

STEP INTO

YOUR POWER

What are my core values and beliefs? How can I align my actions with them?

What are my biggest dreams and aspirations? Am I actively working towards them?

Am I living my life authentically? Are there areas where I'm compromising my true self?

What are my strengths and talents? How can I leverage them to create a fulfilling life?

What are my biggest fears and insecurities? How can I overcome them?

Am I taking care of my physical and mental well-being? What changes can I make to prioritize self-care?

What negative patterns or habits do I need to break? How can I replace them with positive ones?

Are my current relationships supportive and nurturing? Do I need to set boundaries or let go of toxic connections?

Am I pursuing personal growth and learning? How can I expand my knowledge and skills?

What inspires and motivates me? How can I incorporate more of these elements into my daily life?

What kind of impact do I want to make in the world? How can I contribute to a cause I care about?

Am I living in alignment with my passions? How can I infuse more passion into my daily activities?

What are my financial goals? How can I create a plan to achieve financial independence?

Am I satisfied with my current career or work path? What steps can I take to pursue a fulfilling professional life?

How can I cultivate a positive mindset and embrace a growth-oriented attitude?

What self-limiting beliefs do I need to let go of? How can I reframe them into empowering beliefs?

Am I nurturing a healthy work-life integration? How can I create boundaries to protect my personal time?

What kind of environment do I thrive in? How can I create that environment for myself?

Am I open to taking risks and stepping out of my comfort zone? How can I embrace new challenges and opportunities?

How can I practice gratitude and cultivate a sense of appreciation for the present moment?

What steps can I take right now to move closer to my biggest life goal?

Am I being true to my own desires and aspirations, or am I seeking validation from others?

What steps can I take to increase my self-confidence and self-esteem?

How can I celebrate my achievements and acknowledge my progress along the way?

These guiding questions can help you reflect on different aspects of your life and guide you towards living life on your own terms. Remember, self-discovery and personal growth are ongoing processes, so take the time to reflect, make adjustments, and embrace the journey of stepping into your power.



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With all my heart, cheering for you!
Lara Augusta