

A close-up, low-angle shot of a woman's face. She is wearing large, gold-rimmed sunglasses with a textured, perforated lens. Her lips are painted a vibrant, bright pink. The lighting is warm and soft, highlighting her skin. The background is blurred, suggesting an indoor setting with other people.

# UNCHAINING.

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**Steps for Graceful  
Release & Growth.**

# You're too fly to be in chains.

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There is something amazing about you. You are a kind, wild heart. Yet, you find yourself being held back by the chains of antiquated gender roles, limiting beliefs, and societal norms. You've been ready to gracefully release the chains, but you weren't sure how to do it. In this course, I'll walk you through the process of unchaining.

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**Unchaining** is the act of becoming the free being your soul desired to be before it was programmed by the world. It is the process of finding your most authentic and wild identity.

You're about to **UNCHAIN** your heart and spirit.

This process will demand you uncover the deepest beliefs you may have lying dormant within you. You may not actually BELIEVE the beliefs you are about to reveal. If you are going through this course, you will more than likely NOT believe many of them. This will not be a surface level uncovering. In the next few slides, I will ask you to dig deep about the 5 MAJOR areas of your life.



**You will need...**

**a journal**

**quiet time**

**a week to complete this course**





# Unchaining Affirmation

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I am freeing myself from beliefs I no longer prescribe to during this season of my life. I embrace the new truths I will uncover and the new freedom I will find.

# 5 Major Areas of life

**Self**

**Family**

**Friends**

**Love**

**Work/Career**



# Your True Thoughts

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Open your journal and write down your true thoughts on the 5 MAJOR areas of your life. Once you write down your thoughts, take a deep breath, and walk away for a day or two. Process what you wrote down.



Welcome Back!  
Let's focus on the  
four parts of the

# Unchaining



**Part 1: Identifying the Locks & Chains**

**Part 2: Experiencing Graceful Release**

**Part 3: Embracing a Clean Slate with Authentic  
Acceptance**

**Part 4: Walking in Freedom & Receiving Abundance**

Step One

# The Chains

Identifying the Chains & Locks

# Types of Chains

## Fixed Chains

Fixed chains come from elements of your life that you simply had no control over. They include your ethnicity, your race, your gender, your religious upbringing, childhood rearing and experiences, and genetics---plain ole DNA.

## Imposed Chains

Imposed chains are stored within ourselves based on the ROLES we play. Roles include motherhood, fatherhood, daughter, son, Christian, Catholic, writer, doctor, nurse, sister, brother, wife, etc.

# CHAINS & LOCKS

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Certain locks hold our chains together. There are 4 common locks holding our chains in place.

**Guilt**

**Pride**

**Shame**

**Martyrdom**

# Shame

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Shame is a subconscious reaction to a desire you have in your heart. The desires you have are deemed unacceptable in your environment or culture. Shame comes before the act is committed. When society creates norms that oppose your desires and actions, shame can develop as a chain.

# Guilt

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Guilt is a subconscious reaction to a decision you made in which you were told had negative moral connections. Guilt comes after the action. When the effects are experienced, we develop chains to attempt to avoid the same effects. However, guilt can keep us in certain chains.

# Pride

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Pride is an energy developed from a need for control. When we wish to maintain certain perceptions, pride may become a chain. Pride becomes a chain because it often keeps us from asking for assistance, releasing connections no longer serving us, and embracing new opportunities in our lives.

# Martyrdom

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Martyrdom is a desire to be seen as the savior, lifeguard, and nurturer in exchange for your own development and well-being. Martyrdom creates a sense of being needed at all cost, even if the cost is your health and happiness.



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# **Step 1: Identify Your Chains & Locks**

# Action 1: Identify Your Chains

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1. What "rules" and "regulations" are you following that you don't quite want to follow?
2. What elements of your current roles do NOT bring you joy?
3. What beliefs are keeping you from exploring your truest desires?

## **Action 2: Identify Your Locks**

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1. According to the definition in this lesson, do you experience guilt, shame, pride, or martyrdom syndrome?
2. When did you start experiencing these locks?
3. On a scale from 1-10, how much resistance do you feel when you acknowledge each lock?

## **Action 3: Acknowledge & Affirm**

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1. Sit with your chains. Do not be afraid of them.  
Journal about 1-2 of your chains.
2. For every chain you identified, write an affirmation to cancel the chain.
3. Write out 3-4 affirmations to cancel out the locks in your life.

Step Two

# The Release

Understanding Graceful Release

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# **Step 2: Understanding Graceful Release**

# Action 1: Release Your Chains

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1. Allow yourself to let go with grace and ease. Letting go is the action of not holding onto something out of fear. You don't have to verbalize the release, you simply have to let it walk away.
2. Forgive yourself and others for not knowing what you didn't know. Your chains are results of years of not being aware. Be gentle with your own heart and give yourself grace.
3. Prepare to create a plan that will bring love to you along with the desires you have for your life.

## **Action 2: Create a self-love plan.**

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1. Choose how you want to love yourself more and how you will accept love from others. Remember, love is about being safe, accepted, and respected. What do you do that brings safety, acceptance, and respect to you?
2. Write down how you will lean into love this week and the weeks to come. Only love should be allowed in your life once the chains are broken. Chains block love. Now that you're unchaining, love can flow freely.
3. Develop a plan for how often you're going to do a heart check and determine your love levels.



## **Action 3: Create a grace guide.**

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1. Determine what grace looks like for you. Does it look like not trying to follow a strict plan in your home? Does it look like taking a nap during the day if you can? What does grace look like for you?
2. Write down how you want grace to show up in your life. How do you want others to extend grace to you?
3. Keep your grace guide near you during this process to ensure you're giving and receiving grace during the release.

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**Settle into the idea that you  
can live a life unchained,  
filled with grace, covered in  
love, and easy to enjoy.**

Step Three

# The Acceptance

Embracing A Clean Slate with  
Authentic Acceptance

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**Step 3: Embrace the  
clean slate &  
practice authentic  
acceptance**

# **Action 1: Call out what is being washed away.**

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1. Write in your journal what you believe is being taken down or washed away. For example, if you feel like your need for validation is going away, write that in your notebook.
2. Identify how the clean slate makes you feel. Are you excited? Nervous? Motivated?
3. Celebrate the clean slate by repeating the mantra for the week.

## **Action 2: Celebrate the empty space in your heart.**

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1. Write down the feelings you have with the thought of actually letting go. Do you feel excited? Relieved? Ignited?
2. Create a BOLD affirmation to express how you feel. Start your mantra with " The empty space in my heart will be filled with....".
3. Celebrate your clean slate by repeating the mantra for the week.

## **Action 3: Call in what you desire.**

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1. Identify your truest beliefs and desires.
2. Write down your truest beliefs and call them in to you. Use the phrase "I truly believe...".
3. Write down your deepest desires without thought of what others will think. Start your sentences off with "I really desire...".

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**Show unwavering gratitude  
during the next few weeks.  
Speak gratitude over what  
you have called in for your  
new life.**



Step Four

# The Freedom

Walking in Freedom & Receiving  
Abundance

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**Step 4: Find bliss in  
your freedom and  
receive the abundance.**

# **Action 1: Take in appetizers of bliss.**

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1. Focus on being hyper-aware during this phase. Each time you find yourself in a moment you truly enjoy, record the memory.
2. Write down your moments of bliss in your Unchaining journal or notebook.
3. Lean back into (enjoy) this type of freedom.

## **Action 2: Be open to abundance.**

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1. When you unchain, you open yourself up to abundance from several different sources.
2. Revisit your list from phase 3 and look at your desires. Connect your desires with your moments of bliss. Identify if your desires are being fulfilled.
3. Circle the desires that you actually called in.

## **Action 3: Receive Abundance.**

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1. The more you unchain, abundance will begin coming to you from different directions. Begin to acknowledge all the ways abundance can find you.
2. Start an abundance journal. This is the journal where you write down everything that happens to you without you having to struggle, force, or fight to receive. You simply had to ask, be present, and accept the gift.
3. Show gratitude for the abundance showing up in your life.

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**Accept abundance from all directions, sources, and avenues. You deserve it after the chains you just released.**

# CONCLUSION

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1. Take a minute and sit quiet. Come into your body and acknowledge your inherent goodness and your undeniable worth.
2. Use your journal to write down how you have watched yourself evolve during this course. Write about yourself in third person to help you really make the most of this unchaining.
3. Celebrate your NEW beginning by sharing with others the experience you had going through this course.