

room to transform

# Got Alignment?

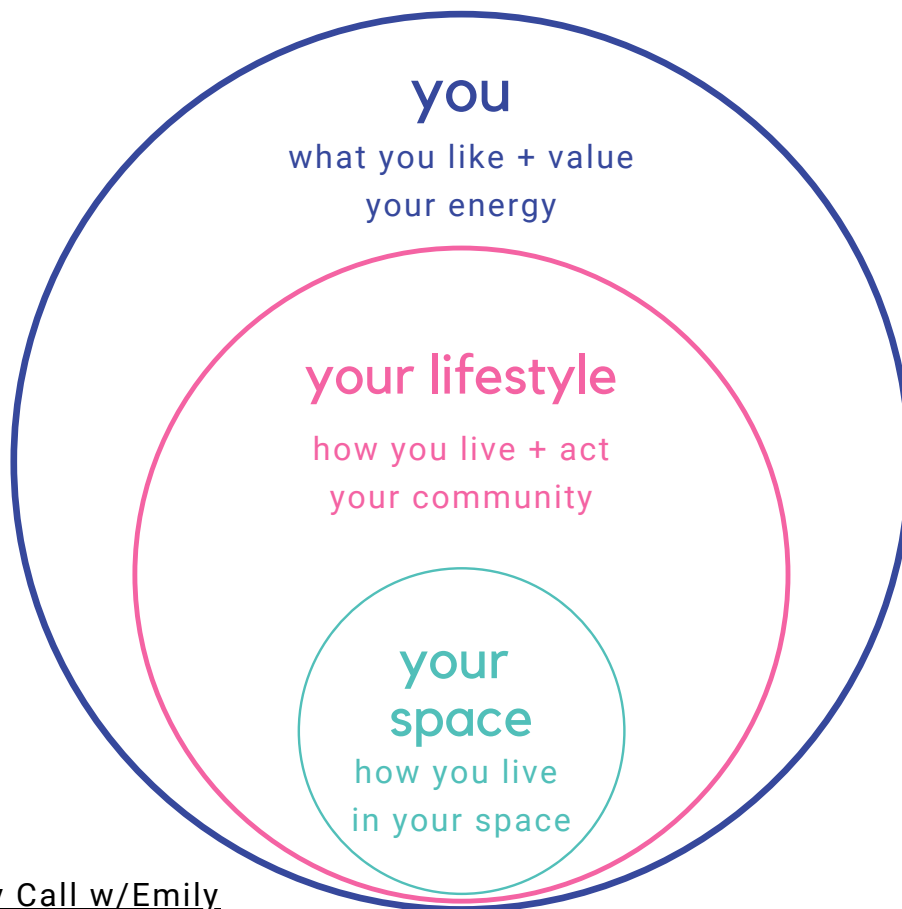
**Everything - including manifesting -  
works better when our parts are aligned.**

We start with your values. Your values are reflected in your thoughts, actions, lifestyle, communities, spaces, and habits.

The thing is, we don't always live our values.

- We might fake it to fit in to a group.
- We might not practice what we preach.
- We might want to collaborate, but we don't make enough room for it.

**The goal is to have each part support and reinforce the other.**

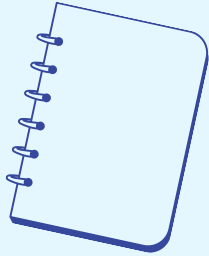




# Hi! I'm Emily.



**Professional Holistic Organizer  
& Manifesting Guide at  
room to transform**



## In this journaling exercise, you will:

- Examine your current **values, actions, spaces**.
- Notice where you are not **aligned**, and where you can make improvements.

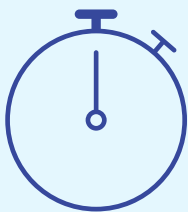
## Why do this?

Because doing a little introspection first will:



- Help you **make decisions faster** and save precious time.
- Produce a more **satisfying transformation**.
- **Focus your subconscious** on your manifestations.

## Ready?



- **Tune in** to Pink Noise focusing frequencies.
- Set a timer for **20 min intervals**.
- **Take a short break** if needed.

# How aligned are you

with your space and your ideal lifestyle?

**you**

what you like + value  
your energy

**your lifestyle**

in how you live + act  
your community

**your  
space**

how you live  
in your space

# Examples of Values

\*If you have trouble choosing your values, ask yourself:

**"What's my favorite activity right now?"**

And then, keep asking yourself:

**"Why?"** until you get to the root value.

Generosity

Empathy

Spirituality

Mess Tolerance

Versatility

Playfulness

Joyfulness

Boldness

Self-compassion

Growth mindset

Mindfulness

Peaceful

Frugality

Luxury

Transparency

Honesty

Collaboration

Solitude

Diversity, Equity,

Inclusion

Anti-Racism

Empowerment

Human Rights

Community

Clear Communication

Compromise

Respect for Boundaries

Cleanliness

Tidiness

Organization

Imperfection

Sustainability

Efficiency

Excellence

Curiosity

Gratitude

Kindness

Courage

Love

Variety

# Values at Play

Examples of how your inner values, lifestyle, spaces, and habits can support each other.



## life- style

## inner values

## space + habits

Host Dinner Parties  
Play Sports  
Shower Regularly  
Volunteer  
Meditate

Generous  
Playful  
Clean  
Empathetic  
Spiritual

Comfy Dining Area  
Pops of Color  
Weekly Chores  
Encourage Diversity  
Space for Solitude



# Values at Work

Examples of how your inner values, work-style, spaces, and habits can support each other.



# Time for a Tune Up

## What do you value?

in relationships, lifestyle, culture, work...

Ex. I love collaborating on meaningful projects with talented friends, while practicing my craft.

# How do you live your values?

in relationships, lifestyle, culture, work...

Ex. My friend and I are making a short film together.



## Name 3 ways your lifestyle supports your values:

Ex. I gave up my car and walk whenever I can.

## 3 ways your lifestyle needs improvement:

Ex. I want to travel outside of my 3 mile radius.

Name 3 habits that support your values.

Ex. Weekly tidying, keeping in touch w/ friends.

Name 3 habits that are not serving you.

Ex. Procrasti-cleaning instead of working on ideal lifestyle goals.

## 3 ways your space supports your values:

Ex. My dining room table doubles as a project table.  
It's not fancy, so it's ok for messes to happen.

## 3 ways your space needs improvement:

Ex. I need a better set up for multimedia projects.

What are steps you can make  
to re-align your...

lifestyle:

space:

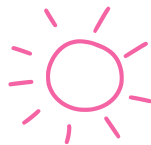
habits:

# Congratulations!

**You're on your way to discovering how  
your space can support your values.**

Knowing your values before reorganizing is key.  
*How do you feel about your tendencies?*

- *If you just walked into your room, and still sighed with overwhelm, Schedule a Clarity Call.*
- *If you have visitor coming soon and know you need help asap, Schedule a Clarity Call.*
- *If you are going to procrastinate for 8 months before you reorganize, Schedule a Clarity Call.*



A fresh perspective from an expert organizer will help whether you decide to work with me or work solo.

The 30 minute Clarity Call is like a mini coaching session where I listen to your deepest desires and concerns about your space. Then we figure out a good step forward for you.

**[Complimentary 30 min Clarity Call w/Emily Falcigno.As.Me/ClarityCall](#)**



## Not feeling like the true you?

We collaborate to:

- **Shift** your mindset + connect you with your intuition
- **Identify** your priorities + create a vision for your intentional lifestyle
- Keep you **accountable** to your goals + **teach** you how to **manifest** your visions



you

what you like + value  
your energy

## Not feeling at ease in your own space?

We collaborate to:

- Identify where we can **declutter**
- **Let go** of stuff you don't want, use, need +  
Send them to loving homes
- **Reorganize + recreate** an efficient space  
for your ideal lifestyle



**you**

what you like + value  
your energy

## Not living your ideal lifestyle?

We identify where you are:

- Doing things you don't love
- **Spending time** with people who don't **support your values**
- Not focusing on **what you truly want**