



Breaking Free From the Lies That Bind You - Exercises for Change

Chapter 1: Exercise: Rewriting Your Core Story

This exercise can help you uncover the root of why you feel broken or lost and begin the process of reclaiming your self-worth.

How to Practice:

Step 1: Identify the Earliest Feeling of Brokenness

Find a quiet space, close your eyes, and take a deep breath. Ask yourself:

When was the first time I felt like I wasn't enough?

What is my earliest memory of feeling unworthy or unloved?

Who was there? What was said (or not said)?

Write down whatever comes up, even if it doesn't make logical sense at first. It could be a single moment, a collection of experiences, or even just an unshakable feeling you had as a child.

Step 2: Connect with That Younger Version of You

Now that you've recalled a moment, imagine standing face-to-face with your younger self. Look at them—really look at them. See the innocence, the vulnerability, the pure heart that was never meant to be hurt.

Now, ask yourself:

What did this child need to hear in that moment?

What would I say to them now, knowing what I know?

What words of love and reassurance can I give them?

Write a letter to your younger self, telling them everything they needed to hear but never did.

Step 3: Reframe the Story

Now, rewrite that core memory from a place of understanding and empowerment.

Instead of saying: "My father abandoned me because I wasn't good enough."

Reframe it: "My father's actions had nothing to do with my worth. He was an imperfect person with his own wounds, and his inability to love me does not define me. I am whole. I am worthy of love simply because I exist."

Find your own reframe and write it boldly. Say it out loud. Own it.

Step 4: Mirror Work – Reclaiming Your Worth

Go to a mirror and look yourself directly in the eyes.

Say out loud: "I see you. I love you. You are worthy of love. You always have been."

Do this daily. At first, it may feel uncomfortable—but the more you do it, the more your subconscious will believe it.

Step 5: Release & Replace

Finally, write down:

One belief I am letting go of today is...

One truth I am choosing to embrace instead is...

Take the belief you're letting go of and physically destroy it—rip the paper, burn it (safely), or flush it away.

Then, place your new truth somewhere you can see it daily.

Final Thought:

Healing begins when you see yourself clearly—when you take back the love and validation that was always yours. This exercise is just the first step to reclaiming your self-worth. Keep going. Keep choosing yourself. Because the moment you do, everything changes.

Notes:

Chapter 2: Exercise: The Awakening Inventory:

A 3-Part Inner Truth Excavation This is a private, sacred inventory—meant only for your eyes unless you choose to share it. You'll be asked to observe, connect, and release across three key layers of yourself—just like the three parts of every behavior I described in this chapter.

Take a quiet moment alone. Grab your journal, turn off distractions, and allow yourself to dig deep.

How to Practice:

Part 1: The Invisible Patterns (Thought Layer)

Identify your silent autopilots.

Write down three recurring thoughts or beliefs you have about yourself or your life that seem to arise without conscious intention.

Ask yourself for each:

Where did this thought come from?

Is it based on truth or protection?

Who would I be without this thought?

Now finish this sentence for each thought:

"I release the need to believe this because I now see it was only trying to _____."

Part 2: The Body's Cry (Emotion Layer)

Decode your physiological reactions.

List three emotional or physical reactions you experience often (e.g., tension in the chest, anxiety before events, numbness after arguments).

Next to each one, answer:

What emotion is underneath this sensation?

What am I trying not to feel when this happens?

When did I first learn to respond this way?

Then close your eyes, breathe deeply, and say:

"I give my body permission to feel this now. I am safe to listen." Write what comes up.

Part 3: The Loop Breaker (Action Layer)

Reclaim your power over behaviors.

Choose one self-sabotaging behavior or pattern that shows up in your life (procrastination, people-pleasing, drinking, emotional eating, etc.).

Answer the following:

What do I truly need when I do this?

What would I like to replace this with—something that honors me? What's one small step I can take today to shift this pattern—not perfectly, but intentionally?

End with this statement:

“I am no longer at war with myself. I am becoming whole again, one conscious act at a time.”

Reflection:

After completing this three-part excavation, sit in stillness for five minutes. Breathe. Don't fix. Don't plan. Just feel the presence of your inner self—awake, aware, and ready.

You've just taken one of the most powerful steps a human being can take—you stopped running.

Notes:

Chapter 3: Exercise: Attracting the Right Partner and Others by Reprogramming Your Self-Worth

This exercise will help you identify why you've attracted the wrong men in the past and shift your internal programming so you can align with a partner who truly values you.

How to Practice:

Step 1: Identify Your Relationship Patterns

Grab a journal and answer the following:

What are the common traits of the men or partners I have attracted in the past?

How did they treat me?

What patterns do I notice?

Was I truly happy in those relationships, or was I just comfortable? What did I tolerate that I shouldn't have?

Take a deep breath and be honest with yourself. Awareness is the first step to breaking the cycle.

Step 2: Connect the Dots to Your Childhood

Now, reflect on your relationship with your father (or the primary male figure in your childhood):

How did my father treat me?

Did I feel loved, valued, and protected?

If not, how did that shape my expectations for men?

Do I subconsciously choose men and others who reflect my father's behavior?

Insight: The way you were treated as a little girl sets the baseline for how you expect to be treated by men as an adult. Recognizing this helps you rewrite the script.

Step 3: Define the Man You Deserve

Now, let's flip the script. Write down:

How do I want to feel in a relationship?

What qualities does my ideal man have?

How does he treat me? How does he show up for me?

How does he make me feel safe, valued, and loved?

This is about raising your standards and getting crystal clear on what you deserve.

Step 4: Look in the Mirror – Be the Woman Who Attracts Him

Now, the most important question:

Am I the version of myself who would attract this person?

Do I treat myself with the same love and respect I want from another?

Am I prioritizing my self-worth, or am I settling?

Am I whole on my own, or am I looking for someone to complete me?

Because here's the truth: You will only attract what you believe you deserve.

If you do not truly love yourself, you will unconsciously accept less than you deserve.

Step 5: Reprogram Your Subconscious

It's time to rewrite the narrative. Stand in front of a mirror and say these affirmations daily:

I am worthy of someone who loves, respects and values me.

I do not chase—I attract. The right person will see my worth effortlessly.

I set my standards high, and I do not lower them for anyone.

I deserve love, and I am open to receiving it from the right person.

I am whole, complete, and enough on my own.

The more you speak it, feel it, and believe it, the more your subconscious will align your reality to match it.

Step 6: Take Action—Set a New Standard

From this moment forward, promise yourself:

You will not entertain men who make you feel unworthy.

You will not justify bad behavior.

You will only invest in relationships that align with your self-worth.

If a man does not rise to your standards, he is not your person.

And that is your power.

Final Thought:

Attracting the right mate or otherwise is not about finding him or her—it's about becoming the version of yourself that no longer entertains the wrong ones. Love you first, and the right partner will come effortlessly.

Notes:

Chapter 4: Exercise: Reflection Affirmation

The mirror is a powerful place for transformation. This is why you have multiple exercises involving the mirror; this is about you. Each of the mirror exercises answers different questions, but the ultimate goal is the same: loving the person you see in the mirror, being free from judgment, and embracing your imperfections.

How to Practice:

Find a mirror and stand in front of it.

Look into your own eyes with confidence and compassion.

Repeat a positive affirmation aligned with your familiar verbiage, such as, “I am beautiful and worthy of love.” Basically, you want to say the opposite of the defeating things you may have been telling yourself.

Feel the emotion behind the words and imagine them sinking deeply into your subconscious.

Practice for 3-5 minutes daily, preferably in the morning or evening.

Supercharge it like I did and purposely look for mirrors throughout your day, and tell yourself every time you see yourself in a mirror, how incredible and beautiful you are, especially if it's uncomfortable.

Notes:

Chapter 5: Exercise: Nightly Gratitude Flow

Gratitude aligns your energy with abundance and primes your subconscious for positive outcomes.

How to Practice:

Before bed, reflect on three things you're grateful for from the day.

Speak or write these down in a gratitude journal.

End with a forward-looking statement of gratitude, such as, "I am grateful for the amazing opportunities coming my way."

Fall asleep focusing on the feelings of gratitude, letting them guide your subconscious as you rest.

Notes:

Chapter 6: Exercise : Energetic Releasing

Holding onto past negativity can block your subconscious progress. Releasing it clears the way for new growth.

How to Practice:

Read the following practice, sit in a quiet place, and begin to take deep breaths.

Bring to mind a situation or person that you need to release; this can be your father's love. Choose to release it.

Visualize the negative energy leaving your body as you exhale and go into a balloon.

Imagine releasing the balloon into the air with all the negative energy, situation, person, etc, leaving in that balloon never to return. Watch the balloon disappear into the sky and feel the release of letting go.

Do this with any and all people and situations that are keeping you stuck.

Say, "I release all that no longer serves me. I make space for positivity and growth."

I don't need others to complete me; I am imperfect by design, and it is through my imperfections that I shine.

I am all I need to feel loved.

I don't need others' validation.

I am whole.

Moving forward, you will discover that you do not need the love of anyone other than yourself. This is the only love you should prioritize. Once you've mastered this, people won't be able to resist you. You will emanate your natural, beautiful self, transformed into the gift that you are. They will want to be around you, and they won't even know why, but it is because when you are deeply in love with yourself, you emanate the most magnetic energy. The key is remembering this is your priority no matter who you are in a relationship with. This is not being conceited where you prance around with some false sense of worth. This kind of self-love will have you walking with your head high and a peace you have never experienced.

Notes:

Chapter 7: Exercise: Rewriting Your Story – From Victim to Victor

Victim mentality keeps you stuck in the past, while accountability gives you freedom. The key is realizing that you always have a choice—even when life seems unfair.

How to Practice:

Step 1: Identify the Victim Narrative

Write down a situation where you feel like a victim. Be honest.

Example: "I always get overlooked at work. No one appreciates my efforts."

Step 2: Find the Repeating Pattern

Ask yourself: Is this a recurring theme in my life?

Example: "Do I often feel unseen or unappreciated in different areas of life?"

Step 3: Flip the Script

Rewrite your story without blame.

Example: Instead of "No one appreciates me," reframe it to "I will make my contributions visible and advocate for myself."

Step 4: Own Your Power

Identify one action step you can take today to change your situation.

Example: "I will speak up in meetings and track my accomplishments to share with my boss."

Affirm Your Responsibility

Repeat this daily: I am the creator of my life. My past does not define me—my choices do.

Visualize the Empowered You

Close your eyes and imagine yourself handling challenges with confidence instead of feeling powerless.

See yourself taking action, speaking up, and making decisions that serve you.

Take Immediate Action

Do one thing today that reinforces your power. Even small steps count!

Example: Send that email, set a boundary, apply for a new job, and start a conversation.

Notes:

Chapter 8: Exercise: Releasing Expectations of Someone in Your Life

This simple yet powerful practice will help you release expectations of a specific person and find peace in accepting them as they are.

How to Practice:

Step 1: Identify the Person and the Expectation

Sit in a quiet space and take a few deep breaths. Close your eyes if you feel comfortable.

Recall the person you have expectations of.

Ask yourself: What do I expect from them? (e.g., "I expect them to appreciate me more," "I expect them to reach out first," "I expect them to change.")

Acknowledge that this expectation is yours—it was never agreed upon as a contract.

Step 2: Shift to Acceptance

Take a deep breath in and, as you exhale, whisper: "I release my expectation of you." Imagine a golden thread connecting you to this person. See the thread holding the weight of your expectations.

In your mind, gently cut the thread or let it dissolve, symbolizing your release.

Step 3: Embrace Freedom

Place your hand on your heart and say:

"I free myself from needing this expectation to be met.

I choose peace over control. I accept you as you are, and I allow myself to be free."

Take a final deep breath and notice how your body feels.

Carry this sense of peace with you.

You can repeat this exercise anytime you feel expectations creeping in. Letting go allows love and freedom to flow naturally.

Notes:

Chapter 9: Exercise: Breaking Limiting Beliefs: A Self-Transformation Exercise

This exercise is designed to help you recognize, challenge, and replace the beliefs that are holding you back. By bringing awareness to the subconscious patterns running your life, you will learn to shift them into empowering truths that serve your highest potential.

How to Practice:

Step 1: Identify the Limiting Belief

Write down one belief that you know is limiting your growth or happiness. Be brutally honest. (Example: "I'm not smart enough to succeed." "I'll never find real love." "I always mess things up.")

Now ask yourself:

Where did this belief come from?

Is it absolutely true, or was it given to me by someone else?

If I had never been told this, would I believe it today?

Step 2: Gather Evidence Against It

Your subconscious mind clings to beliefs because it thinks they are facts, but most limiting beliefs crumble under scrutiny.

Write down at least three examples in your life where this belief has been proven false.

(Example: If you believe you're not smart enough, list three times you solved a problem, learned something quickly, or impressed someone with your insight.)

Step 3: Reframe the Narrative

Take your limiting belief and flip it into a positive, expansive truth. (Example: "I always mess things up" → "I am constantly learning and improving.")

Write this new belief down. Say it out loud. Feel the energy shift as you claim it.

How does this new belief make you feel compared to the old one?

Step 4: Take a Small, Aligned Action

Real change happens when you prove your new belief to yourself through action.

Choose one small thing you can do today to reinforce your new belief.

(Example: If your limiting belief was “I’m not good enough,” your action could be applying for an opportunity, setting a boundary, or speaking up about something that matters to you.)

Step 5: Daily Integration

Every time your old belief resurfaces, repeat this affirmation:

"That is not my truth. My truth is [insert your new belief here]."

Keep track of moments when your new belief starts to feel real.

At the end of each day, write down one moment where you embodied your new truth.

Final Reflection:

How would my life change if I lived by this new belief every day?

Who would I be if I no longer carried this limitation?

What’s stopping me from fully embracing this right now?

The key to shifting beliefs is repetition and awareness—the more you call out the lie, the less power it has over you. The more you affirm and act upon the truth, the more your subconscious rewires itself to accept it as your reality.

You are not your limiting beliefs. You are infinitely capable of rewriting your story.

Notes:

Chapter 10: Exercise: Finding Your Way Back From Addiction

The road to letting go of addiction is not about willpower alone—it's about replacing the addiction with self-awareness, healing, and new sources of fulfillment. Here are some steps to help someone begin this journey:

How to Practice:

Step 1: Identify the Root Cause

Instead of asking, “Why can’t I stop?” ask, “What am I trying to escape?”

Is it loneliness?

A past trauma?

A deep feeling of unworthiness?

Once you pinpoint the real reason, you can start healing the actual wound—not just treating the symptom (the addiction).

Step 2: Replace Numbing with Feeling

Addiction is a way of avoiding pain. To heal, you must allow yourself to feel instead of suppressing emotions.

Try journaling, hypnosis, or meditation to process emotions safely.

Remind yourself: “Pain cannot kill me. Avoiding it is what keeps me trapped.”

Step 3: Shift the Identity Narrative

If you see yourself as an “addict,” you reinforce the cycle.

Instead, start saying: “I am healing. I am transforming. I am stepping into my highest self.

Identity shapes behavior—change how you see yourself, and your actions will follow.

Step 4: Find a New Source of Dopamine (Joy & Purpose)

Addiction is a shortcut to pleasure, but you can create pleasure naturally by:

Moving your body (exercise, yoga, dancing)

Creating (painting, writing, music, building something) Connecting (with nature, animals, people who uplift you)

Step 5. Create a Non-Negotiable Routine

Structure helps override old habits.

Set up a daily morning & evening practice that grounds you:

Gratitude journaling

Breathwork

Listening to empowering hypnosis

Moving your body

Setting one clear intention for the day

Step 6: Cut the Triggers & Build a Strong Environment

Remove people, places, and things that reinforce addiction. Surround yourself with support, not enablers.

Change your environment to match the new version of you.

Step 7: Learn to Love Yourself Fiercely

You don't need to be perfect to be worthy of love; your mere existence deems you worthy.

Addiction thrives in self-judgment—healing happens in self-compassion.

Stand in front of the mirror daily and say:

"I am strong."

"I am worthy of healing."

"I love myself enough to choose better today."

Step 8: Take One Step at a Time

You don't have to fix everything overnight.

Commit to one small change today.

The key is progress, not perfection.

Final Thought:

Healing from addiction isn't about giving something up—it's about choosing something greater. The addiction was only ever a temporary solution to something deeper. When you heal the root cause, the addiction loses its power over you.

Notes:

Chapter 11: Exercise: Breaking Free from Repetitive Thought Patterns

Repetitive thought patterns—whether they are self-doubt, overthinking, or negative loops—are like well-worn paths in the brain. The more you travel them, the deeper they get. But just as a new path can be forged, so can a new way of thinking. The key is awareness, interruption, and redirection.

How to Practice:

Step 1: Identify the Thought Loop

Instead of asking, “Why can’t I stop thinking this way?” ask, “Where did this thought pattern originate?”

Is it a belief inherited from childhood?

Did someone instill this thought in you?

What emotion fuels it—fear, guilt, shame, or unworthiness?

Once you identify where the thought comes from, you can start questioning its validity.

Step 2: Challenge the Thought with Truth

Most repetitive thoughts are not facts—they are conditioned responses.

For every limiting thought, challenge it with truth and evidence:

If you think, “I’m not good enough,” ask: Who told me this? Where is the proof?

If you think, “I’ll always fail,” ask: When have I succeeded? What lessons did I gain from setbacks? Write down these thoughts and reframe them with self-compassion and logic.

Step 3: Interrupt the Pattern with Physical Movement

Thought loops live in the mind—to break them, engage the body.

Stand up and shake out your arms.

Take a deep breath and exhale forcefully.

Go for a walk, stretch, or even clap your hands.

This disrupts the mental cycle and creates space for new thoughts to enter.

Step 4: Replace the Thought with an Empowering Alternative

Your brain thrives on repetition—so give it something new to repeat. For every old pattern, choose a new mantra:

Instead of “I’ll never be happy,” say, “I am actively creating joy in my life.”

Instead of “I always attract the wrong people,” say, “I am worthy of healthy, fulfilling relationships.”

Speak these affirmations out loud, write them down, and repeat them daily until they become automatic.

Step 5: Create a Mental Reset Ritual

Whenever you catch yourself spiraling into repetitive thoughts, use a reset technique:

5-4-3-2-1 Grounding: Name 5 things you see, four things you feel, three things you hear, two things you smell, one thing you taste.

Bilateral Stimulation: Tap each knee alternately, left then right, while breathing deeply. This engages both hemispheres of the brain and breaks the cycle.

Pattern Interrupt Question:

Ask yourself, “What is the next best thought I can choose right now?”

This trains your mind to pause and shift direction instead of running the same loop.

Step 6: Upgrade Your Environment & Inputs

Your thoughts are shaped by what you consume—so curate your environment:

Declutter your space to remove stagnant energy.

Limit exposure to negative media that feed unhelpful narratives.

Surround yourself with people who speak growth and possibility into your life.

Thought patterns don’t exist in isolation—they are reinforced by external influences. Change what surrounds you, and your thoughts will follow.

Step 7: Anchor a New Identity

If you keep thinking in a certain way, it's because it's aligned with how you see yourself. To change the pattern, upgrade your identity.

Instead of:

"I'm just an overthinker."

Say: "I am someone who trusts myself and makes clear decisions."

Instead of:

"I always get stuck in my head."

Say: "I am learning to quiet my mind and stay present."

The more you redefine yourself, the more your thoughts will align with your new identity.

Step 8: Commit to Daily Mental Training

Breaking thought patterns isn't a one-time fix—it's a daily practice.

Create a non-negotiable habit of:

Morning affirmations that reinforce your new mindset.

Journaling for 5 minutes to observe and rewrite unhelpful thoughts. Hypnosis or meditation to train your subconscious mind for change. Celebrating small wins to build self-trust.

Even one minute of mental awareness a day makes a difference.

Final Thought:

Repetitive thought patterns are not who you are; they are just habitual neural pathways.

You have the power to rewire your brain by choosing a new path. Every time you interrupt an old thought and replace it with truth, action, or self-compassion, you weaken the old wiring and strengthen the new one. You are not stuck. You are rewiring, and soon, what once controlled you will no longer have power over you.

Notes:

Chapter 12: Exercise: Revealing the Real You & Creating the Life You Desire

To take full ownership of your life, uncover your deepest desires, and create an actionable path to achieving them.

How to Practice:

Step 1: Uncovering Your True Self

Find a quiet space, take a deep breath, and get honest with yourself. Answer these questions without filters, without fear—just truth.

Who am I, at my core? (Not who others expect you to be, but who you truly are.)

If I could strip away every fear, insecurity, and external expectation, what would be left?

What do I value most in this life?

What kind of energy do I want to bring into the world?

Write down your answers as boldly and truthfully as possible. This is you—raw, real, and limitless.

Step 2: Identifying What You Truly Want

Now, remove limitations and let yourself dream.

If I could have anything—without fear, guilt, or restrictions—what would it be?

What does my ideal life look like? (Where do you live? What do you do? How do you feel?)

What experiences do I crave?

What impact do I want to have on the world?

Let yourself see it, feel it, own it. This is your life before conditioning and limitations took hold.

Step 3: The Brutal Truth—What's Holding You Back?

Now, look in the mirror. What is stopping you from stepping into the life you just envisioned?

What excuses do I make that keep me stuck?

Who or what am I blaming instead of taking full responsibility?

What self-sabotaging habits do I need to break?

What beliefs do I hold that tell me I can't have what I want?

Now, flip the script. Reframe each excuse, blame, or limiting belief into absolute power.

Example:

"I'm too old to change." → "Every moment is an opportunity, and I choose to take it now."

"I'm afraid of failure." → "Failure is just another lesson. I am unstoppable."

Step 4: Creating the Plan—Your Path to the Life You Desire

Now, let's build the action steps to get there.

What is one small action I can take today to step into this vision?

What daily habits or routines will support my transformation?

Who do I need to distance myself from in order to grow?

Who do I need to surround myself with to elevate my mindset?

What commitment will I make to myself starting today?

Write these down and commit to at least one immediate action.

Step 5: Sealing the Transformation

Now, close your eyes. Visualize your future self—strong, fearless, free.

Feel what it's like to:

No longer suffer.

No longer make excuses.

No longer wait for permission to live.

Take a deep breath and say aloud:

"I take full ownership of my life. I choose power over suffering. I am stepping into the life I was always meant to live. And nothing will stop me."

Now, open your eyes and go make it happen.

Notes:

Chapter 13: Exercise: Initiating Change in Your Life

To create clarity, break through resistance, and step into the new version of yourself with confidence and intention.

How to Practice:

Step 1: Define Your Change with Absolute Clarity

Sit in a quiet space with a notebook, or close your eyes and reflect.

Ask yourself:

What is it that I truly want to change?

Why do I want this change?

What would my life look like once this change happened?

Write down your answer in one clear, concise statement, such as:

"I am stepping into a life of self-worth by setting boundaries and speaking my truth without fear."

This is your north star—your guiding intention.

Step 2: Identify the Resistance

Change triggers internal resistance because the mind clings to the familiar.

Ask yourself:

What fears or doubts arise when I think about making this change? What excuses do I tell myself that keep me from starting?

Whose opinions or judgments am I afraid of?

Write these down without judgment—just observe.

Now, reframe each one. For example:

Fear: "What if I fail?" → Reframe: "What if I succeed beyond my imagination?"

Fear: "People won't accept the new me." → Reframe: "The right people will support my growth, and others will fade away—and that's okay."

Step 3: Take One Small Action Today

Change happens through small, intentional steps.

Ask yourself:

What is one thing I can do today to move toward my goal?

What habit, belief, or action can I begin implementing right now?

Choose one small action and commit to it.

Example:

If you're releasing negative self-talk, → Write down one empowering affirmation and repeat it 5 times daily.

If you're stepping into confidence, → Make eye contact and speak with certainty in one conversation today.

If you're leaving a toxic relationship, → Set a firm boundary today and stick to it.

Write your action down, say it out loud, and do it before the day ends.

Step 4: Create a Ritual for Lasting Change

To sustain change, create a daily ritual that aligns with your goal.

Morning intention setting:

Start each day with a simple mantra: "I am stepping into my highest self with every choice I make."

Evening reflection:

Before bed, write one small win from the day.

Hypnosis & meditation:

Use guided hypnosis or affirmations to rewire the subconscious for change.

By reinforcing your new identity daily, change becomes effortless.

Step 5: Accept the Evolution & Release the Old

As you change, some people will resist it—that's okay.

Visualize yourself walking forward on a path. Behind you, old habits, beliefs, and even relationships that no longer serve you begin to fade. Take a deep breath and say:

"I release what no longer aligns with my highest self. I am stepping fully into my power."

Trust the process. Trust yourself.

Final Affirmation:

Place your hands over your heart and say: "I choose change. I choose growth. I choose me." Now, go take action.

Notes:

Chapter 14: Exercise: Defining Your Legacy: A Self- Reflection

This powerful practice helps you strip away the noise of expectation, fear, and past wounds, allowing you to consciously define your life's impact and ensure that when you leave this world, you do so, having lived fully, authentically, and with purpose.

How to Practice:

Step 1: Who Am I at My Core?

Write down five words that best describe your essence—the unshakable qualities that define you. (Example: Compassionate, resilient, wise, courageous, creative.)

Step 2: What Do I Want People to Say About Me When I'm Gone?

Imagine your loved ones, colleagues, and even strangers whose lives you've touched speaking about you at the end of your journey.

What do you hope they say? What impact do you want to have left behind?

(Example: "She made people feel seen." "She empowered others to find their strength." "She was a force of love and transformation.")

Step 3: What Am I Allowing to Define Me Right Now?

Reflect on the beliefs, experiences, and people that have shaped your identity.

Are they empowering or limiting you?

What old definitions do you need to release to step into your true self?

Step 4: What Is My WHY?

Why do I wake up every morning and do what I do?

If I had no fear, no limitations, and could be remembered for just one thing, what would it be?

How do I align my daily actions with this purpose?

Step 5: The One Sentence Test

Condense your life's mission into one powerful sentence:

"I want to be remembered as the person who _____."

(Example: "...helped people break free from their past and step into their power.")

Final Reflection:

How does this realization change the way I show up today?

What small action can I take right now to live in alignment with my true legacy?

Notes: