

Align Yourself

You can't inspire others if you aren't feeling inspired and aren't being true to you!

DAILY REMINDER:

DO WHAT YOU LOVE
LOVE WHAT YOU DO

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Inspiring leaders to live, love, and lead
remarkably so they and their company
become 'rockstars' in their industry



SHELLEY HOLMES



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Introduction

To be a remarkable leader you must be able to inspire others. But, you can't inspire others, unless you are inspired yourself. What inspires you?

"Why are we here?" is a question I often ask in workshops. The answer, that most groups ultimately come to, is: 'to be happy'.

All humans seem to want the same thing. To be happy. Probe deeply enough about why you do anything and when you get to the core of it your response will be something along the lines of, "I'm doing it so I can feel good".

Generally, we feel truly good, truly happy, when we are doing things that align with our inner callings.

How it feels to be out of alignment

A client once said to me, "I feel that my spirit is being sapped every time I go to work. Just thinking about work feels like someone has dumped a huge weight on my shoulders. The company itself is great and I like the people there, but I don't feel like I'm doing anything that is meaningful, or that maybe there's something more I should be doing".

Do you sometimes feel this way?

It might be a slightly different reason, from my client, as to why you get that heavy feeling.

It might be that you are expected to deliver results that are way above (or below) your capability.

Or maybe the actual work your organization does, holds little interest for you.

Or maybe you've ended up in this career to please your parents and keep a roof over your head.

If you are, or have ever been in this place, you know just how deadening it can be to your spirit.

Who wants to spend 100,000 hours doing work that they don't enjoy? (40 hours/week x 48 weeks x 50 years)

There are three things you can do when you find yourself in this place:

1. Complain about it
2. Stick your head in the sand and pretend you're doing okay

3. Roll up your sleeves and do what it takes to get happy

Take Ownership
Responsible
Accountable
Uses Learning



Blame
Justify
Excuse-Maker
Denial
Victim



Be An Above The Line Person

I know you are an option 3 person - you are an **above the line person** otherwise you wouldn't be a member of this club, so - let's take a look at what you need to to get happy.

It's Not Necessarily About Having Some Grand 'Life Purpose'

The thing is we often make a lot of fuss about finding our 'life purpose'. I've certainly been caught in the trap of thinking that for my life to have meaning I need to be living some grand life purpose.

What I've recently come to understand is that ...

Your life purpose is to simply find
happiness in the moment ...

For example, I am at my most aligned when I have my head inside a book. It can be a book that is a trashy novel, it can be a psychological text I'm learning from. Whichever, when I'm reading, I am happy and fulfilled in that moment.

Will I change the world from having read that book?

Maybe, maybe not.

But it is certainly a moment of [flow](#) for me. I feel fully alive and engaged. And, in that moment, it is as much my life's calling, as when I'm speaking to a group of 200 people.

It is my spirit calling to me, "You are in alignment - you are doing what you love to do".

You might feel that you are unable to spend your entire life doing the things you love!

But, if you can get good at designing your life so that you spend a significant proportion of your time doing things you love, then you'll really transform your life.

For example ... this love of reading ... well for to do my job well, not only do the tips I provide you need to be proven in high-performance environments, I also delight in researching and finding the latest human performance techniques and tools.

The balance between 'head in books reading' ... and being out and about coaching and delivering workshops creates a fabulous life for me. You too can do the same with a bit of creativity.

When you ensure that you walk in your world with a spring in your step, a sense of vitality and aliveness, the people who rely on you to lead them will benefit. You will draw them into your web of aliveness, energy, and engagement.

Like a magnet you will draw to you people and experiences that do indeed enhance the greater good. Simply because you are aligned in all that you say and do.

You Can do This Even if You Feel Trapped in a Job You Don't Love

And, you'll give this living an aligned life, living a life of purpose, a power-punch when you're able to train yourself to be happy, even when you are doing things that don't necessarily make your heart soar.

Even when you are in a job that you don't love, you can get aligned with your inner power source. You can coach yourself to a happier, more inspiring place.

What can you do to get happier in a job you don't love?

Well, this may seem challenging and simplistic all in the one breath, however, the first thing you need to do is to appreciate the job that you have!

I can almost hear you thinking, "Are you crazy!?" ... but hear me out!

The [Law Of Attraction](#) states that what you focus upon you get more of. So, if you are focusing upon all the things that you dislike about this job - you can't help but draw more and more of that to you.

Instead spend some time focusing on and thinking about the good that your current job contains.

Here's a tip! Straight off the bat, one of the things you could appreciate, is that this job is highlighting to you exactly what you don't want! This job is showing you that it doesn't float your boat, and it is time for you to take responsibility for finding what does indeed put a spring in your step!

So, go ahead and **make a list of all the things you like about your current job - and send a message out to the universe "Yep, give me more of that please!"**

Your next step is to get clear about what you do want. In this pdf, there are a series of exercises to help you reflect upon and get clear about what you want. [Click here to go to the Reflection Section.](#)

While you are working on designing the new way ... remember to sit in appreciation, for all that the current job gives you, whilst you are bringing yourself into alignment with what it is you want.

I said it sounded simplistic didn't I? The act of appreciating and finding the fun in your current circumstances will get that magnet working ... so you cannot help but attract more good experiences ... and all of a sudden you may find that what you do want magically appears.

I have so many clients for whom this has happened ... spending the time to describe and design more of what they love to do into their job and daily life ... and rapidly finding that their life suddenly feels more fulfilling on all levels.

It Doesn't Necessarily Mean Leaving Your Current Job

Sure, getting clear about what you want - and aligning yourself with that - might mean you need to exit your current company and make yourself available for other opportunities.

Yet, as many of my clients have found - when you get yourself into alignment about what makes you happy, and are prepared to have some robust, in-depth, 'conversations in truth' with your leader and others in your organization ... you may find that the organization is just perfect. It was simply that you hadn't declared to the world clearly enough, what it is you wanted.

Most high performance organizations are now focused on helping people to design their jobs so that they can [make use of their strengths](#). So, once you know what does indeed 'float your boat', have a discussion with your boss and together you may be able to redesign your current role ... and get you to work with that spring in your step!

We each want for our **skills, abilities, attributes and desires to be acknowledged and used**. Get that and alignment follows! **When alignment happens.**

You Win

The People Around You Win

The Organization Wins

How will you know when you are aligned?

You are happy. Nothing more.

Align Yourself Reflections (Pre-Work)

One to two weeks, prior to answering the questions on the following pages, you need to gather some data.

You will need to capture specific events and activities throughout that 1-2 weeks that indicate when you were either in or out of alignment.

What To Do

1. Create a document in either Evernote, Dropbox Paper, Asana, or any app that you use that enables you to take notes fast and reorder them, and one that you can access anywhere (phone, tablet, desktop, while in transit etc). (I personally like Asana, because of the drag n drop capabilities and the ability to make comments inside.
2. Create a list that says: **I Am In Alignment When:** (NB: Alignment means experiencing feelings like: confident, absorbed, authentic, content, engaged, energized, time is flying)
3. Create a second list that says **I Am Out Of Alignment When:** (NB: Out of alignment means feelings like: bored, drained, pressured, worked up, resistant, numb, time is dragging.
4. **Throughout the day.** Don't leave it to the end of the day to do this exercise it won't work). When you get the sense that you are either feeling in or out of alignment, open your app up and write down what you were doing. Give it a title and then add as many specifics as you can.
5. **At the end of the week or fortnight.** Sort the two lists from the most in alignment to the least in alignment.

Have these notes with you, when you set the time aside to complete your Align Yourself Reflections.

Align Yourself Reflections

You will want to regularly review your answers to Align Yourself Reflections. You change over time, so an understanding of yourself, from a couple of years ago, is likely to be only partially true today.

With time, your values, beliefs, and priorities can change, and, as a result, your desire for what you want out of life can change as well.

However, you will probably find that a consistent theme runs through your life. For example, for myself, the theme that has consistently run through my life is helping people to be inspired and inspiring. The 'how' that I do that has certainly shifted over the years. The way I language it has certainly shifted over the years (and is sure to continue to evolve). But the impulse has always been the same ... being focused on inspiring the best in myself and others.

You may find it best to find a time when you can be alone to complete these exercises. Maybe for several hours, maybe for a few days.

Often a change in your physical horizon broadens your figurative horizon, so getting away from your home or office can bring you new insights and ideas.

Before you begin, take a few moments to breathe deeply, and feel into your Power Source. You might call it "God", "Universe", "Allah", "Buddha", "Source", "All That Is" – use whatever descriptor you want.

Get the sense that there is a power, higher than your physical self, guiding and supporting you through this important exercise.

But don't get too heavy on yourself. This reflection should be a fun, energizing time for you.

The minute it starts to feel like hard work – put it aside and go and do something else that enables you to come into a feeling of alignment with your Power Source.

Don't put pressure on yourself, to get all the answers in one sitting. If it takes a while, it takes a while! Keep it light and joyful.

Question 1. My Intent In Completing This Align Yourself Reflection Is:

Question 2. What is it that I love to do? Those moments when I'm completely absorbed in what I'm doing and time flies by, when I'm feeling inspired and maybe even inspiring!

(Use the information you gathered during the past week while at work. You may also, want to include events and experiences from outside of your work. List the activities and skills you are using: reading, talking, fixing things, writing, organizing, working with others, plans, animals, data, building things)

Question 3. Now take the above list and distill it down to its essence

A friend of mine, since 9 years old, had always said that all she wanted to be was a writer. She had left several different companies over the years in order to become a writer. Yet kept finding herself back in the 'paid workforce' because she didn't 'make it' as a writer.

In an epiphany shortly before her 40th birthday, she came to realize that it wasn't writing that she loved... it was creating. She was, and is, an entrepreneur who is great at creating and getting things going . (Not so good at finishing them!)

What she had tortured herself with for many years was the false belief that her longing was to write. When in fact her longing was to create. To take ideas and get them going and then hand over to someone else to implement.

When you look at those things that you love to do – what is the essence of it that you love?

Question 4. When I am visiting with friends and families, what is it that I find myself drawn to do, and talk about? What meaning does that have for my current job and me?

A client found that she was regularly talking and providing guidance to her loved ones around clothing and styling.

Over a period of time she came to realize that whilst she was already working in the fashion industry, what she needed to do was to style her job so that she could actually spend time with people helping them to feel good.

She had a conversation in truth with her manager about what she wanted to do and how she thought it would play more to her strengths to alter the focus of her role.

Over a period of 18 months, instead of working in the back-end of the business, she was able to shift her role so she was more in the front-line, interacting with customers. It turned out to be a great win for her, her company and her company's clients

Question 5. What impact would I like to have on the people around me each day?

Question 6. What is it that I intensely dislike to do? Those moments when I'm feeling frustrated, and out of sorts, time is dragging and I'd rather be doing anything else instead!

Use the information you gathered during the past week or two. You may also, want to include events and experiences from outside of your work. List the activities and skills you are using: reading, talking, fixing things, writing, organizing, working with others, plans, animals, data, building things.

Question 7. What is it that I must have in my life e.g. adventure, security, learning etc. That without it I would feel a part of my essence would shrivel up and die.

Question 8. What is it that if I lost it, it would make me extremely sad, or I would miss the most?

Question 9. Things I Will Keep Doing

Indicate three things that you are currently doing that enable you to be at your most personally effective and bring you the feeling of alignment

Question 10. Things I Will Modify or Change Slightly

Indicate three things that you plan to modify, adjust or change slightly in order to improve your personal effectiveness and stay more in alignment

Question 11. Things I Will Start Doing

Indicate three things that you are not yet doing that dramatically increase your sense of alignment and personal effectiveness

Question 12. Things I Will Stop Doing

Indicate three things that you are currently doing that disable you, lower your personal effectiveness and take you out of alignment

Question 13. My Vision For My Perfect Work Day Is:

Write this out as if you were living a specific day one year from now. Describe in detail, what you can see, hear, feel, the type of people you will be interacting with, your surroundings, how you are behaving etc

Question 15. What is the difference I want to make?

Question 16: What am I prepared to give up? To not give up?

Question 17. Now that you have had a conversation in truth with yourself, who do you need to speak with about your insights and your future pathway?

Question 18. How can you present this information in such a way that you win and anyone else involved can also see a way in which they can win from the changes you wish to make?

Supporting Resources

Mindset of a High Performance Employee

Potential Into Reality

What's Your Vibe

Insights To Success

About Shelley Holmes

Using tools, tips, ideas and strategies that help them to be really clear about what is 'success critical' and how to get there fast, **Shelley guides leaders to flourish as they live, love and lead at a remarkable level** making the dent in the universe they are destined to.

For several years, Shelley was a key leader in a High-performance Organization (that had national and international recognition). It is this real-world experience that underpins and brings to life the theory and insights gained, from her deep study of high-performance leadership.

Around the globe, she has worked with organizations (with total revenues in excess of \$116 billion) and supports thousands of individual leaders through, coaching, consulting, workshops, webinars, audio programs and the Make A Dent Leadership website (which has over 5,000 visitors per day).

Shelley's Philosophy...

Whether you like it or not, the way that you show up at work defines you as a human being.

On grand and small scales, the way you interact with others, the products and services you are a part of delivering, all roll together to become a part of the legacy that you leave behind. The way you deal with others, the things you teach them, that cause them to grow, and become a better version of themselves as individuals, work colleagues, leaders, and parents ... now that defines who you are!

There are hundreds of resources like this article at [Make A Dent Leadership](#) where you can join our community of leaders who are

focusing on being inspired and inspiring and making their dent in the universe.

If you are ready to be the best possible version of yourself, to lead with more energy and passion than you thought possible... if you are ready to make a dent in the universe ... then visit:

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