

The Art of
Alignment
4 Actors

**Action tools that will clear away
the tension and get you problem
solving within minutes.**

My personal bag
of tricks to get
you into a more
productive space
that will explode
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Alignment for Actors

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Why You Can't Problem Solve

Brutal truth? *You are a mess.*

You can't even see clearly. You are completely encompassed by the stress and the fear and THE WORRY of what might come next. You can't get ahead of your challenges. They present themselves to you faster than you can blink.

The even better truth?

It's all in your head. You already ARE a terrific problem solver... only you don't know that you are. Somewhere in between your childhood and adulthood you lost faith... in yourself. You began to overthink, over plan, and HESITATE. The incessant worry of making the wrong decision prevented you from making decisions AT ALL.

And so you became idle. You stopped moving forward. The fear of messing up outweighed the desire to grow and improve.

The Solution?

First, you need to acknowledge that there *IS* a solution. Not just one solution, but *many*. The reason that you are unable to receive all of these ideas is because you are blocked. You aren't open to receiving them. If you were able to see with a clearer perspective, you would know that every solution is sitting right in plain sight. Solving problems is effortless when your energy is balanced and you are in perfect alignment. Don't beat yourself up too much for not being in this space already as it will only make it tougher for you to get there.

What is Alignment?

For all my alignment challenged friends... what you probably don't realize (especially if you are not in a good space at the moment) is that you already know what being in alignment feels like.

Getting into alignment is not as hard as it sounds. In fact, with practice, you will come to see that the sensation feels no different than what you have felt somewhere in your past. The space that we want to get you into shouldn't feel totally unfamiliar. In fact, once you reach this destination, it should feel VERY familiar, and very comfortable. It should feel like HOME. After all, you solve problems every day... and you do have happy moments even in the midst of the mess.

These moments come so naturally and easily that you probably don't stop to recognize them. How often do you stop yourself... perhaps mid-laughter... and think to PAUSE and ACKNOWLEDGE the joy? Yep... neither do I. Most of us DON'T. We just go with it. We surrender to the FLOW of the moment.

These are the moments that I'd like you to acknowledge as part of your reality— as real as the physical existence that you are living in right now. You see, when you are in an aligned space, you don't worry.

What Alignment Feels Like

When you are in alignment you will feel centered, grounded, clear-headed and joyful. Not much can hurt you when you are in this space. You are able to watch even the most tragic set of circumstances and see a more full perspective— and almost

always this will reveal a positive outcome. Problems that are presented to you will feel like a slight itch that needs to be scratched... or in some cases an OPPORTUNITY for growth and exploration... rather than a massive fire that needs to be washed out. Alignment for some is often described as wearing a different colored lens, or dropping a heavy load off of one's shoulders. You should feel lighter, less inhibited, and more free.

You won't feel tension in your body. You just keep breathing and trusting that whatever is around the corner will most likely fit into your reality just fine and without much effort. Things will seem to be working like a well-oiled machine. Even unexpected circumstances will fit in with your experience perfectly. Everything will feel "meant to be." You won't be thinking about the science of how energy works, or straining your brain to understand how these laws of the universe work... you will just allow yourself to BE with very little effort and trusting that what comes next is in perfect support of your desires.

This is the space that you want to get into. Now that you've reminded yourself of what it feels like to be in this space, drawing upon those positive past experiences will only serve you in this process.

Trust that you will be there in just a few moments, and then the problem-solving can begin.

Surrender

Stop Trying to “Fix it”

Now is not the time to fix anything.

No matter what needs your attention, it will have to wait until you are in a better space. The reason for this is that you simply can't make solid decisions when all you are feeling is DOUBT. Every idea you come up with, until you achieve alignment will have holes in it, or it will be riddled with such fear that you will attract even more challenges. In fact, there is a very good chance that the reason you feel like you are drowning in problems all the time is because of how you attract them from within the current state of mind that you are in right now.

You have most likely been TRYING to SOLVE problems from within a negative space, and falling into a downward spiral as a result. Even though you desire a resolution, the energy that surrounds your desire is fear based. If this sounds like you, then before attempting to solve another problem, you must do everything you can to break out of your current mood and replace it with a more joyful one.

You MUST make it a priority to change your mindset...RIGHT NOW. Nothing else will help you nearly as much as adjusting your perspective.

My friends, family and co-workers have come to know that when I am clouded, I will take a few moments to “work” on my mindset as it is always the most important task in my day. No matter what

challenge I am facing, or what fire needs to be put out, I do a mental check on my alignment before moving forward. Often I will stop in the middle of what I am doing and adjust my focus before anything else.

Let it go.

Right now I am going to walk you through a series of steps that will help you get out of your clouded state and into a more receiving state. As we go through this process you must resist the urge to give your focus to your problems. For the time being, its important that you allow yourself to NOT THINK about all that is plaguing you.

Yes. This is DIFFICULT. It's the most difficult part of the process, but with a little bit of faith and self control, you should encourage yourself to ease into a process that will make vast improvements for you... no matter what problems you are experiencing in this very moment.

What you place your focus on will flourish.

Yep. *You are THAT kind of powerful.* Nothing in the universe can exist without focused energy of some kind. This is true of everything linear, tangible, physical and mental. If you give your attention to a child who is throwing a tantrum, the child learns to use tantrums as a way to get continued attention. In social media, there are algorithms designed to give you more of what you are already giving your attention to. If you tend to give your digital time to reading about controversy or arguing over politics, that is exactly what will show up in your feed.

The same applies with the things that you are giving your attention to in your life. If you are constantly worried about something, that is what you will see more of in your direct

perspective. Debt, relationship issues, traffic jams, failing technology, struggles at work, conflicts with co-workers ... all of those things will GROW because of the energy that you are giving to them. They LIVE and EXPAND on your attention.

The UN-SIMPLE answer? STOP putting your attention on the things that you don't wish to have present in your life. Walk away from the child throwing a temper tantrum. Choose not to engage on social media with topics that upset you. This answer is "un-simple" because when we think about the things we want to change, they PLAGUE us. We can't seem to rid ourselves of the thoughts we wish to undo. The more we TRY to stop thinking about something, the more it seems to encompass us.

No, there is nothing wrong with you. You just have to re-learn how to redirect your attention AWAY from the problem.

The best way to do this?

DISTRACTION.

You must look away and think of something else that is unrelated. Make the conscious choice to put your focused attention on anything OTHER than the problem you are facing. *This may feel a little irresponsible...* like you are running away from a problem that needs your attention. It may feel awkward and difficult to maintain, but stay the course. You may notice that the harder you try to IGNORE the problem, the more it will DEMAND your attention of it. This is part of the process and you should know that going in.

Your problems are like a cranky child demanding that you give it focus.

Like a child who throws a tantrum... if he feels that he is being

ignored, he will grow his tantrum to a higher level as an attempt to recapture your attention. If you were to give in, the

child would then be conditioned to start ALL TANTRUMS at this heightened new level in the future. That is why it would be more important than ever, that you stand firm in your convictions. If you starve the tantrum throwing child of energy, the tantrum would eventually die down and stop altogether. It simply CANNOT exist without energy. It will try to exist, but eventually it will fade and cease.

Like your social media feed that is filled with negative news and conflicted conversations....if you begin to scroll through these posts and give direct attention to more positive news and conversations, your feed will begin to reflect more of this. The negative news will still exist somewhere in the digital universe, but it will not be present in YOUR feed any longer.

Your everyday problems are no different. They simply cannot survive without focused energy. If you resist giving your attention to the things that you do not want to be present in your life, you WILL CHANGE THE SCOPE OF YOUR REALITY.

Everything in the Universe operates with energy. Without it, nothing would survive. DO NOT GIVE YOUR ATTENTION TO THE PROBLEM. Not yet. You must first master the art of focused attention. Turning your energy to something else is the best way to do this.

Deliberate DISTRACTION

Tips for distracting yourself.

Below are some of my secret tips for snapping focus away from negative experiences and towards something that will create a more positive mood.

*Remember that you will most likely be resistant to everything on this list— that is an indication of the dark mood you are stuck in. However if your intention is to **BREAK OUT** of this mood, you must commit to following through on something on this list.*

1. Change the subject. **Tell an interesting story or anecdote.** A hilarious story is probably not at the top of your mind when you are in a darker space, but if you search your mind for something funny to share on social media, or with a friend, you will begin to shift your focus away from the problem and to a new challenge— trying to recall a set of events where you were in a better mood. Talking about something else will help you put your problems aside for the moment. It will send a message to your brain that you are giving your attention to positive thoughts rather than negative ones. Don't have anyone at your immediate disposal? Be your own best friend. Spend sometime talk to yourself. It works even better if you are looking into your own eyes in the mirror.

Don't be afraid of this. You will likely realize how enjoyable you are!

- 2. Music.** Whatever your favorite song is of the moment, crank it up and surrender yourself to the flow of it. Don't hold back singing, dancing, laughing or crying. Music is incredibly therapeutic and has been proven to have healing properties embedded in the energetic sound waves. If you are a singer... go for it. Let the vibration radiate through your body and discover the power behind it.

- 3. Laugh.** Pop in your favorite comedy, silly sitcom or simply run an online search for a trendy joke. Better yet, write your own comedy material. Make a point of looking for the funny in your every day situations and write down the material for a rainy day, for a stand up routine, for a screenplay, or just a fun social media post. As a performer, this is one of the most valuable traits you could have— the ability to laugh *organically* on command. Now that is talent!

- 4. Exercise.** If you are feeling stuck in the same downward spiral of doubt and fear, there is a good chance that you are not getting enough circulation. Oxygen and blood flow to the brain is CRUCIAL when you are healing and seeking balance. Sometimes just going for a 10 minute brisk walk while listening to some music is all you need to start feeling more aligned.

- 5. Journal.** Don't know what to write about? Start with this easy assignment: Write about 3 positive things that you witnessed today. Haven't seen anything? Go for a walk and

LOOK for something. Go online and run a search on “Good News”, or write about something that you are looking forward to. Looking for positive things will train your brain to get into the habit of noticing them. Some of the worlds best artists are habitual morning journalers and have often been heard saying that they don’t feel the day can start off well until they’ve written a few pages.

- 6. Random Act of Kindness.** This is one of my favorites! There is nothing that gets me out of my funk faster than when I am being of service to someone else. Especially in the entertainment industry, where competition is fierce and favors are scarce, any act of kindness that you give will go a long way and boost your vibration big time. Leave a random message for a friend telling them how much they mean to you and imagine the smile that it will bring to their face, or tell a friend who is waiting on some good news about their career that you are thinking of them, and you believe in them regardless of the outcome. Leave some change at a vending machine with a note taped on it that says “your next snack is on me!” Run a hashtag search #BadDay or #Feeling Sad and respond to a stranger with some words of encouragement. Applaud for a street performer, leave some change and make them feel good about their talents— the way you would love if someone did it for you.
- 7. Affirmations.** Don’t balk, these work! When I first began saying my affirmations I remember thinking, “I am too smart for this. These won’t work for me.” which was such a self-fulfilling prophecy in and of itself. Push past the resistance and you’ll soon come to love them so much you’ll start to

create new ones for every situation.

8. Art. Pick up some crayons and a coloring book and just start filling in the lines. Paint. Draw. Do graphics on the computer. Garden. Go to the beach and build a castle. ANYTHING creative will calm and nourish your spirit. Listen to music while you are at it. I once dumped out a box of toothpicks and used a glue gun to create a mini tree. It was random, creative and EXACTLY what I needed.

9. Party. You heard me. Throw one. With a friend or by yourself. Enjoy a glass of wine. Have some sugar. SPLURGE. Giggle. Be childlike. Play with your kid's toys. Try on old clothes. Play with new styles of makeup. Get messy and have a blast.

10. ASK. I once asked the Universe to SEND me a distraction. I was so immersed in worry about a circumstance that I had no control over that I couldn't seem to stop the negative thoughts from showing up and surrounding me. I was a victim to my own anxiety. I knew that if something pleasantly unexpected showed up, my entire mood could shift on a dime. So I asked the universe for that. Not even a few minutes later I received an email from an old colleague asking if I was available to come speak at a local event. I was thrilled to be asked, and the feeling of elation trumped over easily the challenge I'd been having. In fact, my "challenge" became "so 5 minutes ago" it was literally literal.

Ready to Problem Solve

Here's where the irony lies.

Once you are in total and complete alignment, your DESIRE to problem solve will likely change drastically.

It is very likely that you will not want to engage with any challenges AT ALL, and from within your aligned space, you may begin to trust that all conflicts will naturally resolve themselves.

Or

You may have a broadened perspective that permits you to see angles that you had not considered before.

Or

You may find that what you initially felt challenged by now *excites* you. Looking for a solution might stir up some new talents you didn't know you had. You may discover that you are able to trust yourself more than before.

You now have FAITH, COURAGE and BELIEF - which are magnificent tools that you need to be able to handle anything unexpected with flying colors. When you are in alignment, FEAR is replaced with a beautiful spirit of adventure. NOT knowing what lies ahead no longer keeps you from moving forward, but propels you with faster momentum toward the unknown.

“Passion is Energy. Feel the power that comes from focusing on what excites you.”

- Oprah Winfrey

About Ally Loprete



Self-made mom entrepreneur and human potential advocate, Ally Loprete is nationally recognized as a vibrant and dynamic public speaker, radio personality and television host. She began her career advocating for women beginning their journey into motherhood

and guiding them into personal life and career fulfillment. She founded **OurMilkMoney.com**, a nationwide online business directory of self-employed parents, which has become home to thousands of family owned businesses world wide. As a radio personality, Ally hosted **THIS LITTLE PARENT STAYED HOME** on *iHeart America's Talk Radio* where more than 6 million listeners tuned in for her enthusiasm, resources and support. Ally is one of the co-hosts of **WAKE UP TV**, Season 2, a nationally televised broadcast for the new mainstream. Most recently Ally launched **DRAMATIC IMPACT WITH ALLY**, a live-stream on-camera interview series for aspiring artists in the entertainment industry, where she interviews celebrities, casting directors, agents, filmmakers and TV producers, getting the inside scoop for actors about what it really takes to make it in Hollywood (also available on iHeart Media.) In addition to inspiring a movement of creative types across the world, Ally has spoken at hundreds of summits on a global scale, inspiring everyone from top earner network marketing leaders to creative types in

Hollywood. She is the author of **YOU GOT THIS**, her first published book with an expected launch of summer of 2017. Her book has already received outstanding advanced praise and accolades from power players in the self development industry. Ally lives with her husband and their two sons in the northern suburbs of Los Angeles, in a home filled with lots of laughter and never-ending music.

“As performers and artists we have a responsibility to the world to be our greatest selves, push passed limitations, and to put our creative ideas into action. By doing so, we are serving ourselves, our children, and generations of future artists by giving them permission to do the same.”

– Ally Loprete

“This woman is the real deal. Ally is one of those women that you meet and go WOW. She has this talent that allows her own vision to shine but at the same time makes you feel empowered and motivated to go after your own BIG dream. Ally is the perfect blend of maven and total rockstar entrepreneur. The way she blends reality with a dash of soul and more than enough humor- this leader is someone you want in your corner.” -- Jessica Martel

*“Passionate. Energetic. Empowered
Three of the many words that immediately came to mind as I began my conversation with the renowned influencer and internationally syndicated radio host Ally Loprete. As our conversation grew, it became ultra clear as to why - and how - Ally has grown such a massive following. She truly cares about success and the lives of people around her and she does everything she can to influence them to play bigger, understand their personal value and seek and own the life they dream about living. I can tell you that personally, I left my conversation with Ally feeling as if I owned the world and that I could do everything I ever dreamed. That is the effect she has on people.” -- Christopher Hussey*

Ready to book your free session with Ally?

[Click here](#) to get on her schedule!