

‘Release the Lies’ Ritual

This easy daily practice will help you let go of the lies that tell you to feel ashamed for wanting more. **Step into your fullness with empowered clarity** each and every day.

Acknowledge the Lie

What is one limiting belief or internalized message you’re replaying in your mind today?

Name the Voice

Where did this belief come from? Whose voice do you hear behind this message?

Release the Shame

Wanting more just means _____

It does not mean _____.

Restate Your Truth

What would you think, say, or do today if you truly believed you are allowed to want what you want?

