conscious lifestyte design ALIGNMENT ASSESSMENT

hi J'm Cassandra

I'M A SPIRITUAL MENTOR, COACH, 3X BEST SELLING AUTHOR, HOST OF THE "DIVINE DOWNLOADS" PODCAST AND CREATOR OF THE *DIVINELY DESIGN YOUR LIFE* ONLINE COURSE + COMMUNITY. I'VE WORKED WITH THOUSANDS OF WOMEN ALL OVER THE WORLD TO HELP THEM CONSCIOUSLY CREATE THE LIFE OF THEIR DREAMS.

THE CONSCIOUS LIFESTYLE DESIGN ALIGNMENT ASSESSMENT

I've created this thorough assessment to help you with what I call "practical magic" -- we will go through each area of your life so you can see what's In alignment (and what's not!) energetically as well as logistically so you can make the shifts the will quantum leap you towards the life you are dreaming of!





YOUR PHYSICAL ENVIRONMENT

Your physical environment Includes your living space, your office or work space and your car.

your dream vision for this area:

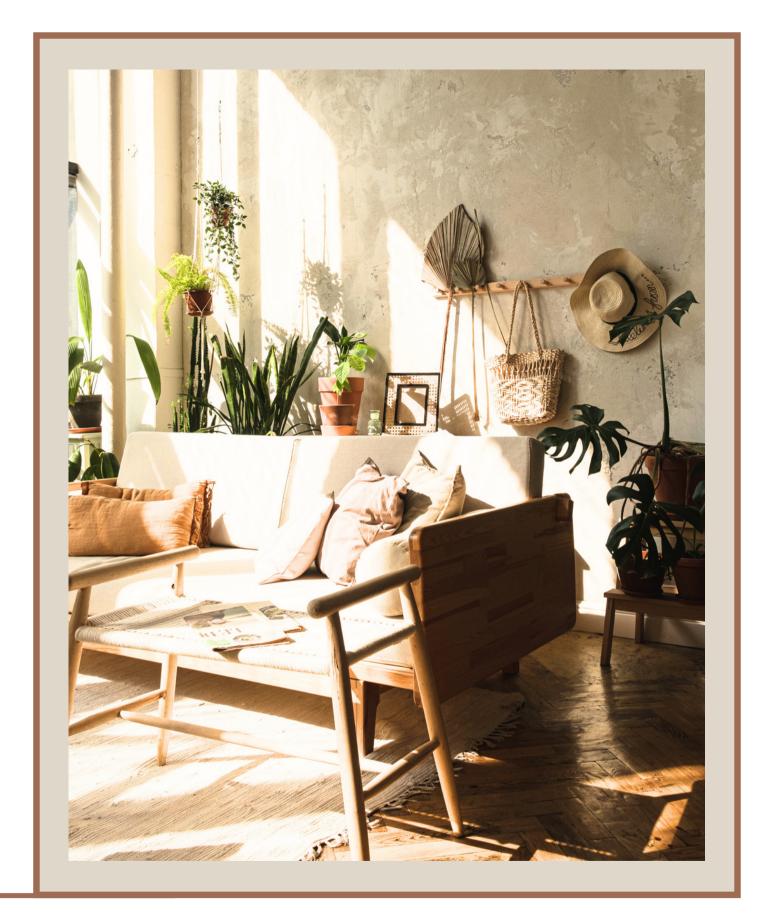






Your physical environment Includes your living space, your office or work space and your car.

how do you want to feel in this area?



YOUR TECHNOLOGY IMPRINT



Your cellphone, laptop, Inbox, texts and any other things that live your digital world.

your dream vision for this area:



YOUR TECHNOLOGY IMPRINT

Your cellphone, laptop, Inbox, texts and any other things that live your digital world.

how do you want to feel in this area?

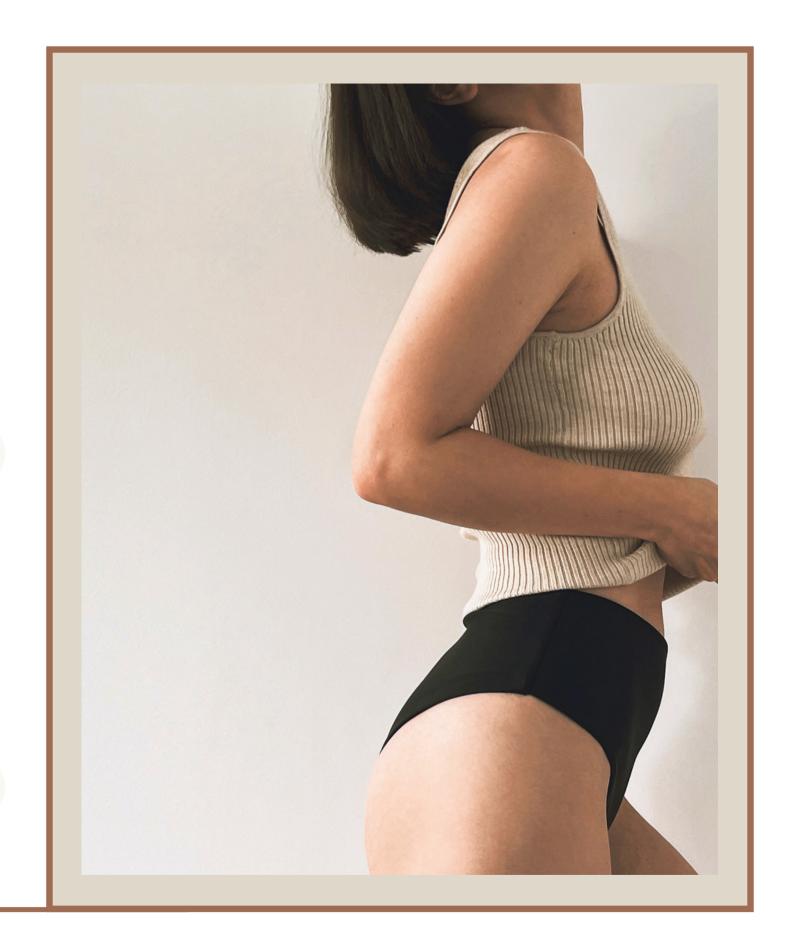




YOUR WELL-BEING RITUALS

Nourishing your physical body. The food you eat, exercise, your sleep, supplements, etc.

your dream vision for this area:

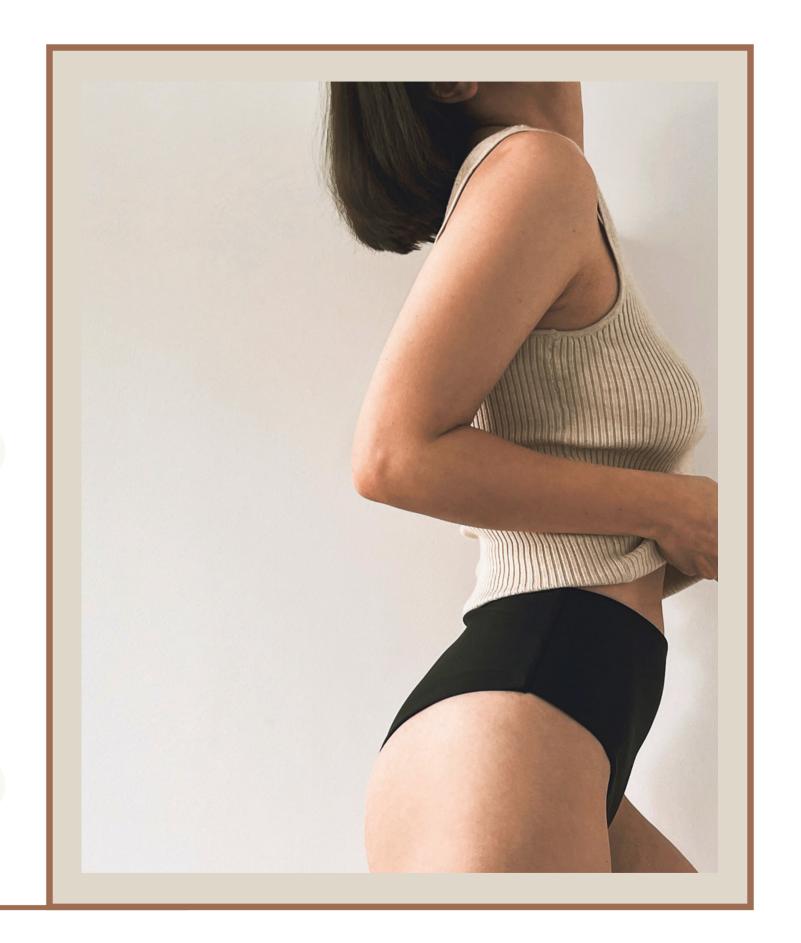




YOUR WELL-BEING RITUALS

Nourishing your physical body. The food you eat, exercise, your sleep, supplements, etc.

how do you want to feel in the area?







Your meditation and prayer practice, utilizing Intuition, and time to connect Inwards.

your dream vision for this area:



YOUR SPIRITUAL CONNECTION

Your meditation and prayer practice, utilizing Intuition, and time to connect Inwards.

how do you want to feel in this area?



YOUR RELATIONSHIPS



Your family, friends, colleagues, romantic relationships and communities you belong to.

your dream vision for this area:



YOUR RELATIONSHIPS

Your family, friends, colleagues, romantic relationships and communities you belong to.

how would you like to feel in this area:

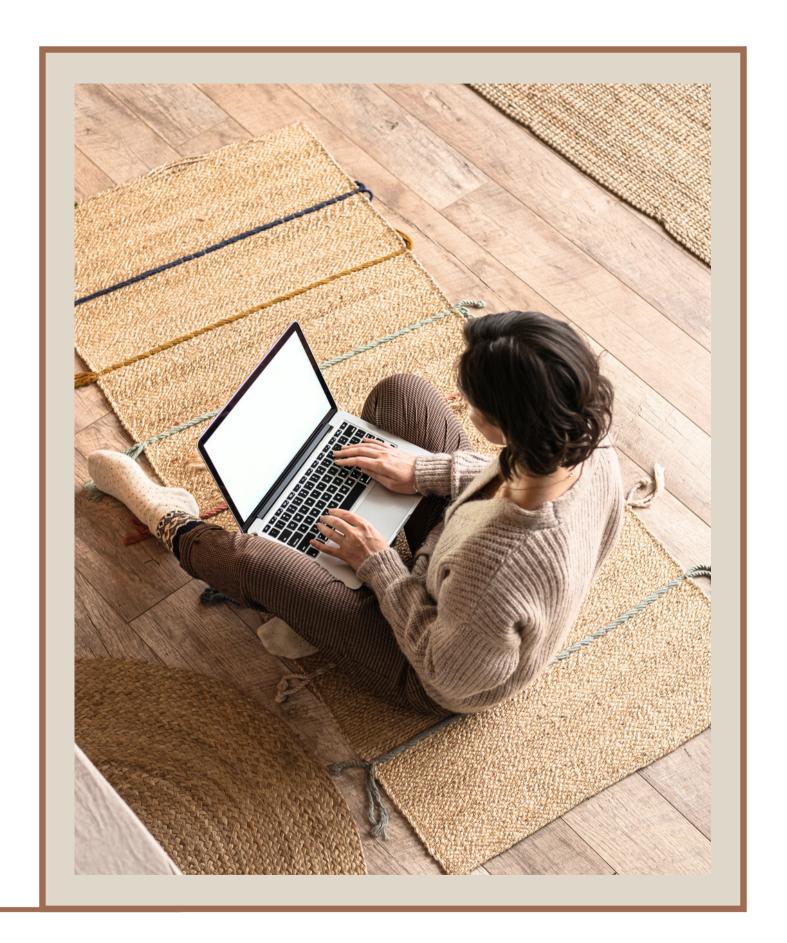




YOUR CAREER + CREATIVITY

Your career, vocation, creative pursuits and the way you express yourself + your purpose.

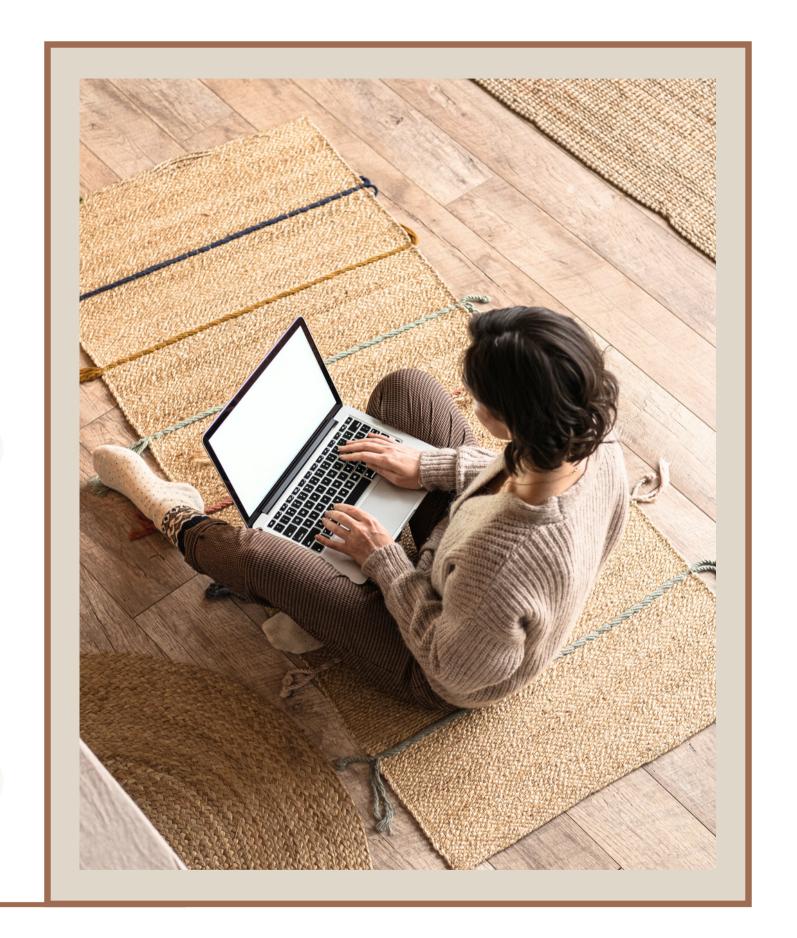
your dream vision for this area:





Your career, vocation, creative pursuits and the way you express yourself + your purpose.

how do you want to feel in this area:





MONEY, SAVING & INVESTING

Your multidimensional relationship with money includes your income sources, what's in the bank, and where you are aligned to spend or Invest.

your dream vision for this area:

your current reality In this area:



*this may also include getting into integrity with any outstanding debts, loans or credit cards.

MONEY, SAVING & INVESTING

Your multidimensional relationship with money includes your income sources, what's in the bank, and where you are aligned to spend or Invest.

how do you want to feel in this area:

what practical actions can you take!



*this may also include getting into integrity with any outstanding debts, loans or credit cards.



YOUR LEISURE TIME

Your hobbies, travel and any other thing you enjoy doing in your free time!

your dream vision for this area:





YOUR LEISURE TIME

Your hobbies, travel and any other thing you enjoy doing in your free time!

how you want to feel in this area:

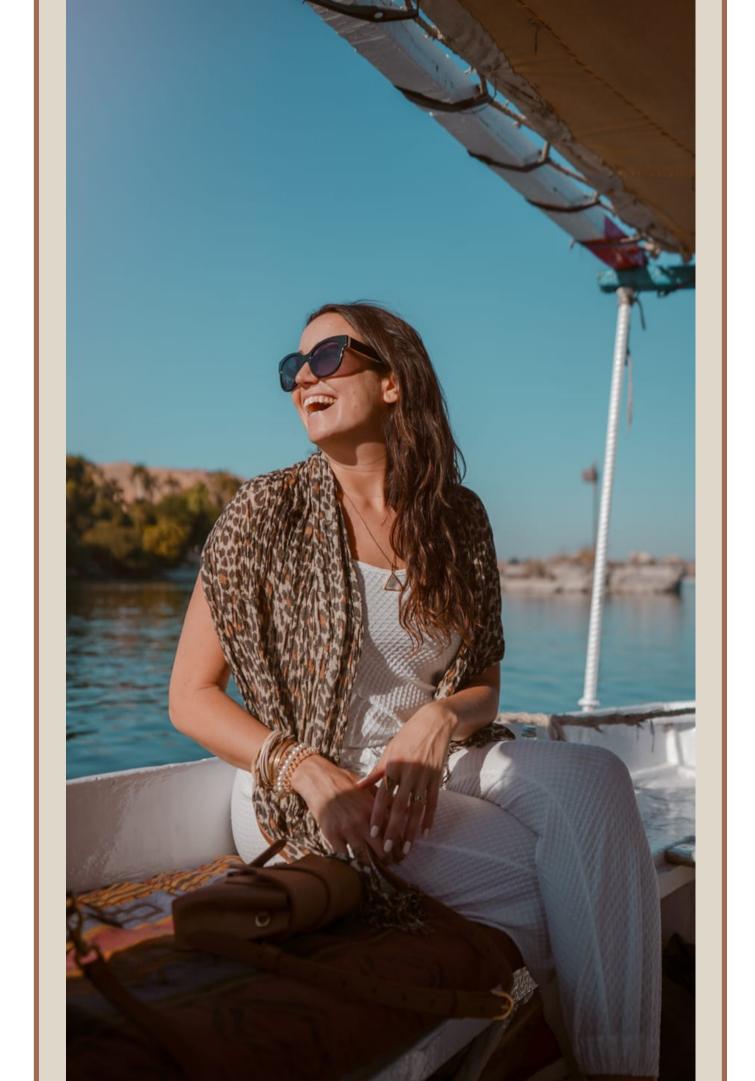


your next steps..

IF YOU'VE COMPLETED THIS CONSCIOUS LIFESTYLE ALIGNMEMT ASSESSMENT, YOU'VE PROBABLY ALREADY HAD SOME AH HA MOMENTS IN WHAT YOUR NEXT STEPS ARE AND HOPEFULLY YPU ARE ALREADY BEGINING TO TAKE THOSE NEXT ACTION STEPS TOWARDS ALIGNING YOUR VISION WITH YOUR REALITY! IF NOT, WHAT ARE YOU WAITING FOR? PICK ONE SECTION AND BEGIN IMPLEMENTING! IF YOU'RE FEELING RESISTANT, BEGIN WITH THE AREA YOU THINK WILL BE EASIEST AND BUILD MOMENTUM!

JOIN ME IN "THE REALIGNMENT" COURSE

Are you ready to go even deeper into this energetic detox and conscious lifestyle design work with me? Well, I have a great news for you! "The Realignment" course is 8 weeks of in depth work on each of the 8 pillars If your assessment. One by one we will tap Into the practical magic of aligning each area and you will start seeing massive shifts In your life as we go.



The Realignment

AS WE GROW AND EVOLVE EACH AREA OF OUR LIFE NEEDS TO CATCH UP WITH US, WE NEED TO REALIGN. THE PROBLEM IS THAT NOWADAYS EVERYONE IS FAR TOO BUSY WITH THE NEXT THING THEY'RE WANTING TO CREATE OR MANIFEST IN THEIR LIVES TO DO THIS VITAL ENERGETIC MAINTENANCE PRACTICE. HOWEVER, IT'S THE PRACTICAL MAGIC OF CONSCIOUS LIFESTYLE DESIGN THAT IS WHAT WILL TRULY SET YOU UP TO BE IN ALIGNMENT WITH WHATEVER DESIRE IT IS THAT YOU ARE CALLING IN.

THIS WORK IS CRITICAL IN YOUR MANIFESTATION JOURNEY AS WELL AS TO THE JOY YOU EXPERIENCE ALONG THE WAY TO YOUR JUICIEST DREAMS AND DESIRES.

EVERYTHING IS ENERGY. EVERYTHING. WHETHER IT'S A PILE OF LAUNDRY IN THE CORNER OF YOUR ROOM, AN INBOX PACKED FULL OF SPAM, A DUSTY TREADMILL OR A RELATIONSHIP THAT ALWAYS PULLS YOU DOWN. IF WE DON'T REGULARLY TAKE CARE OF THE ENERGETIC CLUTTER IN OUR LIVES, HOW WILL WE HAVE THE SPACE TO WELCOME IN THE DESIRES WE ARE MANIFESTING? SIMILARLY, IF YOUR LIFE DOESN'T FEEL IN ALIGNMENT WITH YOUR BEST SELF — IT MAKES IT PRETTY DARN HARD FOR YOU TO START SHOWING UP THAT WAY!

8 WEEKS OF MODULES WILL HAVE YOU FEELING LIKE YOU ARE LIVING IN A WHOLE NEW REALITY + ENJOYING MORE FLOW, JOY AND MANIFESTING IN YOUR LIFE.

GOT QUESTIONS? EMAIL US AT ASSISTANT@CASSANDRABODZAK.COM

