



Fierce, Fearless and Free!

5 part self worth challenge

DAY ONE

- A challenge that will crack you open and show you your own potential.
- This is for women who are bored, spiritual boss moms who KNOW there is more, you can feel it and you can see it - but when you put the practical aspect in - you lose your focus and therefore momentum.
- You have a massive opportunity to shift your perspective and BE the woman you want to be NOW!
- You can learn to get out of your head and into your heart space
- You will learn to trust your inner guidance through self awareness {meditation to focus on you physical body in response to ques}
- You will learn to “channel” and what that means
- You will learn practices to move through fear, guilt, shame, worry, doubt and all other bullshit negative thinking that is holding you back right now! We will feel the feelings and turn them into something positive!
- You will decide what you actually want - not set bullshit goals that make you feel like you failed anymore!



DAY TWO: alignment

Self doubt, status quo, ignorance, lack and fear are blockers of success.

If you want to be successful, you have to be able to wrap your head around this, tune out that bullshit and just BE the woman you want to be. Go after the title, the next level, the status, the influence, the money.

Go after whatever your heart desires, but do it from a place of confidence, trust and self respect.

Do the things that align with your values and beliefs and when you come up against bullshit stories, your ego - other people's ego... be so confident in where you stand that you can respond with kindness and not react with self defence, rage or self doubt.

When you know the truth, your truth, nothing will be able to penetrate that.

Things will come up, situations will make you question your choices and push you to the edge of your comfort zone. If they don't you aren't living fiercely! If you want to be a badass, fierce, loving, loyal, compassionate, empathetic, strong, brave LEADER... you need to be. NOW. The world needs you.



Those bitches who come around running their mouths about what you can't or shouldn't do or the ones who are just trying to bring you down so they feel better about their bland life are NOT WORTH YOUR SACRIFICE!

They are not worth you losing what you are dreaming of. They are not worth you giving up on yourself.

You can be a good mom AND run a successful business

You can help people AND be working through your own shit

You can help to heal the world AND still feel broken sometimes

You can make money AND be a good person

You can raise your prices AND still attract perfect clients

You can lower your rates AND still attract the perfect clients

You can choose to only work 3 days a week AND make a fuck ton of money

You can Netflix and chill, play board games, sleep in and stay up late AND
be successful

You can be FIERCE AND FREE!



What are some things that are telling you that you can't have what you desire right now? *Most likely they are bullshit, most likely we can reframe them easily - however, before we do - let's validate them!*

The way you feel is SO important and to just sweep it under the rug in an effort to say you dealt with it is just avoidance - and unless we face it, heal it and move THROUGH it with validating it and healing it, you will continue to be given the same lesson and bullshit excuses and stories over and over!

When we can identify what is holding us back, we can feel it - acknowledge it - see it for what it is and then we can reframe it to something that feels better! We get to rewrite our story in a way that feels good - and if you are like me, you probably weren't given PERMISSION to want. You were told it was selfish, greedy, high maintenance... but that is the work!

- What is your current story?
- What were you taught is right or wrong or good or bad or do you know the difference, do you care about the difference?
- When you wanted, asked for something, desired something as a kid, what were you told? As an adult, what were you told?
- Do you ask for what you want?
- If you could have anything, what would it be??

NOW... list out ALL the reasons that you can't have that, don't deserve that, don't need that, etc.



GO BACK THROUGH AND TELL A NEW STORY!

Tell yourself why you can, should, need, are allowed to have the things that you desire!

The desires on your heart are there on purpose, if you can feel the desire, you are meant to have it. The ONLY thing stopping you from having the thing you want - is you.

Stop getting in your own way.

You deserve to be happy. Anything that says you don't is getting in the way of your life, your alignment, your happiness, your truth - it's time to start loving yourself TOO Much to continue to allow that bullshit to keep happening!