

ALIGN

At Home Retreat

By Agnes Branny

Welcome to Align

Welcome to ALIGN - your personal, at-home retreat designed to help you align your vision for life with your actual life.

This retreat is for you if:

- You feel like your current life is not fulfilling
- You are looking for more life harmony, purpose and direction
- You're standing at the cross-roads and wondering which way to go next

Align is my invitation to you. Over the next 5 days you'll get a chance to pause, observe, connect and create.

Have a beautiful journey onwards and remember you're already complete.

Take care,

Ann Branny.



Connect

Imagine taking a snapshot of your life today. Without using any filters or photoshop, take a moment to connect to where you're at in life right now.

Complete the following exercise by reflecting on your life in general and on each of your key roles, for example a sister, a mum, a manager (1 per box).

I'm at a point in life where _____

As me

As

As

As

Reflection

Well done for showing up today and completing this exercise. The hardest part is now over. You're in the arena. I acknowledge you for your courage and for showing up.

The journey of alignment begins with connecting to where we are at. If this exercise has brought up any negative feelings for you, such as stress or judgment that you should be somewhere else, or a sense of being behind other people, I hear you. And I want you to know that you're not behind. You're on your own journey, in your own lane, constantly learning, growing and evolving.

Please take a moment to consider the following questions:

- 1 How was this exercise for you?
- 2 Can you think of up to 5 major circumstances or events that have led you to where you are at today?
- 3 Which of your roles and activities tend to take up the majority of your time and energy?
- 4 On a scale of 1-10, with 10 being the highest, how much do you feel in control of your life right now?

Vision

Imagine your life at its most abundant. A life where you wake up each morning, full of energy and excitement. A life high in purpose, love, human connection and fulfillment.

If you feel comfortable, close your eyes for a moment and picture your most abundant life.

Now using words and images, capture your vision of your most abundant life below.

My most abundant life

Reflection

In the busyness of everyday life, we can find ourselves so immersed in the daily grind, we completely forget that we're on a path somewhere.

There is no *one way* to live one's life. Today's exercise is an invitation to connect to *your* vision. By exploring what abundance means to you, you open up to a possibility of steering your life and being behind the steering wheel. Seeing your life through this lens is deeply empowering, even if your vision seems hard to reach at the moment.

Please take a moment to consider the following questions:

- 1 How was this exercise for you?
- 2 In your own words, what's your vision for life?
- 3 Have a go at summarising your vision into a short paragraph?

EXAMPLE

'My vision is to live a connected life, make planet-friendly choices, practise compassion and be active in my community'.

- 4 Read back your vision. What emotions show up for you when you hear yourself reading it out loud?

- 5 Take a note of your vision and store it somewhere where you look frequently throughout the day. For example as a note on your mirror, in your diary or on your phone. When our intention are out of our awareness, it's much harder to follow-through.

Act

Once you're connected to your vision, it's time to focus on the elephant in the room - *how do I bring my vision to life?* Just like no one climbs Mt. Everest in one go, fulfilling your life's vision is a lifelong journey. Today's exercise is about breaking down your vision into smaller hikes.

My vision for life:



1 Write down your vision statement.

2 Break down your vision into areas, for example:

- Personal Life, Family, Work, Projects etc.

3 Looking at each area in turn, think of the interim steps that, if you took, would help you cultivate your vision.

For example, if your vision is Live in an eco home, the steps could be:

- Learn more about eco homes and talk to 3 people who live this way already
- Live modestly for 6 months
- Explore portable vs permanent house option
- Find a location that sparks joy

Take a moment to create a list of 1-4 interim steps for each area of your life.

Area:

Checkpoints:

Area:

Checkpoints:

Area:

Checkpoints:

Area:

Checkpoints:

Day 3

4 Finally, circle **one** area of your life where you feel most compelled to act **right now**.

Looking at your steps, what action, however small, are you willing to take today to bring this part of your vision to life?

Write down **one action** you're willing to take today towards **one** of your goals.

Be sure to choose something that you can act on right away. Even if you know it won't be 'done' today, that's okay. It matters that you act, not whether you reach the end in one go.

Area

Today's action

Reflection

By taking part in this exercise, you've gained clarity on how you want to live your life and committed to a path that supports your vision. It's time to give yourself a huge 'high five'!

I acknowledge you for doing this work and deciding not to sleepwalk through your precious life. By taking the time to ask yourself deep questions, not only does your life gain in purpose, but also in motivation to show up every day.

As you continue to journey on, please remember that what matters is your journey, not the goals. Some days will be a breeze; more often, however, the path will be steep, you'll need to take a detour, call for help or take a break. Be open to what you encounter and embrace each hike with curiosity and compassion.

Please take a moment to consider the following questions:

- 1 How was this exercise for you?
- 2 Which part of your vision did you focus on?
- 3 What action did you take and how did it go?
- 4 While acting towards your goal, have you found yourself expecting things to go a certain way or reach a certain outcome? If so, take a moment to explore your expectations and how they've impacted your actions.

Organise

Consider for a moment what your life would become if you took a step toward your vision every day? I call it **an abundant life**.

The thing is, you don't need a Ph.D. in personal growth to make it happen. You're already fully capable of creating and living an abundant life by aligning your vision with your daily practise.

1 Read out loud your vision statement and goals for each area of your life.

2 Have a go at breaking down your goals into much smaller, actionable tasks and identify 2 tasks you want to focus on this month. For example, if your goal is '*Learn about eco homes*', an example of a task could be: *Take an introductory e-course*.



Task 1

Task 2

3 Go back to your key roles in life (day 1). Write down a list of activities or tasks which take up your valuable time and energy but instead of supporting your vision, they distract your from it. For example: *Watching 1-2 hours of Netflix most evenings*.

- 1
- 2
- 3
- 4
- 5

4 If you continue engaging in these tasks and activities for the next 3 months, will you feel closer, farther or about the same from achieving your vision?

Reflection

One of the most difficult things to accept in life is that our time on this planet is limited. However no matter your unique circumstances, there are always ways in which you can cultivate your vision.

By seeing your life through the lens of possibility, showing up daily, being open-minded, adapting on the fly and seeing your path as a dynamic process instead of a static surface, you're **cultivating abundance**.

Please take a moment to consider the following questions:

- 1 How was this exercise for you?
- 2 What tasks do you choose to commit to this month?
- 3 Are there any gaps between your current actions and the life your desire?
- 4 What are you prepared to let go of in order to free up the necessary time and energy to fulfil your vision?

Restore

Sometimes we focus so much on the doing, we forget about being and see restoration as an occasional or even unnecessary part. In fact, self-care is pivotal to our wellbeing and inner growth.

As we're about to wrap-up this retreat, this exercise focuses on the role of self-care in your life.

Self-care is a dynamic, holistic feedback-loop system designed to fill you up on the inside so that you can thrive on the outside.

1 Take a moment to ask yourself: *Which things and activities fill me up on the inside?*

Make a list of the activities that support your physical, emotional, social, intellectual and spiritual wellbeing.

Physical

What makes
me feel good in
my body

Emotional

What makes
me feel good
on the inside

Social

What helps me
feel connected
to other people

Intellectual

What feeds my
curiosity and
learning

Spiritual

What makes me
connect to my
higher purpose

2 If each part of your self-care was a bucket, how full would each of them be?

Reflection

Self-care is not indulging or spoiling yourself. Self-care is replenishing your precious resources **before** your tank runs dry. In that sense, self-care gives you the fuel you need for the journey ahead. Since we're human beings, not human machines we can't go far without it.

Please take a moment to consider the following questions:

- 1 How was this exercise for you?
- 2 What was your attitude to self-care before and after this exercise?
- 3 Where do you feel particularly empty at the moment?
- 4 What activities help you restore in this area and? What can you do today to fill up your tank in this area.
- 5 What are your biggest perceived obstacles when it comes to self-care?
- 6 What difference would integrating self-care into your life make when it comes to fulfilling your vision?

