MAKE shift HAPPEN MANTRA

THE COMMANDMENTS

"Thou Shalt Know Thy Worth & The Incomparable Value You Bring to the Earth." **1**

"Thou Shall Retain The Irrevocable Right To Choose Your Own Destiny." **2**

"Thou Shall Extend Abundant Grace To Yourself & Embrace The Divine Wisdom That In Life There Are No Mistakes." **3**

"Thou Shall Reject Any Comments, Thoughts, Feelings Or Actions That Contradict What's Really True About You & Your Future." **4**

"Thou Shall Embrace Challenges & "Failure" As The Research & Development (R&D) Division Of Your Success." **5**

"Thou Shall Be Clear & Unapologetic About Who You Are & What You Really Want In Life." **6**

"Thou Shall Remember That Fear Is Just A Feeling. It Comes With The Journey, But It May Never Drive." **7**

"Thou Shall Be Intentional About How You Use Your Time." **8**

"Thou Shall Prioritize Forgiveness, Gratitude, Self-Love & Self-Care." **9**

"THOU SHALL **MAKE** shift **HAPPEN."** **10**

FOLD HERE

MAKE shift HAPPEN MANTRA

DAILY AFFIRMATIONS

"I Am Fully Aware Of My Worth & The Incomparable Value I Bring to the Earth." **1**

"I Have The Irrevocable Right To Choose My Own Destiny. Today I Choose The Path Towards Greater Purpose, Fulfillment & Joy." **2**

"I Extend Abundant Grace To Myself & Embrace The Divine Wisdom That In Life There Are No Mistakes (Only Wins & Lessons)." **3**

"I Reject Any Comments, Thoughts, Feelings Or Actions That Contradict What's Really True About Me And My Future." **4**

"I Embrace Challenges & "Failure" As The Significantly Essential Research & Development (R&D) Division Of My Success." **5**

"I Am Clear And Unapologetic About Who I Am & What I Really Want In Life, Even When The Path To Getting There Isn't Fully Clear Yet." **6**

"Fear Is Just A Feeling With A Mission To Protect Me. I Invite Her On The Journey, But She May Never Drive." **7**

"I'm Intentional About How I Use My Most Valuable Asset. If It's Not A HELL YES, It's A No!" **8**

"I Prioritize Forgiveness, Gratitude, Self-Love & Self-Care As Essential Components Of My Overall Health Routine." #WellnessMatters **9**

"I MAKE shift HAPPEN." **10**