

# Shifting into the energy of worthiness in your purpose

Energy management is the most important thing you get to work on. How you feel about you and your purpose is driving your behaviours and actions. If you know you're not doing what you know you're here to do, it's time to shift all that's stopping you



# Shifting into the energy of worthiness in your purpose

Journal on the following questions. Get it all out, the doubt, fear, worry and anything else to start moving the conversation and your energy in the right direction

1. How does it feel to know for sure that your message, your voice is needed?
2. How does it feel to be loved for your message, your voice and what you have to say that you know is going to change lives?
3. How would it feel to be in the energy that you are important and deserve to be heard?
4. How does it feel to know that you are worthy of saying what you have to say, being who you're here to be and being successful in living your powerful soul purpose?
5. Now all of that is out of the way, what is trying to come through you right now?