



Crafting Your New Story

The two columns make for a tight squeeze, but don't skimp if you need space, turn the page over, add additional sheets so you can capture what's ready to come forward. The idea of having the 'new outcome' column is so you can decide on the upgrade for each element, or said another way, the truth for each lie (examples below)...

The old beliefs, thoughts, elements of 'Not Enough'

Who am I, what do I know, she has it WAY more together than I do, what's the point, it never works out anyway

I am NOT creative

The New Outcome of Choice

When connected to my heart and Source, who I am, what I say and do matters a lot. All is in divine order

All beings are creative, I'm going to explore my creative side for the sake of nourishing my Soul to "full"

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