



Autumn Alignment Challenge – Week 4 Worksheet

Theme: Watch Your Words: Speak It, Create It, Live It

Your words are building the world you live in. Every sentence you speak — out loud or in your head — is shaping the environment you’ll walk into tomorrow.

This week, we’re dismantling self-imposed ceilings and consciously *speaking into being* a holiday season that serves you.

◆ PART ONE: Awareness — Spot the Ceiling

Reflect:

What have you been saying (out loud or to yourself) about...

- **Your work or business**
- **Your finances**
- **Your energy**
- **Your relationships**
- **The holidays ahead**

Write a few examples of what you've been *saying* recently:

1. _____
2. _____
3. _____
4. _____

Now ask:

→ Are those statements lifting you higher, or quietly lowering your ceiling?

→ Which of these phrases or beliefs feel *old* — tied to a version of you that no longer exists?

Prompt:

What have I been repeating that no longer serves the person I've become?

◆ **PART TWO: Rewrite the Narrative**

Let's get intentional.

For every statement above that limits you, write a new one that expands you.

Old Statement

New Narrative

“I can't afford that right now.”

“I'm creating new channels for income and ideas.”

“The holidays are always stressful.”

“This year, I'm designing peace and connection on my own terms.”

“My clients always slow down at year-end.”

“The right clients find me even in the slow seasons.”

Use this space to rewrite your top five:

1. _____

2. _____

3. _____

4. _____

5. _____

◆ **PART THREE: Design Your Ideal Holiday Season**

Now that you're clearing the mental clutter, let's *create* what you want this last stretch of the year to feel like.

Visualize:

It's December 31st. You're looking back at the last few months — how do you want to feel?

- Calm**
- Fulfilled**
- Connected**
- Abundant**
- Energized**
- Other: _____**

Write:

Describe, in a short paragraph, what your *ideal holiday season* looks and feels like when you're living as your highest self.

◆ **PART FOUR: Set the Standard**

If you want a different result, you must raise the standard for your language, your energy, and your boundaries.

Prompts:

- **What am I no longer available for this holiday season?**
- **What am I saying “no” to that drains me?**
- **What am I saying “yes” to that aligns with who I’ve become?**
- **What conversations or expectations do I need to reset with others *now* before the season begins?**

Write it out:

◆ **PART FIVE: Speak It Daily**

Words rewire your brain through repetition. Choose three affirmations you'll say daily from now through the end of the year.

Examples:

- **“I am fully capable and supported in creating peace and prosperity.”**
- **“I attract opportunities that match my worth.”**
- **“I lead my life with clarity, calm, and intention.”**

Your turn:

1. _____

2. _____

3. _____

◆ **PART SIX: Integration — Your Holiday Intention Plan**

This week's action:

- ✓ **Read your new statements daily.**
 - ✓ **Eliminate one “low-ceiling” phrase from your vocabulary.**
 - ✓ **Set one boundary that supports your energy through the holidays.**
 - ✓ **Create a joy list — 5 small things that make you feel grounded and present.**
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◆ **Noelle's Note:**

You can't create peace while speaking chaos.

You can't call in abundance while declaring lack.

Your words are instructions to your future — make sure they're written in truth, not fear.