

Journey Book



Stephanie Trager

ALIGNMENT TWO:
Speak Your Truth

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ALIGNMENT TWO:

SPEAK YOUR TRUTH BE TRUE TO YOU

In our 40 Days of Devotion let's call in our Truth.

As we choose to be impeccable with our word, realizing that every word is a prayer, every word casts a spell, and can create or destroy, we realize when we suppress our truth, or self censor, we turn that arrow inward.

What is it doing to us? This Alignment is for your deep exploration. Devotion to your truth, is devotion to you. Devotion to who you really are and what you're here to do.

Where are you dimming your own magic?

Open your journal:

- Where am I not being truthful to myself?
- Where don't I feel safe to speak my full truth and why?
- If I spoke my truth I would _____ (pros and cons)
- What is the cost of not speaking my truth?

ALIGNMENT TWO:

SPEAK YOUR TRUTH BE TRUE TO YOU

We speak or withhold our truth in many circumstances.

First to ourselves, where are we keeping secrets from ourselves, or anyone?

Where am I not telling myself the truth – about my power as creator? About my desire to _____? About my past? About what I feel? What are the consequences?

Devotion to the inquiry:

In your 40 Days of Devotion, when bringing in Alignment Two: Speaking Your Truth- focus on what divine truth means for you and what you are a stand for.

When you choose to stand in your truth, what kind of influence results in one year from now?

How about 3 years from now? And as you continue to expand in your truth -living in alignment with your values, believing you can be the one to 'have or do the thing,' what's your world look like in 10 years from now? Yes 10 years from this 40 Days of Devotion?

SPEAK YOUR TRUTH BE TRUE TO YOU

Speaking your truth may be controversial. Yet 'speaking' doesn't mean you throw discernment out the window. You can speak your truth through your actions.

Sometimes silence is your truth. Know when and why you're speaking. What's the 'come from?' What are you seeking? What do you need?

Take a moment here now to journal all the questions in this Alignment Two and come to this contemplation with devotion. What truth (that' it's dangerous to be seen?) have you been devoted to?

What does devotion bring to your deep Soul desire to live and speak from the truth of who you are now, in these time?

Remember cognitive dissonance?

When you're fully living (and working or running your business) in alignment with your truth, there are no shortcuts.

Impeccability with your word (and actions.)

Use the 40 Days of Devotion to explore where you're not speaking your truth, and choose one act a day for 7 days, that is non negotiable, where you speak your truth.

How? Who will you be on the other side of that experience?

Activate Higher Purpose

Thank you thank you thank you.



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Be True to You

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