

Nourishing Vitality

Non-Diet Nutrition * Well-Being * Intuitive Living

Aligned Goal Setting Framework

Introduction

Welcome to the Aligned Goal Setting Masterclass Workbook — your guide to setting goals that work with your brain and body by building intrinsic motivation that naturally leads to actions that support you.

Most traditional goal-setting focuses on linear, action-based goals: choose something you want to change, determine the steps, make a plan, and follow it until you reach the outcome. It sounds straightforward, but it often falls apart because it relies on willpower and assumes you can move through life in a straight line. But life happens – things get busy, challenges arise, energy dips, emotions rise, and those rigid plans go out the window— and old patterns return.

Aligned Goals are different. They don't start with action; they start with you — your values, your deeper motivations, your emotional needs, your beliefs, and the way your mind works. When these internal pieces are aligned, your actions stop feeling forced and begin to flow with more ease, confidence, and consistency.

This workbook will help you:

- connect with the deeper meaning behind your goals
- shift away from perfectionism and pressure
- create supportive thoughts and feelings
- build habits that feel natural, not forced

There is no rushing, no “right way,” and no pressure — just clarity, insight, and alignment.

Take your time and let this process support you.

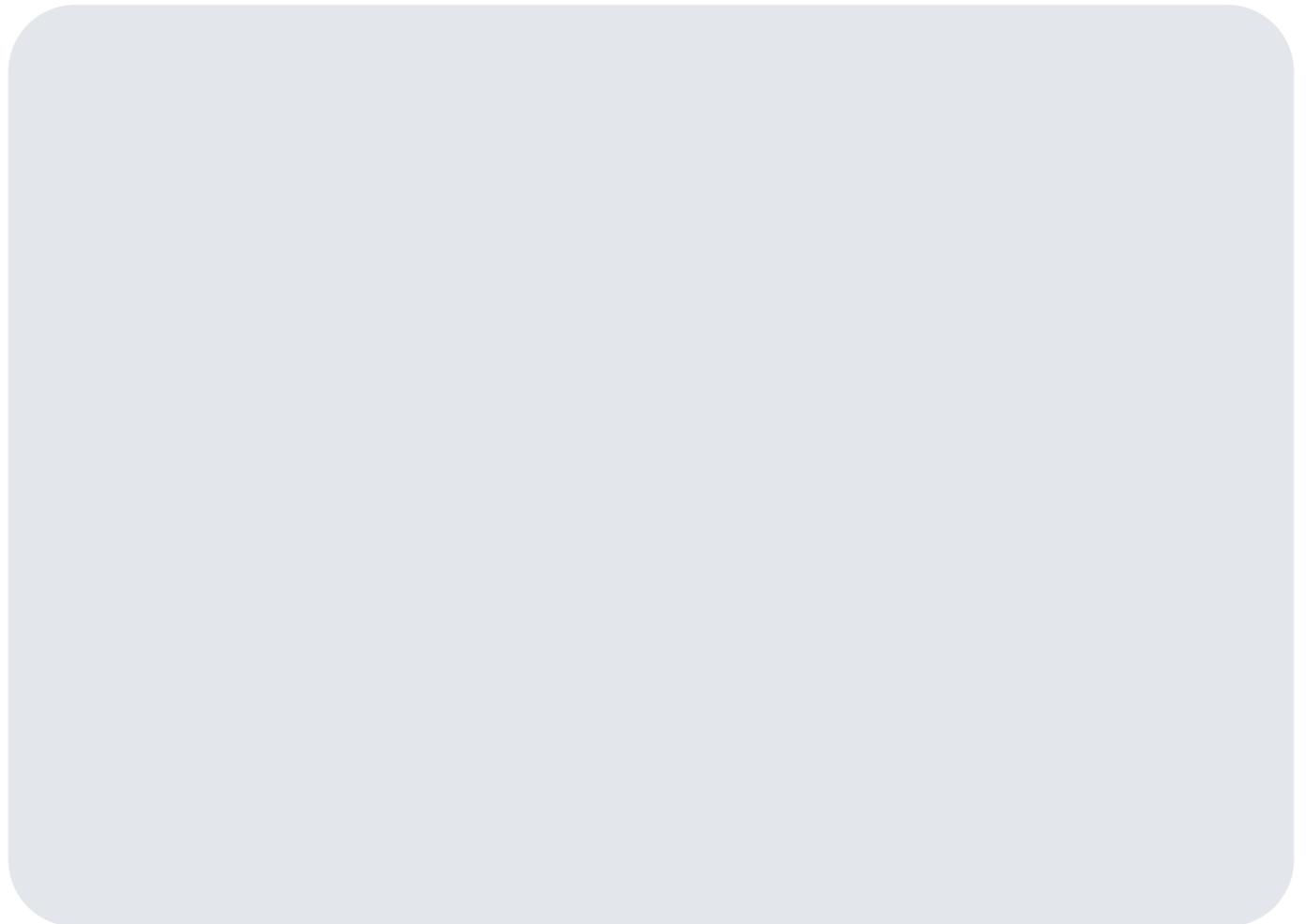
Goals Download

What goals are you trying to achieve?

If specific things don't come to mind, just make a list of anything you want to be different:

- the actions you think you “should” be taking,
- ways you want to grow,
- what feels important, pressing, exciting, or confusing.

This is a download, a brain dump, you want to get it all out – let it be a stream of consciousness, no editing required.



Find the Deeper Meaning

Choose one goal/action/desire to work through this alignment process — something meaningful, but not too charged (you can build up to that once you understand the practice).

What is your goal, intention, or an action you think you should be taking?

Now ask yourself the following series of questions. Write down whatever arises — there are no right or wrong answers, only insight.

- What will it mean for me to achieve this?
- And what will that mean?
- And what will that mean?
- *(Keep going as many layers as you need.)*

Create Understanding

Looking over what you've written, complete this sentence:

It makes sense that I've felt _____ about this goal (or taking this action) because...

Now identify 2-4 desired feelings connected to doing this thing or reaching this goal:

- 1.
- 2.
- 3.
- 4.

These are the feelings your aligned goal will be built upon because when you prioritize creating those feelings NOW they will propel you into taking actions that support our desired outcomes, naturally.

Reclaim Your Autonomy (check in with self-permission)

You set the rules. You decide what progress looks like.

We often think we need to "fix" ourselves or follow the exact steps we've been told will "work." This leaves us outsourcing our authority and suppressing our own needs. The missing piece is inner safety and self-trust.

You can't trust yourself if you're constantly pressuring, pushing, or overriding your needs. You can't access your intuition if your nervous system is in survival mode, trying to meet everyone else's expectations.

Reclaiming autonomy begins with permission — permission to rest, to feel, to go slowly, to not have it all figured out, to do what’s best for you.

Notice:

Where do you feel pressure, anxiety, resistance, or stuckness around this goal?

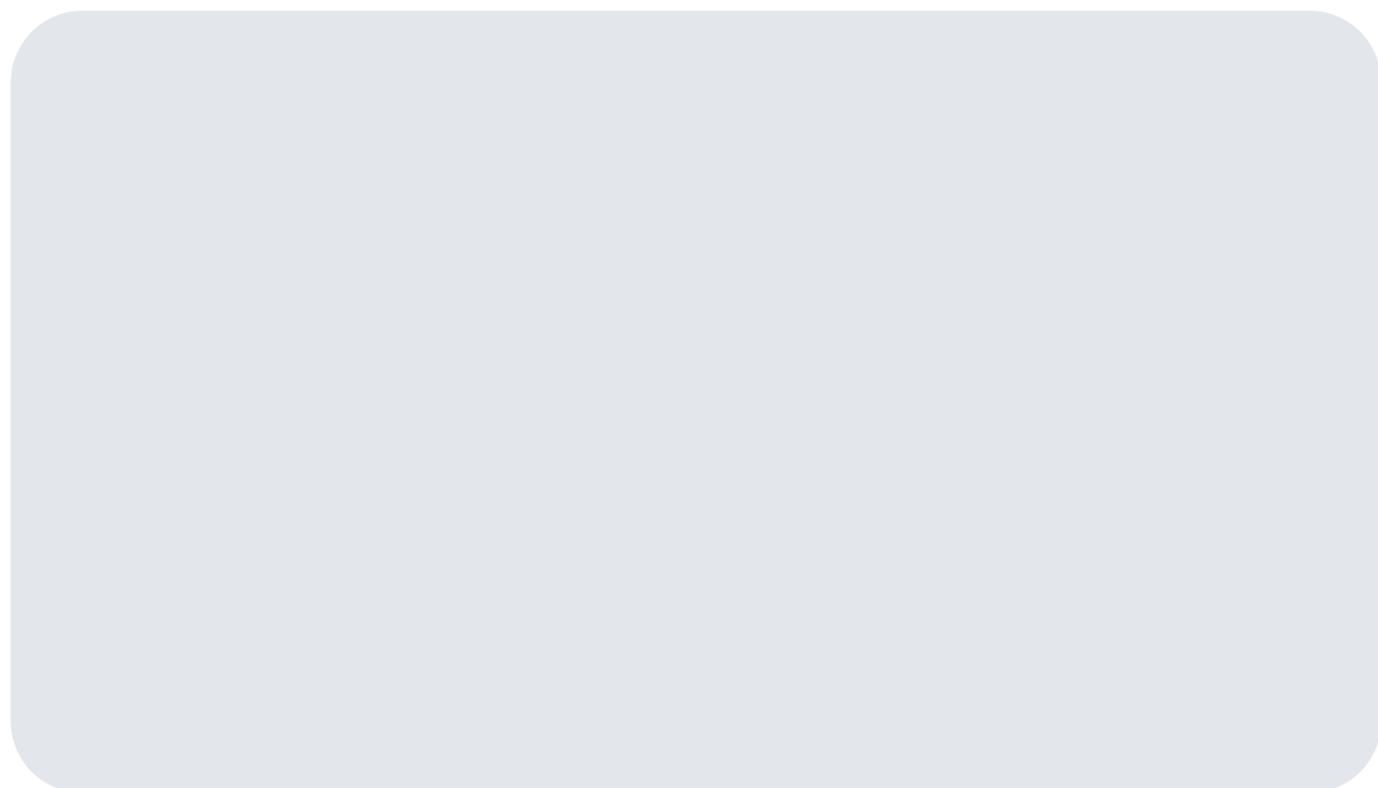
This is a sign you may be trying to follow rules that aren’t yours.

Giving yourself permission starts with flexible thinking:

What if there’s no single “right way”? What if you could find a way that works better for you?

Give yourself permission to decide:

- what counts as progress
- what you get credit for
- what pace feels safe
- what level of effort is sustainable
- what matters most to you right now



Create New Thoughts That Generate Aligned Feelings

Now that you've uncovered the deeper meaning behind your goal, identified the emotions you want to feel, and reclaimed your autonomy, you're ready for the next step: **creating new thoughts on purpose.**

Yes — you can decide what you want your brain to think.

Use the Thought Ladder exercise to build supportive thoughts one step at a time.

Thought Ladder Overview

A thought ladder helps you gradually move toward believing your desired, future-oriented thought. Unlike forced positivity, it meets you where you are now and helps you build new beliefs in a way that feels safe, authentic, and sustainable.

Read each version of a thought and notice the subtle differences between them and how each one makes you feel. Move up until you reach the statement that feels *slightly* challenging but still safe. That's the edge of your comfort zone — the thought to practice.

Thought Ladder Example

1. It's ok for other people to prioritize their needs instead of trying to please others.
2. It is possible my brain is not reliable when it tells me it's not safe to assert myself and risk upsetting someone else.
3. I'm open to believing I'm responsible for my thoughts and feelings and other people are responsible for theirs.
4. I'm learning that I can create my own safety when asserting myself and my needs.
5. I am allowed to take up space, ask for what I need, and be my authentic self without apology.

Your Thought Ladder

Use these prompts to build your own:

- There are other people who...
- It's possible my brain is not reliable when it tells me...
- I'm open to believing...
- I'm learning to (or experimenting with)...
- I'm...

Evidence Building

Rewire your brain by practicing your new thought daily, notice how it makes you feel, and the real-life moments that support it.

New thought you're reinforcing:

List at least 3 pieces of evidence you notice that support this thought being true:

- 1.
- 2.
- 3.

Reflection + Integration

To help anchor this practice of Aligned Goal Setting, reflect on the following:

- What surprised you during this process?
- What feels easier now than it did before?
- What do you want to remember when things get challenging?

Aligned Goal Statement

Bring everything together.

Write a short paragraph about your aligned goal, the feelings that support it, and the kind of person you are becoming through aligned action.

This is something you can revisit regularly to help you realign and add to as you move up the thought ladder and gather more evidence and insight and start taking actions.

Your Aligned Goal Statement:

(Write your inspiring, true-to-you summary here.)

