

The INNER PEACE "Reality Check"

ALIGNMENT FORMULA - ALIGNMENT is the name of the game; Aligning mentally, emotionally, physically and spiritually.

1. **AWARENESS.** What's the reality of the situation?

2. **AWARENESS.** What am I resisting?

3. **ASSOCIATE.** What if I continue resisting?

4. **APPRECIATE.** What can I appreciate?

5. **ABUNDANCE.** What are my options?

6. **ACTION.** What will I consciously choose?