

# The Truth Alignment Grid

Welcome to your Truth Alignment Grid.

By doing this, you're choosing to look beneath your reactions and old stories and tell the truth about who you really are. That's powerful.

Go gently with yourself—you're not fixing something broken, you're releasing what was never truly you.

## Instructions:

1. Think of a recent situation that really triggered you (person, comment, conflict, rejection).
2. Ask: What does this situation cause me to feel about myself? (ex. I'm not good enough/I'm unlovable/I'm stupid, powerless or invisible) **This is a Core Limiting Belief.**
3. Write your Limiting Belief in the box.
4. Create a new decision about your limiting belief. Write a positive/opposite belief that you want to live from going forward. 'I'm a good decision maker; a loving parent; a talented creator; an excellent leader at work or for my family'. Pick One and write it in the Positive statement box.
5. Recall the Evidence by thinking back to times when you recognized or were recognized by others for your positive statement. List several of these memories in the Affirming Memory box.
6. Close your eyes and re-live those memories
7. Revisit these memories next time you feel triggered.

It's REALLY can be that EASY!

Limiting Belief	Opposite- Positive Statement
Affirming Memory	
Affirming Memory	

*"This is my truth now. The old story doesn't run my life anymore."*