

# Sacred Defiance

CHOOSING YOURSELF  
WITHOUT SHAME



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Practitioner, Sound Healer, Intuitive Energy Healer

# About me



HELLO!

Kaitlin has been practicing yoga for 10 years and has been teaching for 8. She has guided many styles of vinyasa flow and yin over the years.

She found energy healing at a time where life didn't make as much sense as she thought it would. Learning reiki has expanded her understanding of yoga and brought so much more to her life. Her goal is to feel peace, expansion, and joy as much as possible. Yoga and energy healing turns out to be the life in which it flows naturally.



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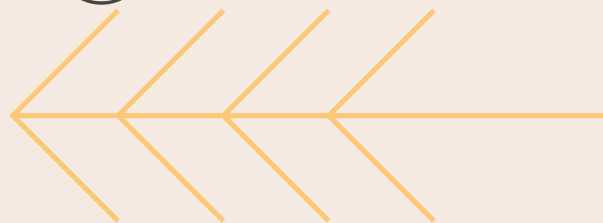
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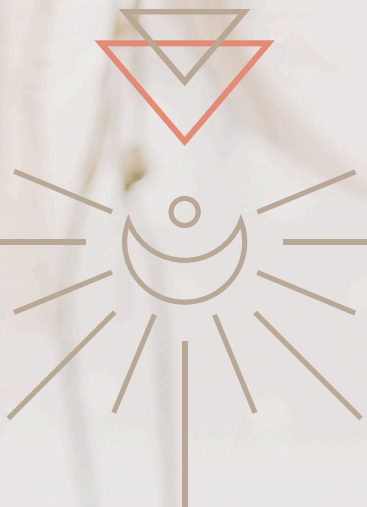
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# Introduction

## THE EXHAUSTION BEHIND THE SMILE


Choosing yourself can feel wrong. Especially when the world expects so much of you. Too much, if you're being honest with yourself. There is always this expectation to do more, prove more, give more, or even shrink more and get out of the way. This book is for those who are ready to say yes to themselves without shame, without guilt, without hesitation.

If you feel as if you have been conditioned to be everything for everyone else: the amazing daughter or son, the perfect spouse, the complicit employee, the yes to every situation, the overachiever without requesting more, I want you to know that you deserve more.

Caring for yourself should not feel like a rebellion. It should feel calm and necessary and simply part of your life. This book is an invitation to reclaim your worth, your body, your time, and your mind. You aren't going to achieve this through any form of perfection, but you will through your own willingness to break away from pattern and shed expectations: real and made up.

If you don't choose yourself now, who will?





**“Owning our  
story and loving  
ourselves through  
that process is the  
bravest thing that  
we’ll ever do.”**

**BRENÉ BROWN**

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The personal decision to understand and grow as a person, is entirely up to that individual. You are free to choose what works for you and what does not.

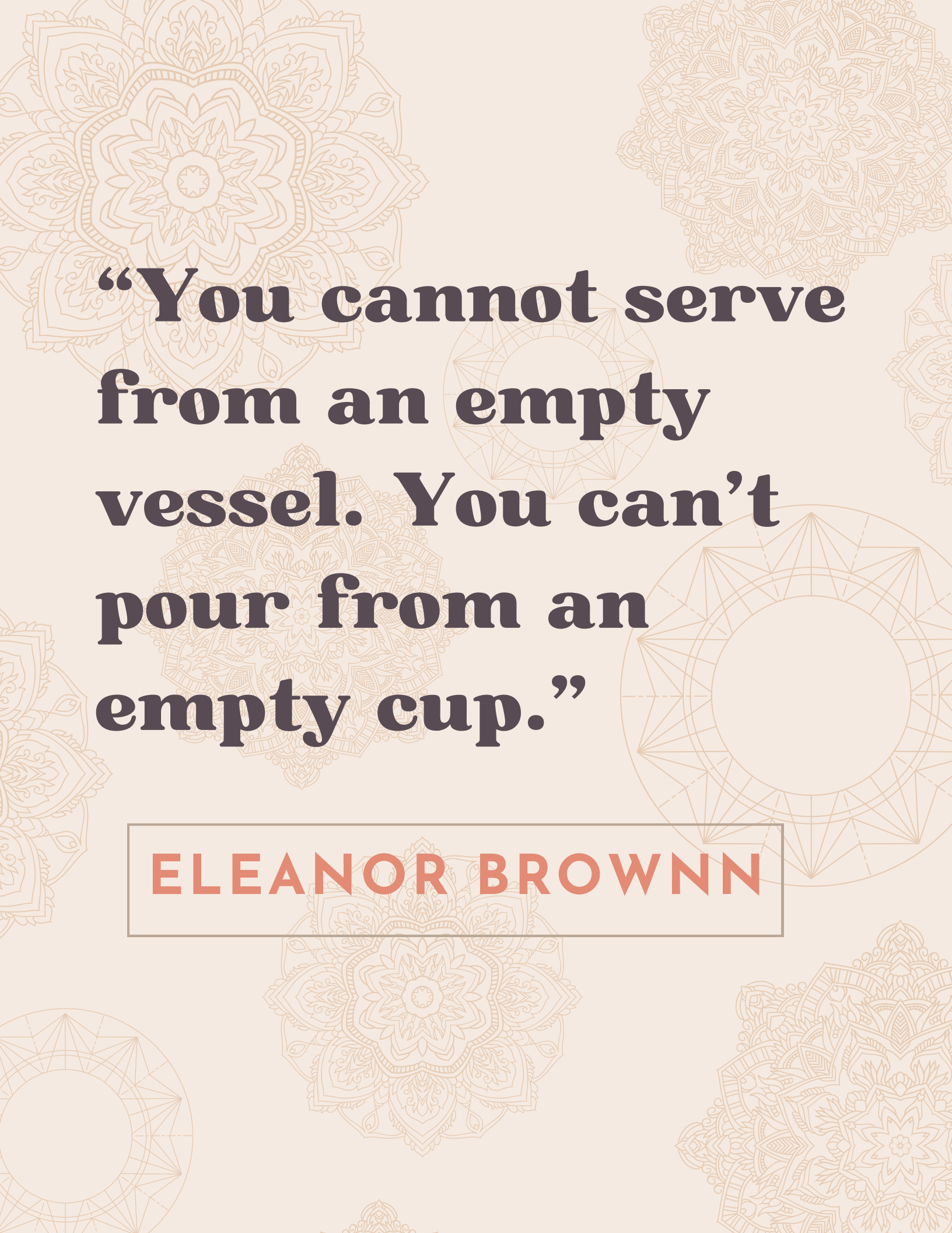
Kaitlin Crawford  
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# Chapter 01

## THE WEIGHT OF EXPECTATION



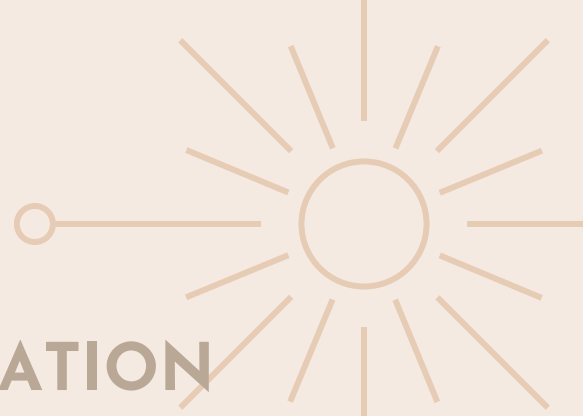


**“You cannot serve  
from an empty  
vessel. You can’t  
pour from an  
empty cup.”**

**ELEANOR BROWNN**

# Chapter 01

## THE WEIGHT OF EXPECTATION



We typically don't end up realizing how much of who we are is built on the expectations and ideals of everyone around us. It adds a mask: perfection.

Think of all the things we carry in our minds that we believe we need to do, achieve, support others with on a daily basis. Family expectations, cultural or societal norms, workplace "rules" (that aren't real but have become the unspoken expectation), and even this idea of who we believe we are supposed to be.

You maybe don't even realize how much of you is based on so many other things, until you really start to pause and see it all. See how much you are giving away and not receiving from yourself on a day to day basis.

Perfection is a mask. It's a defense mechanism. It is something that can be taken on as a way to cope with all of these expectations and try to feel safe and secure everyday. For those who have adopted perfectionism, these expectations aren't just guidelines, they're survival mechanisms.

They are the measuring stick that determines whether you're "enough" for the world everyday. And somewhere on your path, you started to believe that if you could achieve all of your tasks, work harder, support everyone, be better, then maybe, just maybe, you'd finally earn rest, love, or acceptance.

Here is the full truth of it: That bar you're trying to reach? It's not real. And it doesn't have you in mind. Not yet.





# The Weight of Expectation

## THE COST OF CARRYING IT ALL

When you live to meet others expectations, you start to disappear in your own life. You lose yourself in the needs of everyone else, while your needs get thrown out or pushed under the rug. You end up skipping your morning walk because you need to get to work early to help out extra or simply beat your boss there.

You could be swallowing your options to keep the peace everywhere.

You push through exhaustion because you don't want to seem unreliable or flaky.

You don't ask for help because you don't want to be a burden. You feel less than when you do receive help and think "why couldn't I accomplish this on my own?"

At first, the cost of meeting all of these expectations seems small.

Subtle.

More fatigue and a little less joy.

A bit more irritable, less likely to make plans.

Feeling overwhelmed/anxiety sensations often, thinks that's normal and keeps going.

Over time, you realize that you've been living in service to an invisible scoreboard or tally sheet. The points are never counted and the review of your progress is never done.

*Where did you learn that rest was lazy?*



# Dive Deeper: Journaling



Sit back, take a few deep breaths and think about where this came from. I encourage you to journal about that and the next few questions.

01 | Whose expectations am I carrying right now that are not mine to hold?

02 | If I were to let go of these expectations and set them down, how would that change in my body and in my mind?

03 | How much of my daily routine is actually chosen by me - and how much is dictated by the fear of letting someone down?

Any other comments







# In Practice

## BREATHE

Once you have thought about these, pause. Breathe. Imagine placing even one of these expectations into a cup of water. Take that cup of water outside and pour it into the Earth or into a river. Watch as the dirt takes it for you and soaks it up or it goes downstream and is carried away.


Take a few nice deep breaths into the space you just created for yourself.

Space opened simply by acknowledging the weight and naming it. Sit in it and feel the real you coming forward.

# Chapter 02

THE SHAME OF  
CHOOSING  
YOURSELF





**“Self-care is  
giving the world  
the best of you,  
instead of what’s  
left of you.”**

**KATIE REED**



# Chapter 02

## THE SHAME OF CHOOSING YOURSELF

*"It's strange how doing the thing your body and heart need most, can feel like betrayal." - Kaitlin Crawford*

Self-care is likely all tangled up with guilt in your mind. Deciding that you need something and need some support, can feel like you are jumping off a cliff parachuting and wondering if anyone or anything will catch you. Part of you realizes that you should be able to take care of yourself guilt free, but another part of you has learned that rest is selfish, boundaries are rude, and saying no makes you a loner and not a team player.

You are thinking about taking a yoga class instead of answering that after work extra email you received, or staying late to finish a few extra things, and the guilt swoops in. The possibility of seeing a friend comes up and you are feeling like you need to have a quiet night in and you say no, then the shame comes knocking at your door.

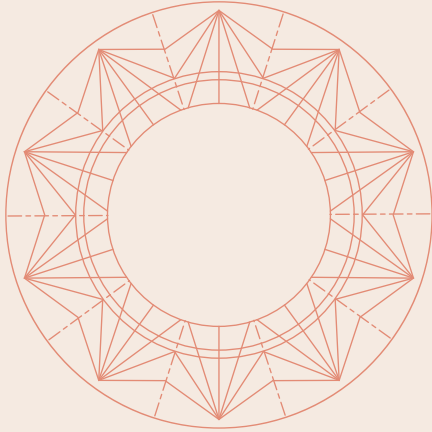
The guilt, shame, and unworthy thoughts and feelings always come. No matter what the situation is. You feel terrible for even attempting to choose yourself, let alone actually doing it.

So you become stuck. The decision to choose you becomes too overwhelming to even think about and you "decide" to say no to you and most other things, simply by not doing anything.

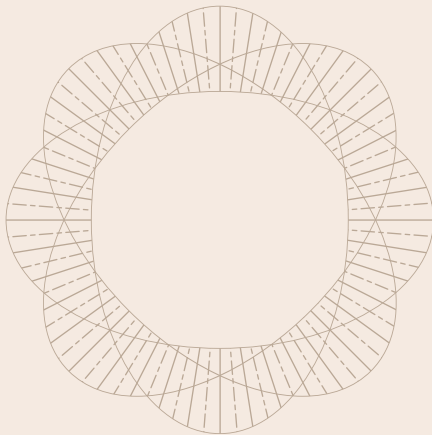


# Where Guilt Comes From

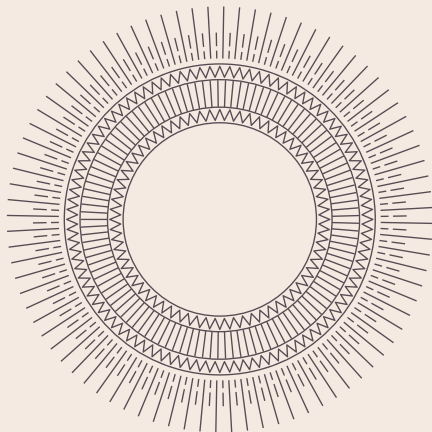
Guilt is often the echo of an old experience in life. An old story that is playing out in your head over and over again.



It could be the voice of a parent who told you to recognize all they have done for you and to stop asking for more. Maybe it's a culture that has taught you worth is tied to how much you can get done. It might also be you. Your own inner critic who believes that love must always be earned.



Guilt survives because you are tricked into thinking you must feed it and live with it. It makes you think that choosing yourself makes someone else lose out. You think that if you say no to people then they could be disappointed in you and not get the support that they need.



The truth of the matter is: choosing yourself doesn't make you a bad person. It actually makes you an amazing person. Your rest, joy, and peace do not rob the world of anything - they add to it.

# Inward: Journaling



Sit back, take a few deep breaths and think about where this came from. I encourage you to journal about that and the next few questions.

01 | What situations most often trigger guilt when you choose yourself?

02 | Whose voice do you hear in your head when that guilt appears? (it might be yours)

03 | If you could rewrite what you hear in response to choosing yourself, what would you say instead?

Any other comments







# In Practice

## AFFIRM

Next time you are feeling shame or guilt: Pause. Sit with how you feel.

Place your hand on your heart (whichever one you want. No wrong choices). Say to yourself: "I am allowed to choose myself. My choice is creating positive energy and wishes for all that come into my path. I am doing the right thing."

Repeat until the words feel just a bit more true than before. Maybe when they simply stop feeling weird.

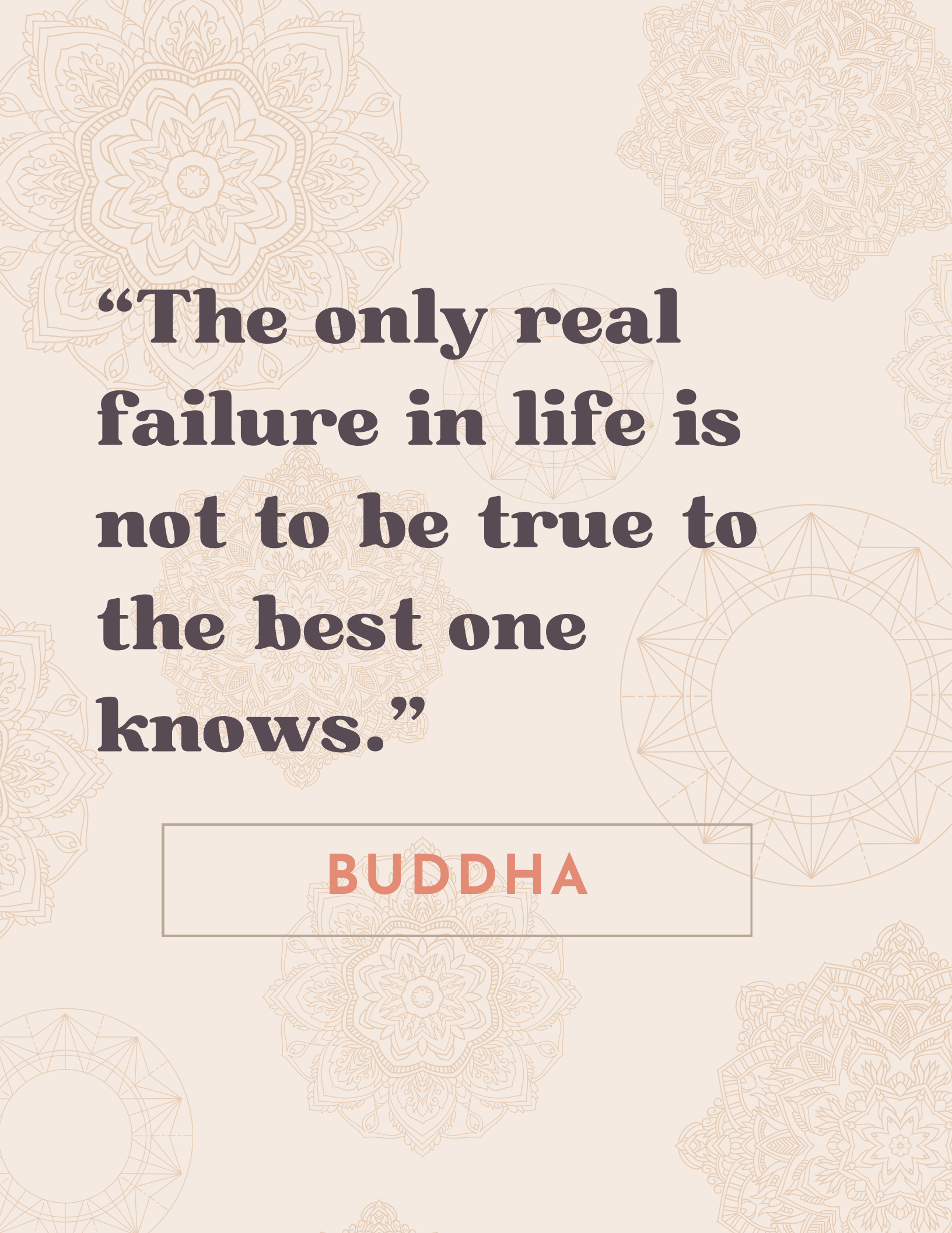
Sit with whatever you feel. Be there. Take time to understand it.

# Chapter 03



**REWRITING THE  
RULES**





**“The only real failure in life is not to be true to the best one knows.”**

**BUDDHA**



# Chapter 03

## REWRITING THE RULES

“The rules you choose to live by that create support and balance in your life are yours. If they no longer help you, it’s time to change them.” - Kaitlin Crawford

Most of us inherited a rulebook we never agreed to follow.

Rules about how to act and be.

Rules about what “success” should look like and how to measure it.

Rules about when and how to rest because it’s only acceptable if you’ve done this, this, and this.

Rules on what path you should take based on who you are, how you look, and who you’re related to or know.

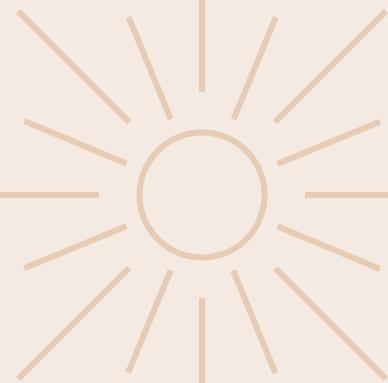
It’s all A LIE. These rules were made in an unfair world and have made it hard for everyone to feel successful and feel good about their life. For people who have adopted a perfectionist mask, these rules can be even stricter. We cling to them because they give us structure, safety, and a sense of belonging. But that belonging comes at a cost: the cost of authenticity.

The truth is, rules aren’t inherently bad. They can be boundaries, agreements, and ways to build community. The problem is when they begin to choke out your true desires, they become cages. Boxes not meant for creativity, fun, and real life to fit into.



# Chapter 03

## CHOOSING WHAT STAYS



This is where your power lives: in deciding which rules get to stay and which ones you will rewrite. Maybe for you the idea of “rules” is too much. You could consider calling them guidelines instead. This gives life more wiggle room and flexibility to change when and if ever it’s needed.

You can choose to keep the guideline that says, *I will honor my commitments*. You choose to rewrite the one that says, *I must always say yes when someone needs me*.

Next you keep the guideline, *I take care of my home*. But it’s good to rewrite the one that says, *My home must always be spotless before I can rest*.

What about boundaries? How do I know when to keep them or make them?

Boundaries are always good to keep, yet know that with different people you may have different thresholds. That’s okay!

Life is also changing. You may choose to have a boundary with a person or food for a while and then go back and test the waters to see if it works. Keep it if it does, or place the boundary fully back in place.

The key is noticing when a guideline/rule is rooted in fear rather than in love. Choosing guidelines/rules that are deeply rooted in love for your needs and yourself, automatically supports those around you even if it doesn’t look like it right away. You are the foundation, everything else is extra. Keep what feels solid, everything else goes.



# Dive Deeper: Journaling



Sit back, take a few deep breaths and think about where this came from. I encourage you to journal about that and the next few questions.

01 | What guidelines/rules have you been following for years without even thinking about it?

02 | Which of those guidelines/rules no longer support you in life?

03 | What is a new guideline/rule that you would like to bring in that creates more support, love, and is sustainable?

04 | How does reflecting on these topics so far make you feel?







# In Practice

## REWRITE

Take one outdated rule you've been living by and rewrite it today. You are welcome to pick a small one and see how it feels at first. Then I encourage you to consider what it might feel like to pick a big one. One that could change your way of being.

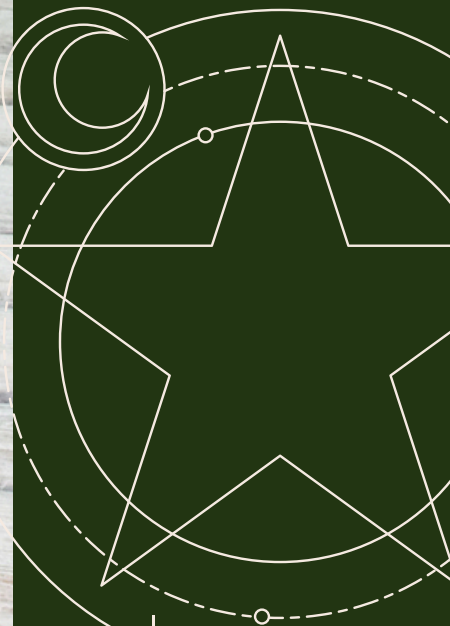
Write it on a sticky note. Place it somewhere you'll see every day – your bathroom mirror, your desk, or your journal cover.


Let it remind you: you are the author now.



# Chapter 04

## THE GUILT SPIRAL



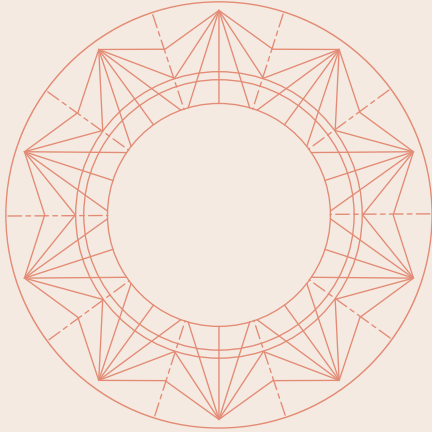


**“Shame corrodes  
the very part of  
us that believes  
we are capable of  
change.”**

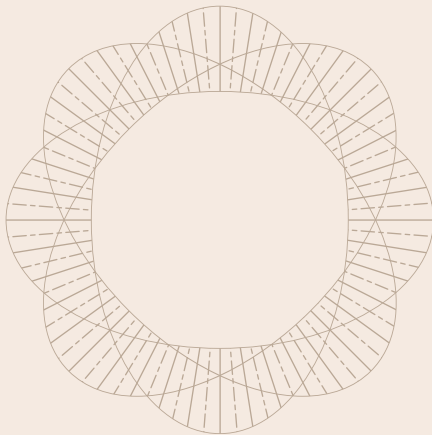
**BRENÉ BROWN**

# The Guilt Spiral

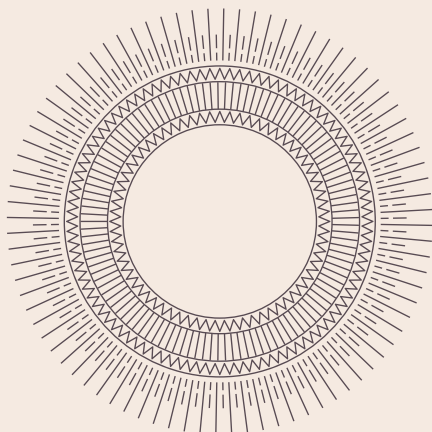
"Guilt is not the path ahead, it is the remnants of old pains trying to guide you forward." - Kaitlin Crawford



When you begin choosing yourself, guilt often shows up like an uninvited guest. It whispers in your ear that you are selfish and inconsiderate. Guilt tries to convince you that your worth is tied to how much you give and do, and not by how much you are.



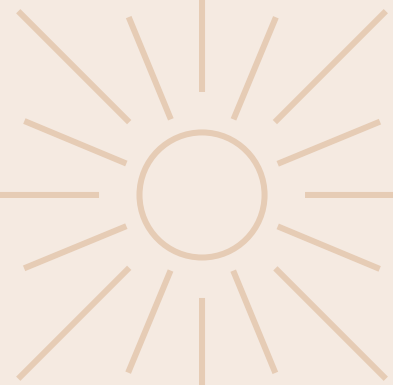
For perfectionists and type A people, guilt can send you into a huge spiral, one where the moment you set a boundary, you immediately question it, justify it, and eventually abandon it altogether. Guilt lingers and makes you wonder if any of your decisions when it comes to you and what you need, are even important or respectful of other people.



Guilt is sneaky because it attaches itself to the moments when you are most in alignment with your truth. It reminds you of all the times you've been "supposed" to act differently, to put someone else first, to stay quiet, to keep moving even when your body or heart says stop.

# Chapter 04

## WHY GUILT FEELS SO LOUD



Guilt is loud because it's been reinforced.

From a young age, you may have been praised for selflessness and criticized for needing space. Which sent a very clear message: Your needs come second. Or: stop taking up so much space.

When you start putting yourself first, that learned pattern flares up. Your brain mistakes "different" for "wrong." It can feel like everything in you is sending up alarm bells telling you that something isn't right and you should reverse whatever you are doing. This is the status quo.

This is where your challenge begins. After acknowledging what's going on, you then have to be willing to sit with the uncomfortable. You have to disrupt the routine.

### Interrupting the Spiral

The goal isn't to never feel guilt, it's to recognize it for what it is: an emotional signal, not a moral verdict.

To see if it's showing up because something happened and you made a mistake and need to own up to it. Not when you are simply taking a much needed day off because you are overworked and feel like you might lose it soon. When guilt comes up, pause and ask:

Is this guilt because I've actually harmed someone? Or is this guilt because I've broken an old pattern?

If it's the second one, that's growth.

It also takes time. No matter where you are at, the fact that you are here reading this book means you think there is more for you, and there is. You are right where you need to be.





# The Weight of Expectation

## THE COST OF CARRYING IT ALL

When you live to meet others expectations, you start to disappear in your own life. You lose yourself in the needs of everyone else, while your needs get thrown out or pushed under the rug. You end up skipping your morning walk because you need to get to work early to help out extra or simply beat your boss there.

You could be swallowing your options to keep the peace everywhere.

You push through exhaustion because you don't want to seem unreliable or flaky.

You don't ask for help because you don't want to be a burden. You feel less than when you do receive help and think "why couldn't I accomplish this on my own?"

At first, the cost of meeting all of these expectations seems small. Subtle. More fatigue and a little less joy.

A bit more irritable, less likely to make plans.

Feeling overwhelmed/anxiety sensations often, thinks that's normal and keeps going.

Over time, you realize that you've been living in service to an invisible scoreboard or tally sheet. The points are never counted and the review of your progress is never done.

*Where did you learn that rest was lazy?*



# Disruption: Journaling Support



Sit back, take a few deep breaths and write about the prompts below. There is more space on the next page if you need it.

01 | What situations trigger/alert you to the most guilt when you choose yourself?

02 | Where did you first learn that those choices were "selfish"? What situation and maybe even what phrases or words gave you that impression or direct idea.

03 | How would it feel to believe that your needs matter just as much as anyone else's?

04 | How tough is it for you to believe that your needs do matter?







# In Practice

## PAUSE.

Next time guilt rises, take one slow, intentional breath before responding or backtracking. Let your body remember that discomfort is not danger. Feel it and then soothe it.

You are all you need.

If it's still with you, take another deep slow breath. Keep breathing until you feel yourself calm down.

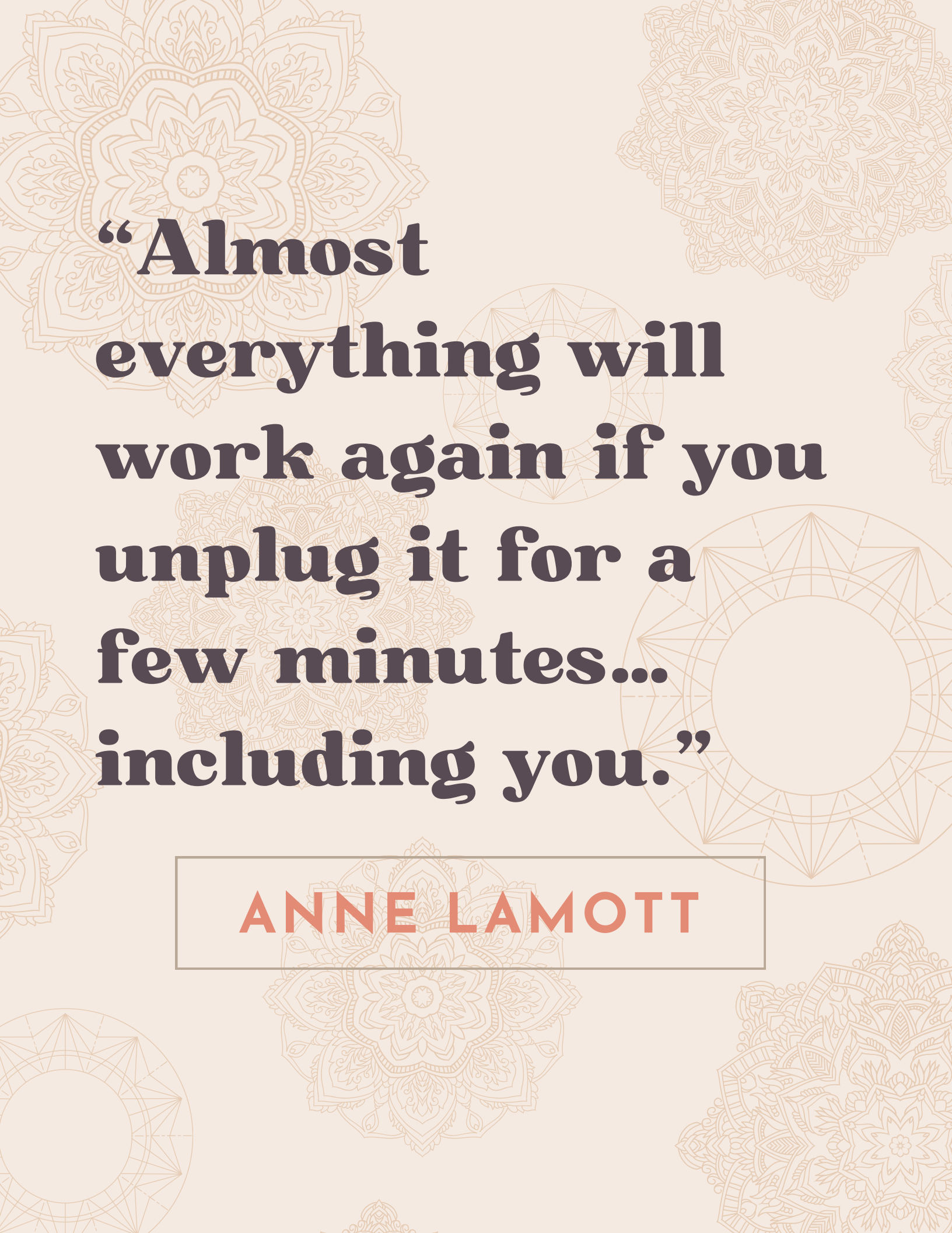
Choose what is fact and what is following an old pattern. Consider what is real and what extra your mind is adding.



# REST WITHOUT APOLOGY

# Chapter 05





**“Almost  
everything will  
work again if you  
unplug it for a  
few minutes...  
including you.”**

**ANNE LAMOTT**

# Chapter 05

## REST WITHOUT APOLOGY



Rest is often intertwined with shame and guilt. For many people, perfectionists and type A people specifically, know they need rest and will encourage everyone around them to take rest and take care of themselves. They will shout it out from the roof tops for all of their friends and family day in and day out. Always pushing for the ones they love and care for to stop and just be.

When it comes to themselves, it's not on the list yet, because we haven't earned it yet. We haven't done enough to rest. The to-do list is not complete. What's so hard and troubling as well, is when they finally choose some form of rest or care for themselves, the guilt is so huge that it's truly hard to enjoy.

What I am here to tell you is that rest doesn't need to be justified.

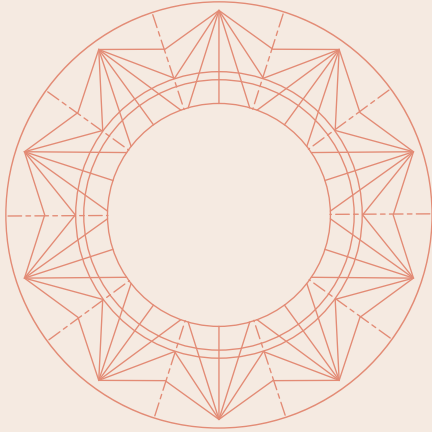
In fact, the belief that you must earn rest is one of the deepest roots of burnout. It's you telling yourself that you can complete one more task, one more thing to put away, one more person to help before yourself.

Burnout comes from pushing and pushing. The factors from a hard job, neglect in the workplace, a tough relationship, hardship with family are all there too. But burnout can be reinforced by you not stepping back and taking space when it's needed. Not standing up for your care because you just don't know how to let things go. You could be holding onto your own burnout without even realizing it.

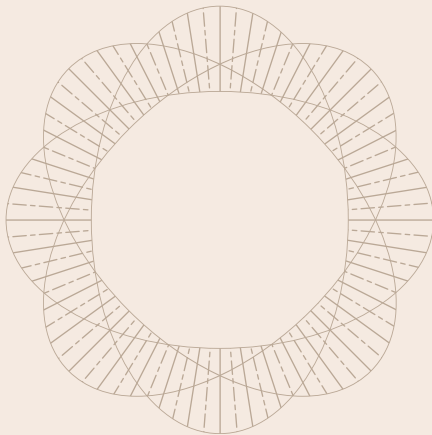


# Why Rest Feels Wrong

"Rest is not a prize to be won. It's your birthright." - Kaitlin Crawford

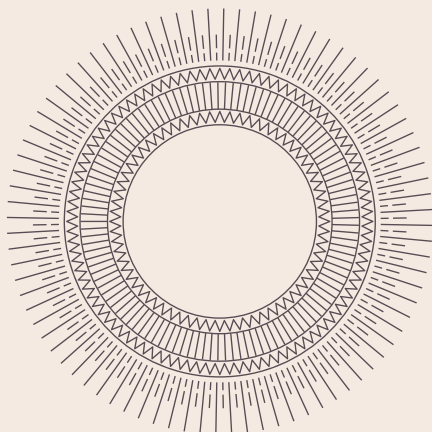


When rest has always been framed as laziness, indulgence, or weakness, your nervous system will then choose to resist it. Stillness will feel foreign, almost unsafe.



You may notice yourself fidgeting, reaching for your phone, or scanning for the next task, anything to prove you're still "being useful."

You might catch your mind planning your next move before the one you're in has even finished.



You might mentally rehearse your "reasons" for taking a break so you're ready with an answer if anyone asks what you're doing with your day off. You might even choose to stay busy just enough so no one can accuse you, or so you can't accuse yourself, of being lazy or ungrateful for that space.

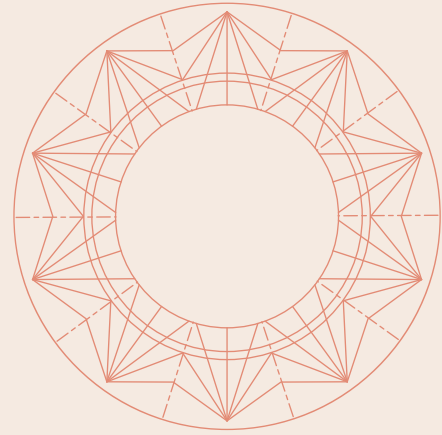
# Why Rest Feels Wrong

“Rest is not a prize to be won. It’s your birthright.” - Kaitlin Crawford

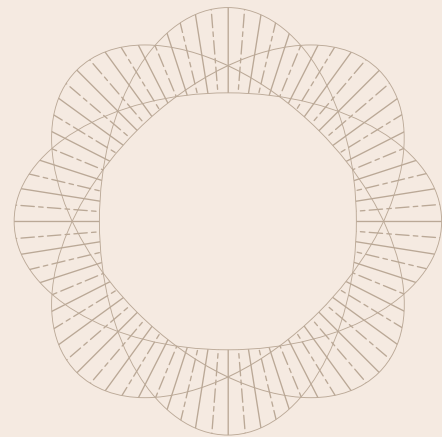
And here’s the quiet, often overlooked truth:

Rest doesn’t disrupt your schedule, it disrupts your identity.

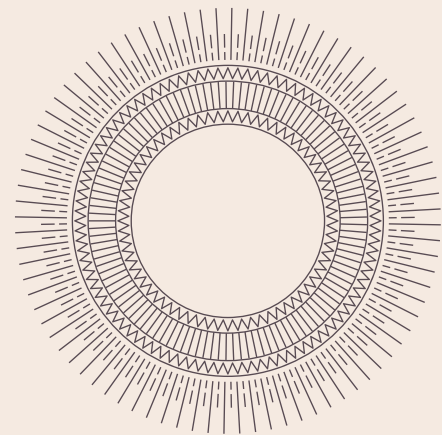
If you’ve been taught that your worth comes from your output, then every moment of rest can feel like a small death to the version of you who always earns their place.



But your body?  
It does not care about your productivity score.  
It cares about your survival.



Rest is a survival tool, not a time-off reward. It is the maintenance your mind, muscles, and spirit require to keep you from burning out, breaking down, or becoming numb. When you reclaim rest, you are not being lazy. You are re-teaching your body that safety can exist without constant motion.





# Choosing Rest

## A DEFIANT ACT

When you lie down in the middle of the day, when you say “no” to one more obligation, when you close the laptop before it’s “perfect”, you are breaking the rules of the perfectionist handbook. You are saying no to overworking just because everyone else is. You are setting the boundaries that so many people, families, companies need to be making.

You are setting the new standard. That’s something to be celebrated.

This is sacred work.

It’s how you begin to teach your nervous system that rest is safe, deserved, and essential.

This is not going to feel like an easy task. No way at all. It’s going to feel like a part of you is leaving and running away. The truth, it is. You are letting go of the tired, sad, lonely, overworked, version of yourself that makes you feel like you aren’t you.

It’s a good thing even if it feels bad a lot of the time at first. Each little change is healing you and supporting a new mindset and a new way of being. You are worth of these changes. You are worthy of the life that you seek.  
Pause. Breathe. You’ve got this.



# Rest Reflection: Journaling



Sit back, take a few deep breaths and think about where this came from. I encourage you to journal about that and the next few questions.

01 | What messages about rest did you grow up hearing? From who and how often?

02 | How do you currently “justify” your rest and what would it feel like to stop justifying it?

03 | What forms of rest feel most nourishing to you right now?

Any other comments







# In Practice

## REST

Choose one form of rest today: five minutes of stillness, a slow walk, lying in the sun, and practice taking it without an explanation.

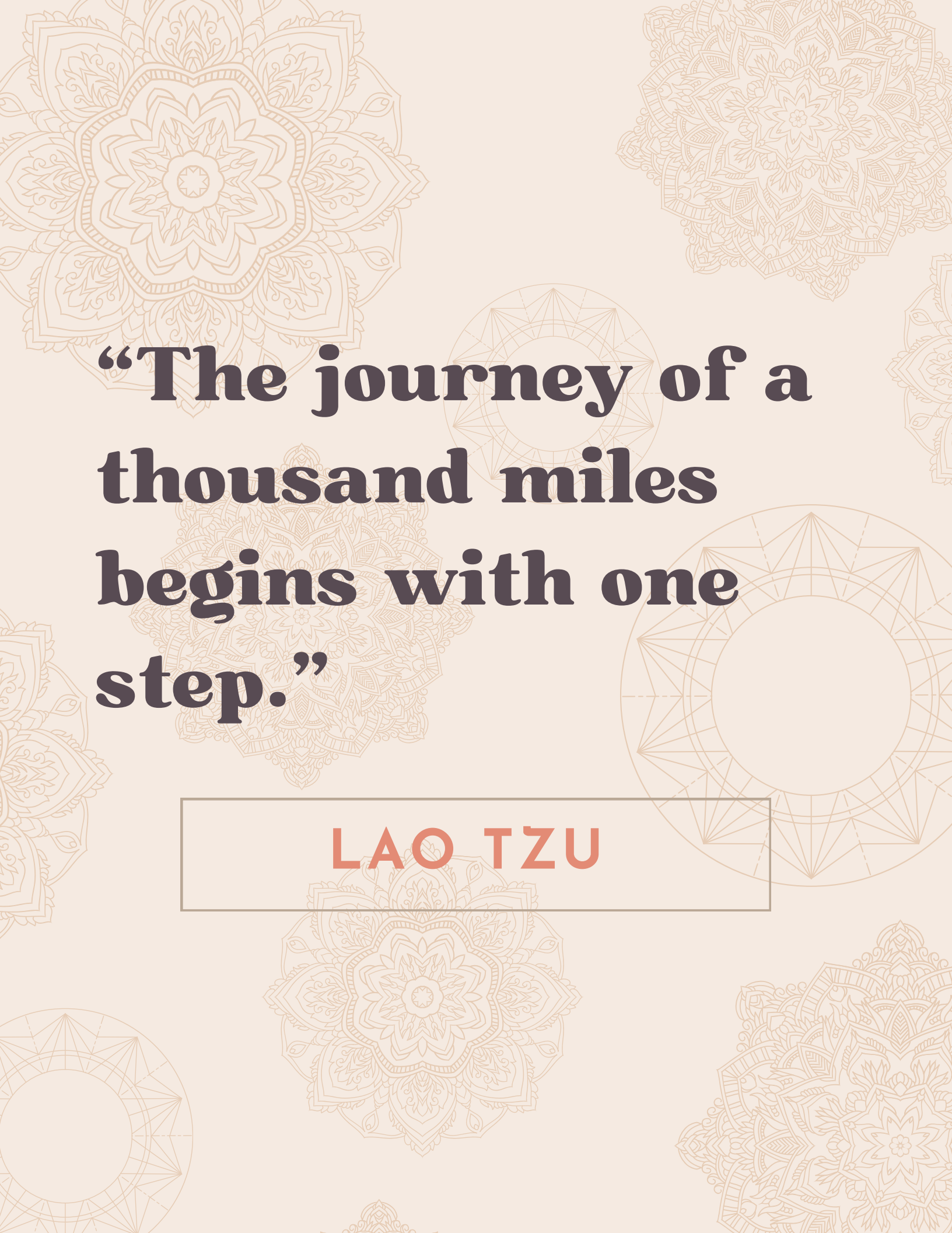
I encourage you to journal about it after. What thoughts came through while embracing rest/care? How might you try to think about it differently next time so that you challenge these thoughts?

Who could you ask for support to keep you accountable to taking rest and challenging the way you view rest?

# Chapter 06

## THE SACRED STEP





**“The journey of a  
thousand miles  
begins with one  
step.”**

**LAO TZU**



# Choosing Rest

## A DEFIANT ACT

You may realize, there comes a moment when reflection isn't enough. When the journaling, the breathwork, the quiet mornings with your tea have prepared you, but now, your life is asking for movement.

The Sacred Step is that moment.

It's the decision to no longer keep your worth safely in theory, but to let it live in the way you show up, the choices you make, and the boundaries you protect. Allow it to breathe with you every step of the way.

It doesn't have to be dramatic. It doesn't have to look like a total life makeover. The Sacred Step is as much about the small, stubborn decisions as it is about the big, bold ones.

Saying no when you've always said yes.

Speaking up when you'd usually swallow your truth.

Letting yourself rest without asking permission.

Taking time off when you need it, not pushing it off because others need you.

Taking this step means you will feel friction, from within and from others. Not because you're wrong, but because you're no longer playing the role you once did in someone else's story. When change happens, people typically get nervous.





# Sacred Step

## HERE'S THE TRUTH

Every meaningful change starts with one conscious act of defiance against the patterns that have kept you small. This is where you prove to yourself, not through words but through action, that you are worthy of the life you've been imagining.

You are proving yourself to you and nobody else. Others get to simply marvel and feel inspired by the care you choose for you.

The Sacred Step is not the end of your journey, it's the beginning of living it out loud.

# WALKING WITH INTENTION

When you begin, don't look for perfection in your actions, look for alignment.

The goal isn't to change everything at once. It's to create a chain of intentional decisions that gradually rewire how you see yourself.

Each Sacred Step you take tells your nervous system, "I can handle being seen. I can handle being heard. I can handle being me."

To keep your steps intentional:



01 | Name the change you're making – clarity keeps you steady.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

02 | Anchor it to your values – so it's rooted in who you truly are, not who others want you to be.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

03 | Release the timeline – sacred work is not rushed.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

04 | *Revisit your changes – sometimes things change and what you want alters. Let it. Be flexible.*



# Facing The Discomfort

## CHALLENGE YOURSELF

The changes you make will almost always feel uncomfortable. You are interrupting a well-worn pattern, and both your brain and the people around you will notice the shift.

The discomfort doesn't mean you're failing, it means you're in motion. Think of it as the ache in your muscles after a good yoga flow: the signal that you've moved in a new way, one that is ultimately making you stronger.

### For Growth:

For the next 7 days, commit to one Sacred Step each day. They can be small, even invisible to others, but they must matter to you.

### *Ideas to inspire you:*

Decline a social obligation that drains you.  
Speak one truth you've been holding back. Even if it's just to one person.

Replace self-criticism with self-compassion in a single moment of challenge.

Choose stillness over productivity for one hour.

At the end of the week, reflect on how these steps felt. Which ones felt freeing? Which ones felt hard but necessary? Which ones shifted something inside you?



A hand is shown reaching towards a pool of water. The water has ripples, and a small white flower with a yellow center is floating on the surface. The background is a soft, warm-toned image of water and a hand. In the top right corner, there is a faint, intricate mandala pattern.

# Sacred Step

## THE RIPPLE EFFECT

A Sacred Step is rarely just about the moment it happens. It's about the quiet ripple it creates.

Every step taken in dedication to yourself becomes a message, to your body, to your mind, and to the world, that you are living your truth without apology.

And from here, the journey continues. The Sacred Step is simply the first of many, but it's the one that proves you matter and you see that.

# Reflection: Journaling



These questions are designed to help you move from intention into aligned action, to not just think about your worth, but to embody it.

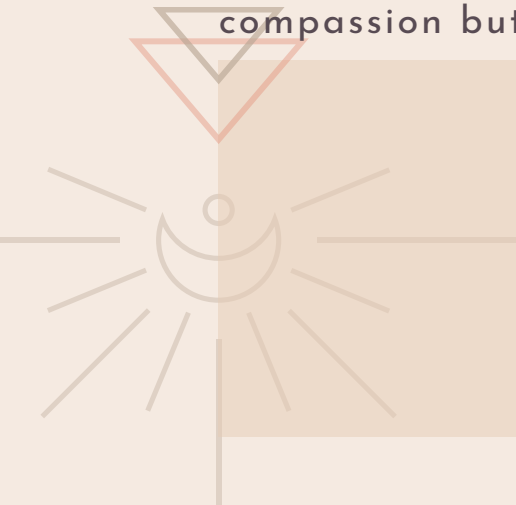
01 | What is one area of your life where you've been holding back from action because of fear, guilt, or the need for permission?

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02 | If you took one Sacred Step in that area, what would it look like? Describe it in detail what you'd do, how you'd feel, and what might shift as a result.

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03 | What stories or voices might try to stop you from taking this step? How can you respond to them with compassion but still move forward?

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# Reflection: Journaling

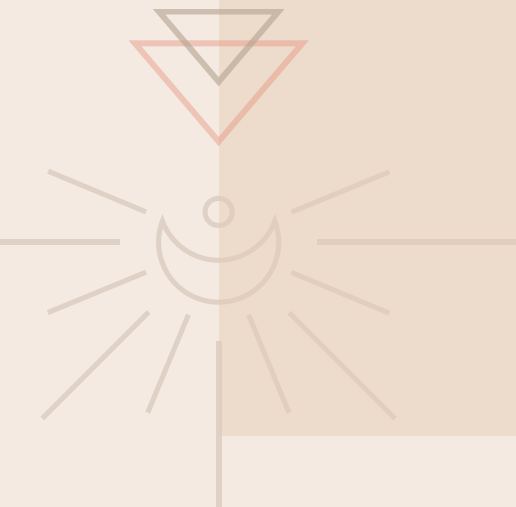


These questions are designed to help you move from intention into aligned action, to not just think about your worth, but to embody it.

04 | Reflect on a time you did take a courageous step for yourself in the past. What helped you do it, and how can you draw on that same strength now?

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05 | How would your life feel different six months from now if you committed to taking one Sacred Step each week? Paint a clear picture of that version of you.

A large, empty rectangular box with a light beige background, intended for journaling responses to question 05.





# In Practice

## YOU'VE GOT WHAT YOU NEED

By now, you've gathered every tool you need.

You've practiced noticing.

You've learned to pause.

You've allowed yourself to rest.

You've moved in ways that feel like kindness.

You've spoken to yourself in ways that sound like love.

You don't need permission anymore.

You don't need the "right moment."

You don't need to earn your own care.

This practice is here for you anytime, anywhere.

The magic isn't in doing this perfectly, it's in remembering you can do it. These tools in this book are yours. Use them whenever you're overwhelmed, anxious, tired, or just need to come back to yourself.

## SUB-HEADING HERE

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## Next Steps



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**BEGIN!**

# Thank you!

Dear Reader,

Thank you for showing up for yourself.  
Thank you for turning the page, for reading, for reflecting, and for taking the steps – small or large – toward a life where you are seen, heard, and honored.



## EMBRACING FREEDOM

Choosing yourself can feel radical. It can feel uncomfortable. It can feel like it hurts sometimes. But every moment you decide to prioritize your own well-being, every time you pause instead of pushing through, every choice to honor your body, mind, and spirit – you are practicing sacred defiance.

# Next Steps

SUB-HEADING HERE



This book is not an endpoint. It is an invitation. An invitation to continue questioning the rules, releasing guilt, resting without apology, and stepping forward into your worth. You now carry the tools, prompts, and reflections to keep going – not perfectly, but authentically.

Remember:

- ▶ You do not need to earn love, acceptance, or rest.
- ▶ Your choices matter simply because you exist.
- ▶ Progress is not linear, and courage does not look the same every day.

Carry the lessons of Sacred Defiance with you. Let them guide your steps, your words, your boundaries, and your self-compassion. Each time you act from your truth, you ripple out healing – not just for yourself, but for everyone around you.

From the bottom of my heart, thank you for being brave enough to choose you.

With warmth and so much love,  
Kaitlin Crawford  
Sunflower Spirit Wellness

## JOIN MY COURSE TO DO THE STEPS NOW!



# Stay In Touch

Thank you so much for purchasing my ebook and being here!

I am most active on Instagram, TikTok and YouTube.

You can hear more tips and challenges to keep adjusting your mindset, as well as get meditations and yoga classes on my YouTube Channel. Subscribe!

I am actively working on offerings that help you to put these stages into practice daily with already guided yoga classes, meditations, and journaling questions.

Follow me on the social media platforms below to learn about my course that helps to break you out of perfectionism. I would love to support you on a deeper level.

I wish you the best on your journey ahead. I know you can make the changes you need to in order to live freely and fully as yourself.

Stay in touch! Many well wishes and peace,  
Kaitlin Crawford

CHOOSE YOURSELF

Follow on socials & leave a comment!

@sunflowerspiritwellness





**Thank you!**

**YOU DESERVE PEACE**

[www.kaitlin-crawford.com](http://www.kaitlin-crawford.com)  
[www.sunflowerspiritwellness.com](http://www.sunflowerspiritwellness.com)