

# THE DAILY RECALIBRATION

# CHECKLIST

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ANCHOR YOUR POWER. EXPAND YOUR  
CAPACITY.

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Somatic Check-In: Close your eyes. Place one hand on your heart and one on your belly. Breathe deeply for 1 minute. Ask your body: “What do you need to feel safe today?”

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Identity Declaration: State  
your new baseline out  
loud: “I am safe to hold  
more. I am the woman  
who embodies  
[Abundance/Peace/Power]

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Boundary Setting: Identify one thing today that you will say “No” to, in order to protect your energy and stay in your power.

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Intentional Expansion:  
Visualize one situation  
today where you would  
normally play small. Now,  
see yourself responding  
from your expanded  
identity.

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Gratitude for the Shift:  
Acknowledge one small  
way you have already  
grown. Growth is not a  
destination; it is a daily  
recalibration.

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Part of the 21-Day Identity  
Expansion Journey.

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