



# 5 Signs You've Fallen Out of Alignment (And How to Get Back Fast)





# Hello & Welcome

You know those days when you wake up feeling "off" but can't quite put your finger on why? When your manifestation practice feels forced, your goals feel impossible, and you're secretly wondering if this whole "alignment" thing actually works?

You're not broken. You're not doing it wrong. You've simply fallen out of alignment with your desired frequency.

The good news? Recognizing these signs is the first step back to your power. Even better? Getting back into alignment can happen faster than you think.

Here are the 5 most common signs you've drifted from your desired frequency - and the exact shifts to get back on track.

## Contents

SIGN #1   YOU FEEL RESISTANCE WHEN WORKING TOWARDS YOUR GOALS	03
SIGN #2   YOU'RE SCARED OF TRYING (PARALYZED BY FEAR OF FAILURE)	04
SIGN #3  YOU'RE CONSTANTLY SEEKING COMFORT IN THINGS THAT DON'T SERVE YOU	05
SIGN #4  YOU'RE SHUTTING DOWN AND NOT TALKING KINDLY TO YOURSELF	06
SIGN #5  YOU FEEL DISCONNECTED FROM YOUR "WHY"	07
THE 60-SECOND ALIGNMENT RESET & NEXT STEP	08

# You Feel Resistance When Working Towards Your Goals

## WHAT IT LOOKS LIKE:

- Procrastination feels stronger than motivation
- Your goals feel heavy, not exciting
- You find yourself making excuses or avoiding action
- Even small steps feel overwhelming

**What's really happening:** You're operating from the energy of "I don't have this yet" instead of "I already am this person." Resistance is always a frequency mismatch.

## THE FAST FIX: STEP INTO YOUR FUTURE SELF'S IDENTITY NOW.

Your future self - the one who already has everything you want - doesn't feel resistance toward these goals. Why? Because they're not "goals" anymore, they're just part of who they are.

## TRY THIS:

1. Close your eyes and connect with the version of you who already has what you want
2. Ask them: "How do you approach this task?"
3. Notice how they feel - confident, natural, maybe even excited
4. Step into that feeling and take action from there

**Remember:** You're not trying to GET somewhere. You're already there. You're just remembering.



# You're Scared of Trying (Paralyzed by Fear of Failure)

## WHAT IT LOOKS LIKE:

- Endless planning but no action
- "I'm not ready yet" on repeat
- Catastrophizing worst-case scenarios
- Waiting for the "perfect" moment

**What's really happening:** You're buying into the illusion that failure is real and permanent. Your brain is trying to keep you safe by avoiding anything unfamiliar.

## THE FAST FIX: REFRAME FAILURE AS DATA, NOT DESTRUCTION.

Here's the truth your future self knows: There are very few examples in life where you can't try again. Most "failures" are just course corrections that bring you closer to your desire.

## TRY THIS:

1. Write down your worst-case scenario
2. Ask: "And then what would I do?" Keep asking until you reach the bottom
3. You'll discover you're more resilient than you think
4. Ask: "What's the smallest step I could take that feels 70% doable?"
5. Take that step TODAY

**Remember:** Your future self tried, learned, adjusted, and tried again. They didn't get there by avoiding action.

# You're Constantly Seeking Comfort in Things That Don't Serve You

## WHAT IT LOOKS LIKE:

- Endless scrolling instead of taking action
- Choosing familiar but unfulfilling activities
- Staying in situations that feel "safe" but stagnant
- Using food, shopping, or entertainment to avoid feelings

**What's really happening:** Your brain has confused "familiar" with "safe" and "comfortable." But here's the thing: what you want exists in the unfamiliar territory you've been avoiding.

## THE FAST FIX: RECOGNIZE THAT "COMFORTABLE" ISN'T ACTUALLY COMFORTABLE - IT'S JUST FAMILIAR.

True comfort comes from being aligned with your authentic self and your desires. Everything else is just an avoidance pattern.

## TRY THIS:

1. Next time you reach for your comfort distraction, pause
2. Ask: "What am I trying to avoid feeling right now?"
3. Feel that feeling for 60 seconds without trying to fix it
4. Ask: "What would my future self do right now?"
5. Choose their action, even if it feels uncomfortable

**Remember:** Your future self learned to find comfort in growth, not in hiding.



# You're Shutting Down and Not Talking Kindly to Yourself

## WHAT IT LOOKS LIKE:

- Internal critic on overdrive
- Comparing yourself to others constantly
- Feeling defeated before you even start
- Harsh self-talk about past "mistakes"

**What's really happening:** You're stuck in past programming instead of present possibility. This usually stems from fear or disappointment, but here's the key: most people shut down before they've even truly tried.

## THE FAST FIX: RELEASE THE PAST AND COME BACK TO NOW.

Your future self doesn't waste energy on self-criticism because they know it doesn't create anything useful. They speak to themselves like their own best friend.

## TRY THIS:

1. Write Notice when the inner critic starts talking
2. Ask: "Is this thought creating anything helpful?"
3. Consciously choose a kinder thought: "I'm learning" or "I'm growing"
4. Place your hand on your heart and say: "I'm exactly where I need to be"
5. Ask: "What would I say to my best friend in this situation?"

**Remember:** Your future self got there through self-compassion, not self-punishment.

# You Feel Disconnected from Your "Why"

## WHAT IT LOOKS LIKE:

- Going through the motions without enthusiasm
- Questioning if your goals even matter
- Feeling like you're forcing things
- Lost sense of purpose or meaning

**What's really happening:** You've fallen into doing mode instead of being mode. You're focused on the "how" and "when" instead of the "why" and "who."

## THE FAST FIX: RECONNECT WITH YOUR DEEPER TRUTH.

Your future self isn't motivated by external achievements - they're inspired by who they get to become and how they get to serve.

## TRY THIS:

1. Ask yourself: "Who do I become when I have this?"
2. Ask: "How do I get to serve when I have this?"
3. Feel into those answers - let them fill your body
4. Take your next action from that feeling, not from obligation

**Remember:** Your future self is driven by inspiration, not desperation.

# The 60-Second Alignment Reset

**WHEN YOU NOTICE ANY OF THESE SIGNS, TRY THIS QUICK RESET:**

1. Pause - Stop what you're doing
2. Breathe - Take 3 deep breaths
3. Connect - Ask: "How would my future self handle this?"
4. Choose - Pick their energy over your current state
5. Act - Take one aligned action, no matter how small

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## Your Next Step

Alignment isn't a destination - it's a practice. The more you notice when you've drifted and gently guide yourself back, the easier it becomes to stay in your desired frequency.

Start practicing these resets today. Notice which of the 5 signs shows up most for you, and use the corresponding fix. Small, consistent shifts create massive transformation.

**Remember:** You're not trying to become someone new. You're remembering who you already are.

♥ With love and alignment,  
Patrick  
Authentic Wellness Path