



Module 2 Exercises



Maslow's hierarchy of needs

Take a few minutes and go over each section and ask yourself where you're out of alignment in any of these. Are there areas where you are dissatisfied? Are there areas of improvement? Is there a quadrant that needs more attention than others?

Once you've identified where a certain area is blocking your flow, this is where the 100% radical responsibility for your own life comes into effect. This is where you can forgive whichever area you may have not been giving your attention to and begin to shift it. *(If one of the blocks is money and finances, we will be diving deep into this in the coming modules so spend time acknowledging your desire to change, and give more focus to the other areas)*

Example: If one of the areas is your health, what can you begin doing TODAY to start to improve it? If one of your areas is relationships and not being aligned with certain people, start TODAY setting up stronger boundaries.

Tapping into more abundance in your life and raising your frequency can only occur when you come into alignment with it. Where you give your attention will keep it in your vibration. If the areas you feel most out of sync with are Love and Belonging and Esteem, use tapping to start to release these energies and instill more powerful beliefs. Do this daily if not multiple times a day to start coming into alignment with your higher self and release what's preventing you from embodying her.

If you truly want to thrive, you have to start making different decisions than what you've previously been making. You have to realize that excuses as to why you aren't where you want to be are energizing your circumstances instead of empowering change. Where in your life are you allowing excuses to unconsciously run your life? List out the current excuses you have as to where you aren't where you want to be. After you've done this, prove yourself wrong by listing out all of the reasons why it IS possible. Once you realize the potential and possibility, the answers and support will begin to show up.