



We're going to RAMP IT UP

Look at the beliefs you KNOW to be true

Keep repeating this stuff in your head as often as you can

You will keep having conversations with yourself telling the new story of the next level you using your new beliefs

Here's how you ramp it up

When you're telling yourself your new story connect to the confidence in you. Your worth.
FEEL IT

If you feel extra stressed, put your hands on your heart and your stomach and BREATHE

Feel your tummy going in and out

Now that you're breathing properly can you see how tight and contracted you were feeling?

Breathing gives us life (duh) but we don't do it properly!

Even THAT raises your vibration and makes you feel calm

NOW

Tell yourself a story, use evocative language, paint a picture and start to elevate your vibration. Increase the feeling

Journal prompts:

Feel how it feels when you're already the leader you're here to be and the leader your people need you to be in your purpose sharing your soul led powerful as fuck message

How does that feel for you?

What's the new story you're going to tell yourself?

What are you going to tell yourself when the bullshit kicks in?

Tell yourself the new story every day and feel it!

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