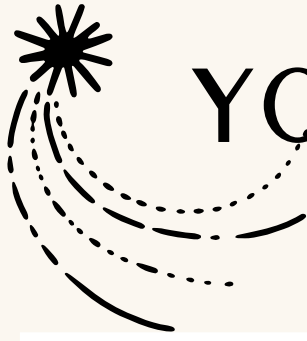




# LIVING IN YOUR FULL POWER

BY SUKAINA RAJANI

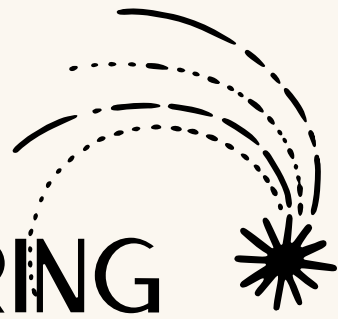




# YOU ARE AMAZING



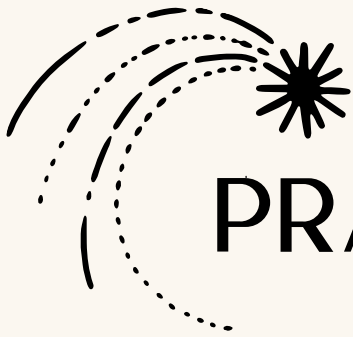
# HAPPINESS VS. SUFFERING





# FAME VS. INSIGNIFICANCE

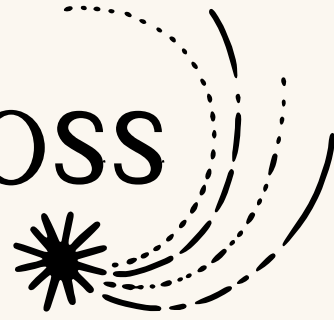




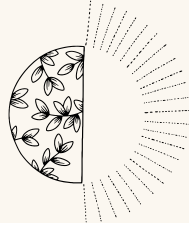
# PRAISE VS. BLAME

A large, empty white rectangular area, likely intended for writing or drawing.

# GAIN VS. LOSS



# MANTRAS FOR SELF-BELIEF



Self-belief requires courage. Use any of the mantras below, or recite them when fear creeps up as you uplevel

I have the courage to ask for what I want.

I have the courage to speak my dreams into reality.

I have the courage to be fearless.

I have the courage to step fully into my transformation.

I have the courage to let go of people or things in my life that do not support my healing.

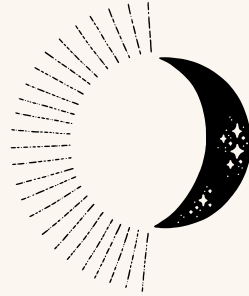
I have the courage to love myself so deeply it inspires others to love themselves, too.

I have the courage to be a new version of myself each day.

I have the courage to let go of my past.

I have the courage to be free.

# ARE YOU SCARED OF SUCCEEDING?



If I achieve my goals, what will I need to give up in the interim?

If I achieve my dream, what will I lose? (This is the cost of your dream)

Now ask – what will happen if I don't achieve my dream?



What will I gain if I do achieve my goal?



Does what I gain outweigh the cost?



**IF IT DOES – STOP BEING SCARED OF SUCCEEDING**

# ABUNDANCE



Do you feel time is a limited resource and you never have enough?

Do you feel like your relationships are always lacking?

Do you feel like you don't have enough will power?

How can you change these beliefs to be more abundant?



Where else can you increase the feeling of abundance in your life?  
(Education? Health? Spirituality? Home?)



**I am free from everything that ever made prosperity feel  
unavailable or inaccessible to me**

**Financial abundance comes to me like a magnet, drawn to  
me by bonds that cannot be broken.**

# MANTRAS FOR ABUNDANCE



Everything I do services the creation of abundance in my life.

Making money is as easy and natural to me as breathing.

I welcome wealth, in any form it takes.

I am skilled at managing money and it multiplies for me in return.

I am deserving of abundant wealth.

The more I serve the world and share my talents, the more money I generate.

I am happy to help others achieve wealth beyond their wildest dreams because I trust there is a generous supply and more than enough for everyone.

Financial freedom is a reality I deserve.

I am unafraid to share my wealth in the service of others. The more I give, the more I receive.

My financial freedom supports me to make a difference in the lives of many people.

I have endless gratitude for all I have been given and know that more is yet to come.

## HOME WORK

Connect with each other in the private group. Try to connect once a week for the month of June.