



THE ALIGNED ABUNDANCE METHOD

Masterclass Series Guidebook

Dear Aligned Entrepreneur,

Welcome to THE ALIGNED ABUNDANCE METHOD masterclass series! I'm honored you've chosen to join this transformative journey toward creating a business that's both financially abundant AND deeply aligned with your soul's purpose.

This guidebook is your companion throughout our three masterclasses. Here you'll find:

- Frameworks and exercises from each session
- Reflection prompts to deepen your insights
- Action steps to implement what you learn
- Space for your notes and revelations

The path to aligned abundance isn't about following someone else's blueprint or forcing yourself to use marketing tactics that feel inauthentic. It's about creating a business that's a genuine expression of your unique gifts, values, and purpose.

Whether you're a yoga teacher, coach, healer, or creative, this series will help you transform the way you approach your business—shifting from hustle to alignment, from scarcity to abundance, from doubt to confidence.

I invite you to approach these masterclasses with an open mind and heart. Be willing to question your assumptions, explore your shadows, and imagine new possibilities. This is where the magic happens.

With gratitude and excitement for your journey,

Pip x

HOW TO USE THIS GUIDEBOOK

To get the most from THE ALIGNED ABUNDANCE METHOD:

1. **Before each masterclass:** • Review the relevant section in this guidebook • Complete any pre-work suggested • Set an intention for what you hope to learn
2. **During each masterclass:** • Have this guidebook open for reference • Take notes in the spaces provided • Be fully present and engaged
3. **After each masterclass:** • Complete the integration exercises • Implement at least one action step • Share your insights in our community

Remember, transformation happens through implementation. The insights you gain will only create change in your business if you take action on them.

MASTERCLASS 1: SHADOW TO SUCCESS

PRE-MASTERCLASS REFLECTION

Before we meet for our first session, consider:

- What parts of yourself do you find yourself hiding in your business?
- Which aspects of your business feel least aligned with who you truly are?
- What fears arise when you think about showing up more authentically?

KEY CONCEPTS

What are Business Shadows?

Business shadows are the disowned parts of ourselves that influence our business decisions, often unconsciously. These might include:

- The part that fears visibility
- The part that doubts your expertise
- The part that feels uncomfortable with money
- The part that fears judgment or rejection

These shadows aren't problems to eliminate—they're aspects of yourself seeking integration. When acknowledged and honored, they can become your greatest business assets.

The Shadow-to-Success Framework:

1. **Recognition:** Identifying your shadows and how they show up
2. **Dialogue:** Creating relationship with these parts
3. **Integration:** Finding the wisdom and gifts in your shadows
4. **Expression:** Bringing your whole self into your business

EXERCISES

Exercise 1: Business Shadow Mapping

List 3-5 ways you hold yourself back in your business:

1. _____
2. _____
3. _____
4. _____
5. _____

For each one, ask yourself:

- When did this pattern first emerge?
- What is this part trying to protect me from?
- What wisdom might this part hold?

Exercise 2: Shadow Integration Dialogue

Choose one shadow pattern from above that has the biggest impact on your business. Imagine this part of you sitting across from you. Write a dialogue between you and this part:

You: _____

Shadow part: _____

You: _____

Shadow part: _____

You: _____

Shadow part: _____

Exercise 3: Shadow-to-Strength Statement

Transform a shadow into a business strength using this formula:

"Because I have experienced [shadow], I bring [unique strength] to my work, which allows me to [unique value for clients]."

INTEGRATION & ACTION

Key Insights:

One shadow I'm committing to integrate is:

How I'll express this more authentically in my business:

NOTES FROM MASTERCLASS 1

MASTERCLASS 2: MONEY MINDSET ALCHEMY

PRE-MASTERCLASS REFLECTION

Before our second session, consider:

- What feelings arise when you think about raising your rates?
- What did you learn about money growing up?
- If money were a person, how would you describe your relationship?

KEY CONCEPTS

The Wellbeing Money Paradox

Many wellbeing entrepreneurs believe that helping others and creating wealth are somehow in opposition. This false dichotomy creates an energy leak in your business and limits both your income and impact.

The Aligned Pricing Formula:

1. **Full Impact Map:** Identifying the complete transformation you create
2. **Time-to-Transform Factor:** Understanding the value of accelerated results
3. **Sacred Energy Exchange:** Creating pricing that honors both giver and receiver

The Abundance Mindset Shift:

- From scarcity to sufficiency
- From competition to collaboration
- From undervaluing to honoring your gifts
- From guilt to sacred service

EXERCISES

Exercise 1: Your Full Impact Map

List ALL the benefits clients receive from working with you:

Immediate benefits:

Ripple effect benefits:

Long-term transformation:

Exercise 2: Your Sacred Value Calculator

Calculate the real value of your offerings:

- What problem does your client have before working with you? _____
- What is this problem costing them (financially, emotionally, physically, etc.)?

- How quickly can you help them transform this problem? _____
- What would it cost them in time, money, and energy to achieve this transformation another way? _____
- What is the long-term value of this transformation? _____

Based on this, what feels like aligned pricing for your offering? £_____

Exercise 3: Aligned Offer Audit

For each of your current offerings, assess:

Offering	Current Price	Aligned Price	Gap	Action
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INTEGRATION & ACTION

Key Insights:

One pricing shift I'm committing to make is:

How I'll communicate this value to potential clients:

NOTES FROM MASTERCLASS 2

MASTERCLASS 3: PURPOSE-ALIGNED GROWTH

PRE-MASTERCLASS REFLECTION

Before our final session, consider:

- What aspects of your business feel most energising?
- If you could design your ideal business structure, what would it look like?
- What growth would feel aligned with your deeper purpose?

KEY CONCEPTS

The Purpose-Profit Integration

True abundance flows when your business structure is aligned with your deeper purpose. This isn't about compromising your values for profit—it's about designing a business model that honors both.

The Aligned Offer Architecture:

1. **Essence-to-Expression Pathway:** Creating from your core gifts
2. **Soul Resonance Check:** Ensuring offerings feel aligned
3. **Client Journey Mapping:** Creating coherent client experiences

The Rise Resilience Framework:

- Energy Ebb and Flow calendar
- Boundaries by Design method
- Aligned Support Strategy

EXERCISES

Exercise 1: Purpose Pillar Identification

Identify the 3-5 core elements that must be present in any offering for it to feel aligned:

1. _____
2. _____
3. _____
4. _____
5. _____

Exercise 2: Aligned Business Model Design

Design your ideal business model:

Revenue Stream	Alignment Score (1-10)	Energy Impact (+/-)	Income Potential	Development Timeline
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Exercise 3: Sustainable Success System

Design your ideal week:

Day	Energy Level	Ideal Activities	Boundaries
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Mon

Tue

Wed

Thu

Fri

Sat

Sun

INTEGRATION & ACTION

Key Insights:

My 90-day aligned growth plan:

Month 1: _____

Month 2: _____

Month 3: _____

Support I need to implement this plan:

NOTES FROM MASTERCLASS 3

YOUR ALIGNED ABUNDANCE PATH: NEXT STEPS

Congratulations on completing THE ALIGNED ABUNDANCE METHOD masterclass series! You now have powerful frameworks for creating a business that's both financially abundant AND deeply aligned with your soul's purpose.

Your Aligned Abundance Declaration

I, _____, commit to building a business that:

- Honors my authentic gifts and purpose
- Creates sustainable financial abundance
- Serves from a place of wholeness and alignment
- Makes a meaningful impact in the world

Continuing Your Journey

The insights and tools from these masterclasses are just the beginning. Implementing them consistently is where true transformation happens.

If you're feeling called to deeper implementation support, my six-week AMPLIFY programme provides personalised guidance, accountability, and community as you apply these frameworks to your unique business.

In AMPLIFY, you'll:

- Develop your complete aligned business strategy
- Create your signature offerings and aligned pricing structure
- Design your sustainable marketing plan
- Build systems that support your wellbeing as you grow
- Join a community of like-minded wellbeing entrepreneurs

To learn more about AMPLIFY, visit <https://www.youryogacareer.com/amplify-group-mentoring>

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