



Get Unstuck - BE the Leader in your life!

The Feminine Leader in YOU!

Let's Journal!

1. Shine the light on how much of a visionary you are! Track how vibrant your imagination and its ability to create new ideas.

2. Now track your thoughts:

A. How often during a day do you think negative thoughts about people, places, and things?

B. How often are your thoughts positive throughout the day?

C. Now, make a choice to go to only positive thoughts, own your feminine power of vision, and create a high vision for your life and relationships!

2. BE vulnerable. Write down your thoughts and feelings about being vulnerable.

3. Your stretch for vulnerability- Ask for help from someone that will most likely say yes, small steps, and notice what was hard or easy about it. Write down how you felt about it.