

*CML DIY ASS-KICKING EXERCISE*

# *ALIGNING MYSELF*

## *WITH HOW I WANT TO FEEL*

WHERE WE STOP  
MAKING  
OURSELVES  
AVAILABLE  
FOR WHAT  
FEELS LIKE SHIT.



*BY DIANNA LEEDER OF  
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We all know how we want to feel, right?

When was the last time you did something because you were expected to or because you thought you should? Or because someone else told you to?

It's pretty dang common and once in awhile we can get away with ignoring our own feelings for someone else's, but when we do it with any frequency, it's not pretty.

We're motivated by what's outside of us instead of what feels good to us. We can lose our sense of self, our autonomy, our voice even. We don't trust our own judgment and we wait for validation and value that never comes. *Spoiler alert...that stuff already lives inside you!*

If that's you, I'm so happy that you're here, because it's time to look inside. It's time to kick your own ass!

Amazing woman, you are your own rock star. Seriously. You hold the power and the knowledge to be self-reliant. To step up for your own happy. To stop looking outside yourself, or meet other's need to feel good over your own.

You can make yourself feel good. And isn't that what we all want?

This exercise will give you questions to help you understand yourself and your relationship to feeling how you want to. It will also give you some journal pages that will cover you for a week of practicing basing your actions on your how you want to feel.

Email me at [thewomenscoach@cravemorelife.com](mailto:thewomenscoach@cravemorelife.com) if you have questions or comments!

Have fun and remember. How you want to feel actually matters!

Dianna xo

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*When I speak or act in ways that are not aligned with how I want to feel, I feel...*

(examples: weak, resentful, misaligned, sad, angry, weak, dependant, unfulfilled, uncomfortable, less than whole, etc)

*When I am not aligned with how I want to feel, this is how my body feels...*

(examples: stressed, stomach upsets, headaches or migraines, heaviness in the chest, bowel issues, etc)

*These things get in the way of aligning myself with how I feel...*

(examples: fear of disappointing others, not feeling deserving, not being able to say no, etc)

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*Where in my life do I need to align my voice and my actions  
with how I want to feel?*

*This is where I will begin to align myself to how I want to feel.  
(Pick as many as you like and know that baby steps are cool!)*

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## YOUR TAKE AWAYS

**What surprised you the most about your results?**

**What patterns, habits or themes did you notice?**

**How will you use your new awareness to feel the way you want to feel?**

**How will you hold yourself accountable for making yourself feel the way you want to feel?**

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