

MINI WORKBOOK

REGAIN

your

CLARITY

With Allie

Guided Mediation
Live - January 2024

QUESTIONS

What makes your soul thrive?

**Describe the things that light you up, feed your soul and give you a warm sense of calm, fuzziness in your chest.*

Is this already integrated in your life?

**Identify every single aspect of your life in which you have already achieved this sense of clarity and calm.*

How can you implement more and why haven't you already done this?

What is holding you back?

**This is where you sit with yourself and go over the fears, apprehensions and reasons you have found which, as logical as they may seem, are blocking you from integrating true fulfilment into your life.*

Once you've listed all of your reasons, ask yourself Why Not?

Be insistent and push hard on debunking the beliefs that are holding you back.

AFFIRMATIONS

To wrap things up, here are some affirmations for you to bring forth with you as you continue to delve deeper into your centre and implement more of what ignites *your* spark into your life.

I am whole.

My Spirit knows.

It may be scary, but it's worth it.

I've made it this far, everything has always worked out, things will continue to work out for me.

It is safe for me to trust my guidance.