



THE COURAGE
TO SHIFT



5 REFLECTIVE PROMPTS TO HELP YOU TAKE ALIGNED ACTION *toward* YOUR PURPOSE





INTRODUCTION

Dear Beautiful Soul

You've done so much for others—but now, something inside you is whispering "There's More." More alignment. More clarity. More purpose. More of YOU! The shift isn't about burning it all down and starting over, it's about becoming who you were always meant to be. These five reflective prompts are designed to guide you inward, reconnect you with your heart, and give you the courage to act from your truth— not fear, doubt, or exhaustion. Find a quiet space. Take a deep breath. Light a candle if you'd like.

This is your time. Let's begin.

Dr. Sonya Broadnax



01. LET GO OF WHO YOU'RE NOT

“Where in my life am I shrinking, hiding, or overthinking to avoid being seen?”

- What parts of yourself have you been dimming or doubting?
- Whose opinion or energy are you still carrying that no longer fits who you are becoming?
- What limiting belief are you ready to release?



02. COME HOME TO YOUR BODY

“How is my body speaking to me right now?”

- When I think about my next step, what does my body feel– tightness, tears, lightness, dread?
- What movement, nourishment, or rest is my body asking for?
- What feels grounding and comforting to me?





03. ASK BETTER QUESTIONS

“What would change if I started asking more questions and making fewer statements?”

- What have I been telling myself that feels heavy or absolute?
- What questions could open new pathways or possibilities?
- What am I trying not to know about myself?



04. FOLLOW THE CREATIVE URGE

“What project or offering is quietly asking to be born through me?”

- What do I love creating when no one's watching?
- If I could work on one creative idea for the next 30 days, what would it be?
- What would I start if I stopped asking for permission?





05. CHOOSE THE EXPANSIVE PATH

“What decision feels expansive– even if it also feels a little scary?”

- What’s one bold step I could take toward my purpose?
- What does my heart say when I ask, “What’s next?”
- Am I willing to act without needing to know the outcome?

NOW THAT YOU'VE *explored these prompts*



*What did you
learn about
yourself today?*



*Who do you
need to become
in order to
honor what you
just
discovered?*



*What would it
look like to take
one small
courageous
action this
week?*

Optional: Write a love letter to the future version of yourself—the one who has already made The Shift.

READY^{to} GO DEEPER?

You're not starting over, you're becoming more of who you are.

I created The Shift masterclass for women like you- high-achieving, and purpose-driven who are ready to stop playing small and start embodying their full creative, spiritual, and personal power.



You Don't Have to Do This Alone

Transformation is powerful – and it's even more meaningful when you're supported. I'll be by your side as you move through each shift, question, and breakthrough. If something stirred within you, or you're ready to explore your next step, I'm here.

Email your question to:
theshiftwithsonya@gmail.com
Or **text** me at **317-220-6245** to
schedule your free Clarity Call.

With heart,
Dr. Sonya

