

My exact step (what + when + where): _____

Gratitude • Receive

What are you grateful for today?

Name 5 things: _____

Log today's shift in the Evidence Log.

Notice the Shift

• Evidence Log •

Record the smallest proof your day offered - one clean line is enough.

Week of: _____

Today I noticed:

01

02

03

04

05

06

07

08

09

10

11

12

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Reflection notes:

Loved this?

Become the One Who Receives

In the full 7-day kit you'll get:

- 7 guided audios (8-9min) with gentle somatic cues
- Daily Cards with a Magnetism note
- Snapshot Library + Precision Picker
- Evidence Log + seven lock-screen wallpapers

✧ Get the kit

› link to our
website ‹



Become your future self.
Thank you for doing that with us.

