

LIVING IN ALIGNMENT



Are you living your most aligned life?
11 powerful questions to find out.

SELENA MAISONPIERRE



INTRODUCTION

Meet your guide and coach, Selena.

LIVING IN ALIGNMENT

What does "living in alignment mean?"

ARE YOU LIVING YOUR MOST ALIGNED LIFE?

11 questions & journal prompts to celebrate where in your life feels in alignment and illuminate where there is room for change, growth and - most importantly - more ease, joy and flow.

GETTING BACK INTO ALIGNMENT

Next steps and lifestyle changes to realign.

SELENA MAISONPIERRE

YOUR GUIDE



HELLO!

My name is Selena Maisonpierre. I am a Yoga Teacher and Wellness Coach based in New York City. I help people embody the principles of health and wellness so that they can live fully integrated, embodied, and lit up lives.

How did I get here?

My journey was a winding path full of noticing moments that felt OUT of alignment and taking big leaps into the great unknown in search for things that felt IN alignment.

There are moments that I was brave and plenty of times that I wasn't. It wasn't always easy or glamorous, sometimes it was messy and I definitely got bumped and bruised along the way... but it's been a beautiful journey of opening and expanding, and it's led me to here.

And where I sit today is feeling so f-ing grateful and so deeply in love with the work that I do - the opportunity to share all that I've learned and guide people - just like you - on their path of self discovery and into a more aligned life.

SELENA MAISONPIERRE

SELENA'S STORY

After graduating college, I moved to New York City and got hired at a top advertising agency with really smart people on a great account. I fulfilled the biggest dream of my life at that time - I moved to NYC. And I worked in advertising. Check, Check.

But it didn't feel quite right.

About 1.5 years into that job, I couldn't shake this huge, growing desire to travel. I wanted to backpack through South America.

I got promoted at my company and a few weeks later I quit, bought a backpack and a one way ticket to Ecuador.

Packing up my things for 4 months away was a terrifying and exhilarating experience. I had quit a "good" job, I spoke minimal Spanish, I didn't have much of a plan other than a general idea of the direction I would go (South) and I had no idea what awaited me when I got back...

It didn't quite make sense.
But this felt right.



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SELENA'S STORY

My next job I was fired from.

I hated that job, I felt suffocated showing up to work every day and knew that I wanted to quit, but was dragging. When they fired me, I felt a rollercoaster of emotions. Even though I knew that job wasn't IN alignment, my ego was still in shock. Anger, fear, terror, guilt, embarrassment and also relief. And then... now what?

At the same time I had moved apartments and a new yoga studio had opened up a few buildings down from me. I started volunteering there for free classes. I had practiced yoga since I was 17 and always had this nagging dream of teaching yoga ... but I had zero idea of how that could work.

When I was fired, I enrolled in their first 200 HR teacher training program. Then I broke up with my boyfriend and went to Bali for a few weeks with my sister.

All of those decisions felt IN alignment. But they also felt INSANE. I just lost my job... and now I'm going traveling?! And investing \$3,500 in a yoga training?! I had no job prospects and everybody in my life kept asking how I was going to make money as a yoga teacher...

And I didn't have an answer.

But I knew, on a deep level, it was the right decision. It was IN alignment.

The more I lived IN alignment, the better I felt. There were moments of fear and uncertainty, but those were met with a feeling of energized excitement, feeling in-flow. Things worked out.

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THIS WORK IS TRANSFORMATIVE



LIVING IN ALIGNMENT IS THE
KEY TO LIVING A JOYFUL
LIFE.

7 years later, I am a yoga teacher and wellness coach. I teach yoga classes in-studio and online, work 1:1 with coaching clients in specialized programs that blend yoga and mindfulness with health and self growth, lead 200HR yoga training programs, mentor new teachers, facilitate international wellness retreats and send a weekly newsletter with powerful journal prompts to spark insight and foster a deeper sense of well-being.

On a grand scale, my lifestyle is very IN alignment with my truth and my desires. It's a daily practice, but it gets so much easier over time.

That's what I set out to offer the world: tools to live a more radiant and aligned life, from movement (yoga) to mindset (coaching.)

I'm so excited you're here!
Let's get started.

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AN ALIGNED LIFE

When you're living an aligned life, you consistently feel like your best self.

You show up in your day-to-day energized and radiant.

You feel like your actions and choices come from an authentic place. You can make decisions easily and don't waste energy regretting the past or worrying about the future.

You live honestly and in integrity, and feel confident speaking your truth.

You know what you desire and believe in your capability to create the life of your dreams.

Living an aligned life is liberation.

It's a life that feels authentic and true to you, one where you feel well-balanced, well-taken care of, well-supported and full of well-being.



OUT OF ALIGNMENT

You know you're out of alignment when...

You feel constantly tired or burnt out.

You wake up feeling anxious and overwhelmed by your day... before it's even gotten started.

You make plans and immediately want to cancel them.
You don't feel seen by your friends, family and community.

You feel uncertain of who you are, what your preferences are, who you want to become.

You have digestive issues or other physical symptoms, like hair loss.

More subtly, out of alignment is a feeling... an "ick."
... a tightness in your chest or gripping in your stomach.
... you feel like you're suffocating,
... like you can't breathe
... like you can't be yourself.



YOUR INVITATION

This is an invitation to get quiet, tune in and be really honest with yourself.

The questions in this worksheet are a powerful journey inwards to illuminate whether you're living in alignment with your truth and desires. Some of these questions will inspire a sense of pride and celebration, and some might feel difficult and bring up uncomfortable feelings.

Take a break if you need to....
.... but I encourage you to come back to it and be brave.
Be honest.

This is not an exercise of self judgement or criticism - quite the contrary. This is a check-in, a moment to take a look around your life with openness and curiosity. Celebrate the good, and consider the rest as a huge (and exciting) opportunity to re-route, re-consider and re-create.

And most importantly, let it be fun!

HERE WE GO :)

11 questions to see if you're living an aligned life

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WHAT ABOUT YOUR LIFE DO YOU LOVE?

Q1

QUESTION ONE

Describe 1-3 peak experiences in your life when you've felt like you're really in the zone, in-flow, where time disappears and you feel like you're "in your element?" Get specific, what are you doing and what did / does it feel like?

Q2

QUESTION TWO

What are 5-10 accomplishments you feel really proud of in your life so far?

HOW WELL DO YOU KNOW YOURSELF?

Q3

QUESTION THREE

What is your relationship with your body?
Do you listen to your body - pain, tightness, fatigue, hunger, "something's not right?"
Can you feel your emotions? Do you have healthy tools for processing your emotions?

Q4

QUESTION FOUR

How well do you care for yourself? Do you have routines that feel nourishing, relaxing and grounding? What are they? Do you eat well, rest well, move your body often, drink water?

Q5

QUESTION FIVE

What are your unique gifts, skills and talents?
What's uniquely YOU?
What is so f-ing cool about being YOU? (this is no time to be humble, shine your f-ing light)

WHAT'S IMPORTANT TO YOU?

Q6

QUESTION SIX

Write 2-3 things that are incredibly important that you want to accomplish but you haven't done yet. Why have you not accomplished or done them yet? What feels hard? What support do you need?

Q7

QUESTION SEVEN

Take a snap-shot of your typical day: a work day and weekend day. Write down what you do, how you spend your time and with whom. Does this feel fun / supportive / joyful / healthy / expansive / free? How do these activities make you feel?

Q8

QUESTION EIGHT

What qualities do you bring to your relationships? What do you wish to receive in your relationships? Do your current relationships feel supportive and uplifting? Why or why not?

WHAT ARE YOUR DREAMS?

Q9

QUESTION NINE

If you had all the money in the world, what would you do?

What's the juiciest, dreamiest way you would love to spend your time?

Q10

QUESTION TEN

What impact do you wish to leave on the people in your life? How do you want to give back?

Q11

QUESTION ELEVEN

What do you really want ?

What do you really REALLY want?

Be bold. Be honest. What do you REALLY WANT?

CONGRATULATIONS!

Congratulations... you did it!!

And now the hard truth...
there's no score at the end of this questionnaire. There's no
tally of check marks, no numerical value that we can place
on your life, no gold star.

There's just you and what you feel.
That's what alignment is - it's a feeling.
It's an intuitive felt sense.
YES or a NO.
an IN or an OUT.
a GOOD or a not-quite-right.

Living in alignment with your truth and desires is the key to
living a joyful life. I know, because I've done it, and I want it
for you.



NEXT STEPS



MORE RESOURCES

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MAKE IT PERSONAL

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great work! see you soon

xx Selena

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