**Grit Grace Grow: A Journey to Clarity, Flow & Self-Trust**

An Intuitive Guide for Expansion & Energetic Alignment

Welcome

Every transformation begins with a single step—a choice to shift, release, and expand. This guide is designed to help you clear the noise, align with your desires, and take intentional action toward growth.

This is not about forcing change but flowing with it—learning to trust yourself, embrace the cycles of expansion and rest, and create balance in both your inner world and outer reality.

💡 How to Use This Guide:

This workbook is structured with a mix of guided journaling prompts, energy-shifting exercises, and practical action steps to help you:

🌿 Release what no longer serves you

🌙 Strengthen your connection to yourself and your intuition

🔥 Step into your next level with clarity and trust

💫 Let’s begin.

**Chapter 1**

**Grounding Before You Begin**

Before diving in, take a moment to drop into your body and set your intention for this journey.

***The 10-Second Nervous System Reset***

Developed by Dr. Lee Cordell, this technique instantly calms your nervous system and brings you into a regulated state.

1️⃣ Take a deep breath in and begin tensing your body—clench your fists, tighten your shoulders, flex your legs. Hold for 5 seconds.

2️⃣ Slowly exhale and release all the tension, letting your body soften. Breathe out with an audible sigh (“huhh”).

3️⃣ Repeat three times to shift your state.

💡 Notice what shifts. Your breath is always your reset button.

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**The Journaling Process: Clear, Celebrate, Manifest**

Journaling is one of the most powerful tools for self-discovery, mindset shifts, and manifestation. Each section is designed to help you clear mental clutter, celebrate your wins, and align with your highest self.

***🌿 Release & Clear: Letting Go of What No Longer Serves You***

Start with: “I release…” or “I clear…”

This section is designed for mini brain dumps—a space to let go of stagnant energy, limiting beliefs, and emotional weight.

💬 Example Prompts:

 • I release the fear of being seen and fully expressed.

 • I clear the belief that I must hustle to be worthy of success.

 • I release all that is no longer aligned with my highest good.

🔹 Final Release Statement: I let go of what no longer serves me and open space for what does.

💫 Celebrate & Expand: The Power of Gratitude

Start with: “I celebrate…” or “I am grateful for…”

Gratitude is the highest frequency energy exchange—it shifts your focus from lack to abundance. This section is about honoring your wins, big and small.

💬 Example Prompts:

 • I celebrate my ability to trust the process, even when it feels uncertain.

 • I am grateful for the opportunities flowing to me effortlessly.

 • I acknowledge my growth and honor how far I’ve come.

🔹 Final Celebration Statement: I welcome even more abundance, ease, and joy into my life.

🔥 Align & Manifest: Calling in Your Desires

Start with: “I desire…” or “I future brag…”

This is where intuitive manifestation meets action. Instead of passively wishing, you are claiming your future as already yours.

💬 Example Prompts:

 • I future brag that my coaching business is fully booked with soul-aligned clients.

 • I future brag that I wake up each day feeling deeply supported and abundant.

 • I future brag that I have created a life of freedom, purpose, and flow.

🔹 Final Manifestation Statement: Everything I desire is already aligning for me in divine timing.

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**Your Current Energy Check-In**

*Where are you right now? Awareness is the first step to change.*

Rate Your Life Satisfaction

🌀 Work \_\_\_\_ / 10

🌿 Life \_\_\_\_ / 10

💫 Overall Balance Score \_\_\_\_ / 100

**Journaling Prompts:**

1️⃣ What does success mean to me?

2️⃣ What does happiness feel like in my body?

3️⃣ What small shift would make my daily life feel more in flow?

4️⃣ What is one thing I can start today that my future self will thank me for?

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**From Overwhelm to Intention: The Energy Audit**

*Not all stressors are created equal. Some can be shifted, some need to be released.*

Step 1: Brain Dump Your Stressors

Write down everything pulling at your energy—work, life, relationships, self-doubt. Get it all out.

Step 2: Highlight What You Can Control

Not everything requires your energy. Circle what is within your power to shift.

💡 Pro Tip: If it’s beyond your control, your only job is to release attachment and trust the process.

Step 3: Take Aligned Action

1️⃣ What is one small thing I can shift today to create more balance?

2️⃣ How can I make space for more of what I desire?

3️⃣ What limiting belief am I choosing to rewrite?

Closing Reflection: Your Future Self Speaks

Imagine yourself one year from now—fully aligned, thriving, and in flow. What does this version of you want you to know today?

💬 Write yourself a letter from your future self:

“I am so proud of you for…”

“You don’t have to worry about…”

“Everything is unfolding exactly as it should…”

💡 Let this letter serve as a reminder that everything you desire is already on its way.

**Final Thoughts**

Dear Journeyer,

This workbook is just the beginning. Your growth is an ongoing process, and you don’t have to do it alone.

✨ If you need deeper support, guidance, or intuitive coaching, my inbox is always open.

✨ Check the link in my bio for personalized coaching offers & soul-aligned resources.

You are more powerful than you know. Trust yourself. Keep growing.

With love & expansion,

Becca