

Integration III: Lifestyle Alignment



L - The seventh letter of S.E.L.F. L.O.V.E.

S.E.L.F. L.O.V.E. Transformational Project

About This Session

The second "L" in S.E.L.F. L.O.V.E. This session is about alignment: designing your daily life to reflect who you have become, so that your transformation is not just an internal shift but a visible, lived reality.

L - Lifestyle Alignment

Lifestyle alignment means that how you spend your days reflects who you truly are: not who you think you should be, or who others need you to be.

My Transformed Lifestyle: What Is Different Now?

Compare your life now with where you were at Session 0. What has genuinely shifted in how you live, who you spend time with, and what you prioritise?

My Aligned Habits

List the habits and practices you are now embodying: the ones that feel like you, not like discipline.

My Ideal Week: Designing on Purpose

Sketch your ideal week: the activities, relationships, and rhythms that would have you feeling most aligned.

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

Integration Meditation Reflection

After today's integration meditation: what is your body telling you about where you are in your journey?

Reflection Questions

1. What part of your lifestyle still feels most out of alignment with your values?

2. What habit or activity are you ready to release because it no longer reflects who you are?

3. What does a truly aligned life feel like in your body? What sensations are present?

4. What one change to your weekly structure would make the biggest difference to your wellbeing?

My Notes
