

# 7 Steps for Self-Attunement

TUNE INTO YOUR MIND, BODY & SOUL



*colleen* ANGELES  
— COACHING & CONSULTING —

[WWW.COLLEENANGELES.COM](http://WWW.COLLEENANGELES.COM)

# Hello, I'm Colleen

So happy to meet you!

**Self-Attunement is the ability to access the power of healing, wisdom and your higher self.**

- ☆☆ A way to tune into your mind, body and soul.
- ☆☆ To tap into the source of energy within you.
- ☆☆ To live the greatest expression of who you are.

Intellectually, the ways we self-attune seem so obvious, yet in the midst of uncertainty, fear, emotional turbulence or trauma, we can't always call forward our inner strength, awareness and clarity to rebalance.



In these moments, we need someone to be our light (I'll be that person for you), to be by our side, and to guide us out of the darkness and back along our path. On the pages to follow, you'll find my personal self-attunement blueprint. It's a compilation of lessons I've learned from mentors and spiritual leaders I admire. It evolves as I evolve. Each lesson offers attunement techniques. These are simply guides. Take what you need and make it your own.

I hope you find these **7 Steps for Self-Attunement** helpful with deepening your self-awareness ~ now and when you need it most.

Remember, this process is not linear. Grab a journal. Let it flow.

Colleen xx

BUSINESS COACH & CONSULTANT

Learn more about me



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“We don't see things as they are, we see things as we are.”

ANAIS NIN



# getting started

**Self-attunement can help us cultivate an inner peace and a cleansing approach to our inner thoughts, emotions and beliefs.**

## **WHY HEART-OPENING QUESTIONS?**

When our heart is closed, we block out our light and flow of energy. We must open this energy center to release and heal. Closing up would only lock the pain, fear and trauma back inside (exactly where we don't want it). Over time, this leads to emotional stacking and makes it much more difficult to self-attune.

## **HOW TO USE THIS BLUEPRINT**

Please dedicate 5 minutes to read this front to back. This will ground you. If you feel like you're falling apart, it may then be better to start at the top and use this as a checklist. At other times, you may only need to tap into one or two of these techniques. Choose what you need in each moment. Make it your own.

# 7 Steps

## for Self-Attunement

### 01

#### CHECK IN WITH YOURSELF

Pause and really check in with yourself and your body. Dig deeper, beyond the obvious. Observe any mental or emotional turbulence, without judgement or grasping onto it. Breathe and find as much stillness as you can. Look for cracks. It's in the cracks that light shines through. Gently whisper to your heart: "stay open."

#### **Self-Attunement:**

- ☆☆ Where are you in alignment?
- ☆☆ Where is your energy blocked?
- ☆☆ Are you participating in your unfolding or watching it happen?

### 02

#### OBSERVE YOUR EGO AND SHADOW

Move ego out of the way. Our egos want to "protect" us, yet that protection could be a contraction of your current state, not an expansion of your authentic self. Do the shadow work. Our shadow self is the "dark side" of our personality that we often repress and don't want to admit to, such as negative emotions and impulses, including rage, jealousy, envy and greed. Come to terms with your darker half. Find your center of gravity of light and dark.

#### **Self-Attunement:**

- ☆☆ Where is your ego pretending to protect you?
- ☆☆ What are your blind spots?
- ☆☆ Where might your view of someone or a situation be distorted?

READY TO DO THE WORK?

Schedule a free consultation ↪



# 7 Steps

## for Self-Attunement

### 03

#### SHIFT PERSPECTIVE

When we shift our perspectives, we change our thoughts. When we change our thoughts, we change our behaviors. When we change our behaviors, we change how we experience life (and how others experience life with us). This is the shaping of our identity. Catch yourself when you find yourself pulling in an old perspective or story. Don't ruminate. Stay aware and in the present moment. Shift from there.

#### **Self-Attunement:**

- ☆☆ What is one limiting belief that's holding you back?
- ☆☆ What will happen if you shift your perspective?
- ☆☆ What is the impact if you don't shift?

### 04

#### CULTIVATE THE COURAGE TO CHANGE

It doesn't take courage to give up, blame or stay complacent. It takes courage to change – to really do the work, in action (not just intellectualize it or talk the talk). Know and own your shadow self. Be vulnerable. Be brave. Get out of your own way. Stack the system with who you are, who you want to be, and how you want to show up in the world. Stand in your self-worth. Over and over again.

#### **Self-Attunement:**

- ☆☆ Where are you playing small?
- ☆☆ What decision(s) are you afraid to make?
- ☆☆ What will have to happen for you to take action?

READY TO DO THE WORK?

Schedule a free consultation ↪

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## for Self-Attunement

### 05

#### LET GO AND FORGIVE

Pain happens. Suffering is a choice. You may feel that you don't want to let go of the pain because that means you're letting go of a relationship, or part of your identity, or you may want reality to be something it's not. That's human. At some point though, you must be willing to release suffering to create space for your soul to shine. Forgiveness is also a form of letting go – you free yourself and others. Of course, this is all a process. Just don't sit in suffering too long, you'll sense the signs when it's time to move on.

#### **Self-Attunement:**

- ☆☆ What are you ready to let go of?
- ☆☆ Why are you choosing to suffer?
- ☆☆ What are you willing to forgive yourself for?

### 06

#### GET CURIOUS AND CREATIVE

If you've made it this far, you may feel a bit lighter and that you can breathe more deeply. From this expanded spaciousness, it's time to create. Get curious about your purpose, passion or next pursuit. Listen from a place of curiosity, rather than judgment. You may already know what's next or you may be starting with a white canvas. Surround yourself with inspiring people, places and things. Stack your system with love, gratitude and compassion. This will ignite your Soul Force.

#### **Self-Attunement:**

- ☆☆ What lights up your heart?
- ☆☆ What will you create?
- ☆☆ How will your curiosity and creativity contribute to the world?

READY TO DO THE WORK?

*Schedule a free consultation* ↪

# 7 Steps

## for Self-Attunement

# 07

### BE IN THE PRACTICE

Ultimately, self-attunement is a daily practice. We never arrive. We transform and we transcend. Do the work. Put your faith in love. Remember your thoughts and words create. Put space between your stimulus and response. Forgive. Embrace your light and dark sides. And most importantly, be gentle with your soul and know this is the best and most fulfilling work you'll ever be in!

#### **Self-Attunement:**

- ☆☆ Meditate.
- ☆☆ Move your body.
- ☆☆ Breathe.
- ☆☆ Show Up.
- ☆☆ Repeat.

READY TO DO THE WORK? *Schedule a free consultation* ↷





# About

**Colleen Angeles is a business coach and consultant based in Los Angeles.**

She works with high performers, purpose-driven start-ups and corporations to strategize brand and human performance. A thought leader and expert in marketing, communications and public affairs, Colleen's portfolio spans global brands including Starbucks, lululemon athletica, U.S. Department of Commerce, The White House, and national organizations in mental health, wellness, social justice, and arts & culture. Her soul force is cultivated from her vast business experience, entrepreneurial grit, and a commitment to leadership and spiritual growth. An avid yogi, meditator, athlete, global adventurer, and mentor, she's passionate about living a healthy lifestyle and inspiring others to take their lives to the next level. Her life's mission is guided by Viktor E. Frankl's quote: "The meaning of life is to help others find the meaning of theirs."

Learn more at: [www.colleenangeles.com](http://www.colleenangeles.com).

