

WELCOME, SIS.

Prepare to Be Transformed

A Free A.L.I.G.N. Reflection Guide to Help You Move From Surviving to Living With Purpose

You are still here for a reason.

This guide is an invitation to slow down, get honest, invite God into the places that need healing, and begin aligning your life with the purpose He placed inside of you.

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

- Romans 12:2

Use these pages slowly. Write in the margins. Pray over the questions. Come back to the sections that challenge you. Transformation does not require every answer today - it begins with your willingness to take the next aligned step.

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Why A.L.I.G.N. Exists

A framework born from survival, healing, faith, and the search for purpose.

There was a season of my life when I looked strong on the outside but was hurting deeply on the inside. After years of pain, unhealthy patterns, depression, alcohol misuse, and a toxic relationship, I reached a place where I no longer wanted to live.

In 2020, I attempted to end my life. I clinically died - and I came back. That moment changed the direction of everything. I knew God had given me another chance, but healing did not happen overnight. For years I kept asking: **Why am I still here? What am I supposed to do with this second chance?**

Through prayer, recovery, self-reflection, discipline, community, and learning how to renew my mind, God began showing me a pattern in my healing. Eventually, that pattern became **A.L.I.G.N.** - the framework I now use to help others move from simply surviving life to intentionally living it.

A.L.I.G.N. is not about becoming a perfect version of yourself.

It is about becoming aware, choosing love, inviting God in, growing with gratitude, and nurturing what is good - one decision at a time.

Before you continue, ask yourself:

- Where in my life am I surviving instead of truly living?
- What part of me is asking for healing, attention, or change?
- If I believed my life still had purpose, what would I do differently?

**For I know the plans I have for you... plans to give you hope and a future. -
Jeremiah 29:11**

A.L.I.G.N. at a Glance

Five intentional steps you can practice across your relationships, emotional life, finances, physical well-being, and spiritual life.

A	AWARENESS Notice your thoughts, emotions, triggers, habits, and patterns without hiding from them.
L	LOVE YOURSELF Practice healthy boundaries, compassionate self-talk, body care, and receive the love God gives freely.
I	INVITE GOD IN Bring God into your decisions, pain, dreams, fears, and next steps.
G	GRATITUDE & GROWTH Recognize what is good while staying willing to learn, stretch, heal, and celebrate progress.
N	NURTURING POSITIVITY Build routines, relationships, thoughts, and environments that help the transformed version of you keep growing.

Try this: Circle the letter you need most right now. You do not have to work on everything at once. Start where God is already getting your attention.

**Trust in the Lord with all your heart... and He will make your paths straight. -
Proverbs 3:5-6**

Awareness & Loving Yourself

A - Awareness

Healing starts when you tell yourself the truth. Awareness means noticing what is happening inside you before automatically reacting. Name the thought. Name the feeling. Notice the trigger. Recognize the pattern. Then ask whether it is helping you become who God is calling you to be.

- What thought keeps repeating in my mind?
- What situation triggers the strongest reaction in me?
- What pattern am I finally ready to interrupt?
- What would a healthier response look like?

L - Love Yourself

Self-love is not selfishness. It is learning to treat yourself as someone God created with value. It can look like setting a boundary, resting without guilt, speaking to yourself with grace, caring for your body, and refusing to keep abandoning yourself to keep everyone else comfortable.

- Where do I need a boundary?
- How do I speak to myself when I make a mistake?
- What does loving myself well look like this week?
- What am I tolerating that keeps costing me peace?

Flip It Practice: Write one negative thought you have been carrying. Then rewrite it with truth, grace, and possibility.

Old thought: _____

Aligned thought: _____

I praise you because I am fearfully and wonderfully made. - Psalm 139:14

Invite God In & Gratitude + Growth

I - Invite God In

You were never meant to carry every burden by yourself. Invite God into the real conversation - not only the polished prayer. Tell Him what hurts, what scares you, what you want, and where you feel confused. Surrender is not giving up; it is making room for guidance.

- What have I been trying to control alone?
- What decision do I need to pray over before I act?
- What would surrender look like in this situation?

G - Gratitude & Growth

Gratitude does not deny pain. It reminds you that pain is not the only thing present. Growth happens when you can honor where you are while still choosing the next step.

The 3 & 1 Practice

Write **3 things you are grateful for** today and **1 way you want to grow**.

1. _____
2. _____
3. _____

One growth step: _____

In every situation, by prayer and petition, with thanksgiving, present your requests to God. - Philippians 4:6

Nurturing Positivity

Transformation becomes sustainable when your daily environment supports the person you are becoming.

Positive thinking alone will not change your life. What changes your life is repeatedly choosing thoughts, habits, people, and practices that agree with where you are going. Nurturing positivity means protecting what God is growing in you.

Your positivity ecosystem can include:

- A morning prayer or quiet-time routine
- People who encourage growth instead of feeding old patterns
- Movement, rest, nourishing food, and care for your physical body
- Music, books, sermons, podcasts, and messages that renew your mind
- Celebrating small wins instead of only noticing what is unfinished
- Replacing constant comparison with gratitude and purposeful action

One-week challenge:

Choose ONE small practice that supports the person you are becoming. Make it simple enough to repeat every day for the next seven days.

My practice: _____

When I will do it: _____

**Whatever is true, noble, right, pure, lovely... think about such things. -
Philippians 4:8**

Where Are You Being Called to A.L.I.G.N.?

Use these questions as a journal, prayer prompt, or conversation with someone you trust.

Awareness: What truth about my life can I no longer ignore?

Love: What would change if I treated myself with the same grace I offer others?

Invite God In: What am I ready to place in God's hands?

Gratitude & Growth: What has this season taught me, and what can I thank God for today?

Nurturing Positivity: What habit, relationship, or environment needs to change so I can protect my growth?

Purpose: What pain, gift, experience, or passion might God use to help someone else?

**God can use every part of your story - even the chapters you once wished
you could erase. - Reflection inspired by Romans 8:28**

You Are Still Here for a Reason

Your story is not over. Your healing is not wasted. Your next chapter can begin with one aligned decision today.

You do not need to know the entire plan before you move. You only need enough courage for the next step. Be aware of what is no longer serving you. Love yourself enough to choose differently. Invite God into the process. Practice gratitude while you grow. Nurture the thoughts and habits that keep you moving forward.

Your A.L.I.G.N. commitment:

The one thing I am choosing to do differently after this guide is:

**Your survival is not an accident. It can become an assignment.
You are allowed to heal. You are allowed to grow. You are allowed to become
someone new. And you do not have to figure it all out alone.**

Angie Pichardo

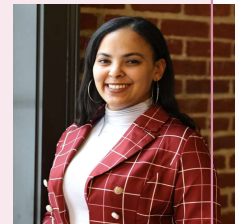
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Ready for your next step?

Reach out to schedule a discovery call.



Keep going. Keep becoming. Keep choosing purpose.