

Release what's blocking you and align your energy

Your excuses are blocking you. Behind those excuses are fears, doubts and sabotaging patterns

You need to face them so you can stop letting them stop you from living your life in your powerful purpose, mission, vision and who you know you're here to be



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1. Write down what your mission, purpose, and vision is and the change you want to see, be and create in the world
2. Listen to what comes up when you write down all of the above - the excuses, the reasons why you can't
3. I know and you know that all the reasons, aka excuses, you've come up with about why you can't are not true. Look at what's really going on behind what you tell yourself.
There may be fears and doubts
4. Close your eyes, quieten your mind, connect with your heart and soul. What's really true for you? The opposite of the excuses you tell yourself? What comes up? How does it feel to be in that powerful energy? Write it all down
5. Take time during your day to stay in that powerful energy of the truth. Do it every time your excuses come up. Set alarms throughout the day and feel that energy. It can be for 30 seconds or 2 minutes. The more you do this, the easier it gets, and the more time you spend in the energy, the quicker your life will change. **Remember that you have to change the inside first**