



# The Alignment Roadmap Experience



3 Month Plan	Pillar Foundations	What would stop you from practicing?																																
<p><b>Holistic Practices</b>            3 dimmest pillars, 3 practices per week            3 brightest pillars, 1 practice per week            2 "intermediate" pillars, 2 practices per week</p> <p><b>Holistic Practices for this quarter</b></p> <table border="1" data-bbox="69 742 695 1300"> <tr><td>1.</td><td>Holistic Health</td></tr> <tr><td>2.</td><td>Rising in Love</td></tr> <tr><td>3.</td><td>Shadow Work</td></tr> <tr><td>4.</td><td>True Self</td></tr> <tr><td>5.</td><td>Creativity</td></tr> <tr><td>6.</td><td>Cultivating Brilliance</td></tr> <tr><td>7.</td><td>Radiant Self</td></tr> <tr><td>8.</td><td>Surrender to Yourself</td></tr> </table>	1.	Holistic Health	2.	Rising in Love	3.	Shadow Work	4.	True Self	5.	Creativity	6.	Cultivating Brilliance	7.	Radiant Self	8.	Surrender to Yourself	<p><b>Natural Pillar Connections</b></p> <table border="1" data-bbox="732 737 1358 1295"> <tr><td>1.</td><td>Holistic Health</td></tr> <tr><td>2.</td><td>Rising in Love</td></tr> <tr><td>3.</td><td>Shadow Work</td></tr> <tr><td>4.</td><td>True Self</td></tr> <tr><td>5.</td><td>Creativity</td></tr> <tr><td>6.</td><td>Cultivating Brilliance</td></tr> <tr><td>7.</td><td>Radiant Self</td></tr> <tr><td>8.</td><td>Surrender to Yourself</td></tr> </table>	1.	Holistic Health	2.	Rising in Love	3.	Shadow Work	4.	True Self	5.	Creativity	6.	Cultivating Brilliance	7.	Radiant Self	8.	Surrender to Yourself	
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