

# Change the narrative of your life

Change the narrative of your life so you can live in flow and truth of the power of your purpose, message and who you really are and are here to be



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1. What are you most scared of when you think of putting your powerful message out into the world?
2. What are you making it mean about you?
3. What's the narrative that needs to change?
4. What do you know to be TRUE about what you have to say and who you're here to be in your beautiful and powerful soul purpose work?
5. What one thing can you do right now that's going to move you in the right direction of getting your message out there to those who need to hear it? Note this can be the work you need to do internally and physically
6. What are you going to do in the moment when that old story comes up so you can shift your consciousness and change your way of being which is required to get your work to your people who need it? Some ideas: you can repeat a mantra, preferably with your eyes closed - I can choose peace instead of this, I can choose love instead of this, or come up with your own. Journal on it and return to the truth that you and your purpose are powerful. **Remember this - how you respond is where your power is and will create the shift & breakthrough you need**