

THE WHOLE CHECK™

Your 60-Second Tool
for Real Life

From *Healing from the
Good Girl Mindset*

Pause. Tell the truth.
Choose alignment.

KONTINA VANESSA CLARK

THE WHOLE CHECK

FIVE QUESTIONS. A FREER YOU.

W

What am I actually feeling, needing, or wanting?

H

Have I confused conditioning with conviction?

O

What outcome am I trying to earn or control?

L

Is love leading me—or fear?

E

Execute the whole-woman response.

The goal is alignment.
