

THE SHADOW

Growth requires honesty. And honesty asks you to see yourself clearly. You've already connected to your vision. Now, we return to the present.

- How is your current reality different from the life you envision?
 - What would need to shift for you to move in that direction?
 - What has been holding that shift back?

- Are these blocks internal or external?
 - What patterns keep repeating?
- What doubts or fears are present beneath the surface?

- Do I feel truly worthy of the life I desire?
- If not, what part of me still needs to be seen, supported, or released?

- What is one daily step I can take to move 1% closer?
 - How will I hold myself accountable to this step?
- How can I reclaim my power and stop relying on external factors?

Once you can see it clearly, you can begin to move through it.

Speak it into existence

You have seen the vision. You have named the barriers. You understand what must shift. Now, you decide.

I invite you to have the Speak It Into Existence dinner, from wherever you are. Choose a meal that nourishes and satisfies you, not something made to please or accommodate others. Find a quiet, peaceful space to eat alone, without distractions. As you eat, slow down and feel into it. Surrender into it. This is what satisfaction feels like. Now imagine a life where this feeling is your baseline, where how you live and who you are feel this aligned and full.

From this place, speak clearly: who am I choosing to become? What do I no longer tolerate or carry? What standards do I now hold myself to? What is the truth I embody, no matter what?

This is not "I want" or "I will." This is **I am**. Now. Embodied.

Let this be your oath.

Because the universe has my back, because God put me in a mission, because I am ready, I can speak it into existence.

BE *come*

EXPERIENCES
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