

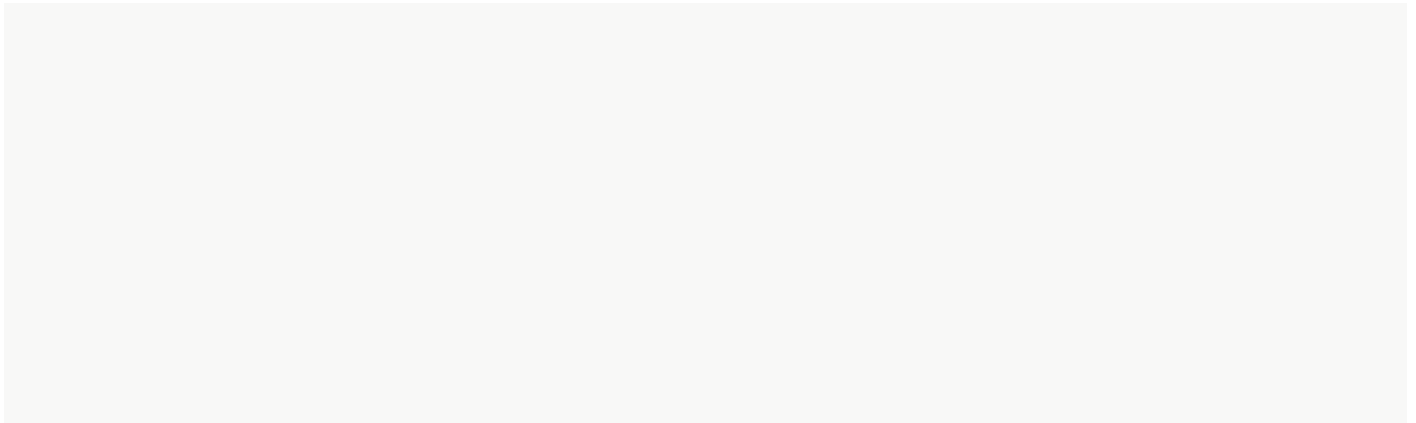
#CURATE *your* HAPPY

HAPPY TASK – DAY 5: GET INTO ALIGNMENT

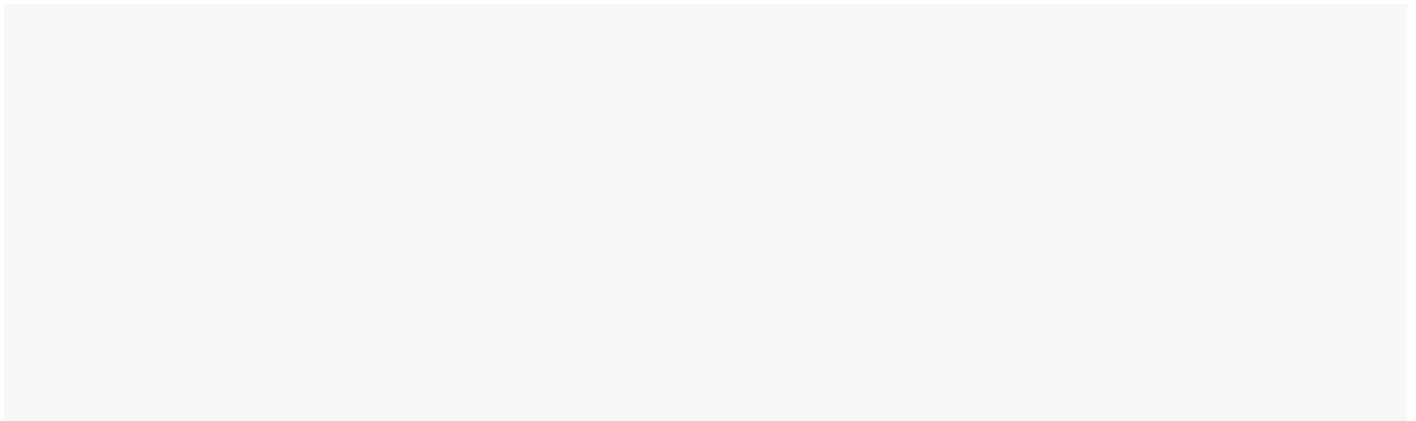
When you let go of something that no longer serves you, you're making a conscious decision not involve yourself with the people, things and involvements that no longer move you in a forward direction. Of course, letting go is easier said than done, but it's necessary if you're ready to elevate in life.

Today, I want you to make a list of the people, things and involvements that you feel you need to let go of. Here are your categories:

RELATIONSHIPS – BECAUSE SOMETIMES THOSE WE LOVE TAKE MORE THAN THEY GIVE



PERSONAL HABITS & HOBBIES – BECAUSE THE THINGS THAT HELPED OUR PAST, DON'T ALWAYS HELP OUR FUTURE



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RECREATIONAL ACTIVITIES – BECAUSE IN LIFE... WE GROW UP

PROFESSIONAL INVOLVEMENTS & CONNECTIONS – BECAUSE IN ORDER TO CLIMB THE LADDER OF SUCCESS, YOU HAVE TO SEE THE NEXT LEVEL AND TAKE A STEP TOWARD IT

SENTIMENTAL ITEMS – BECAUSE THE THINGS YOU HOLD ON TO PHYSICALLY WILL HOLD WEIGH ON YOU EMOTIONALLY

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HAPPY TASK – DAY 5: GET INTO ALIGNMENT

You've released the dead weight, now it's time to get into alignment! Take a look below at the five ways you can get into the positive and abundant flow of life, and write a plan on how you will accomplish each.

After you make the list, I want you to officially release them by doing these five things:

- 1 Get in tune with your thoughts, feelings and desires for every area of your life: health, wealth, love, spiritual, etc.
- 2 Change your language
- 3 Be intentional in your actions
- 4 Do the work
- 5 Act as if – it's an effort of believing and feeling that the things you desire will manifest in your life



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JOURNAL REFLECTION

Need more space? Continue thoughts from today's activity in your own journal and take a deeper dive on the five things you must do to get into alignment.