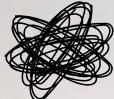


**FIND IT  
& FUCK IT OFF  
SPELL**

# WELCOME TO THE: LET'S 'FIND IT' PART 1



BEFORE YOU EMBARK ON YOUR MAGIC, MANIFESTATION, AND WIZARDRY JOURNEY AND START THROWING SPELLS AT YOUR PROBLEMS, LET'S DO THE NECESSARY PREP WORK. LET'S GET HORNY FOR THIS SHIT.



MAGIC DOESN'T WORK ON TOP OF CHAOS.



IT MAGNIFIES WHATEVER IS ALREADY THERE.

SO, IF YOU'RE STILL WALKING AROUND WITH CRUSTY-ASS LIMITING BELIEFS, UNRESOLVED BAGGAGE, AND SUBCONSCIOUS PROGRAMMING THAT'S FUCKING UP YOUR LIFE, THEN ALL YOU'RE GOING TO DO IS SUPERCHARGE YOUR OWN BULLSHIT.



))))) AND WE'RE NOT DOING THAT FOR FUCKS SAKE!!

THIS FIRST STEP IS ALL ABOUT EXPOSING THE BLIND SPOTS—THE SNEAKY WAYS YOUR LIFE MIGHT BE JUST SLIGHTLY (OR MAJORLY) FUCKED SO THAT WE CAN CLEAR THEM THE FUCK OUT.



BYE!

WHY THE WHEEL OF LIFE INVENTORY IS STEP ONE (NO, YOU CAN'T SKIP THIS). DON'T EVEN LET YOURSELF THINK ABOUT IT. NOT A GOOD IDEA BRO.

IMAGINE YOU'RE ABOUT TO REDECORATE A HOUSE--- BUTTTT INSTEAD OF CLEARING OUT THE OLD FURNITURE, SCRUBBING THE FLOORS, AND MAKING SPACE FOR THE NEW, YOU JUST START THROWING FANCY NEW SHIT ON TOP OF THE MESS. WHAT HAPPENS? EVERYTHING JUST LOOKS AND FEELS WORSE.

THAT'S WHAT HAPPENS WHEN YOU TRY TO MANIFEST YOUR DREAM LIFE WITHOUT DOING THIS INVENTORY FIRST. YOU CANNOT BUILD A POWERFUL, MAGICAL, EXPANSIVE NEW REALITY ON TOP OF OLD PROGRAMMING. LIKE IT'S LITERALLY THE WORSE IDEA EVER INVENTED IN THE HISTORY OF IDEAS.

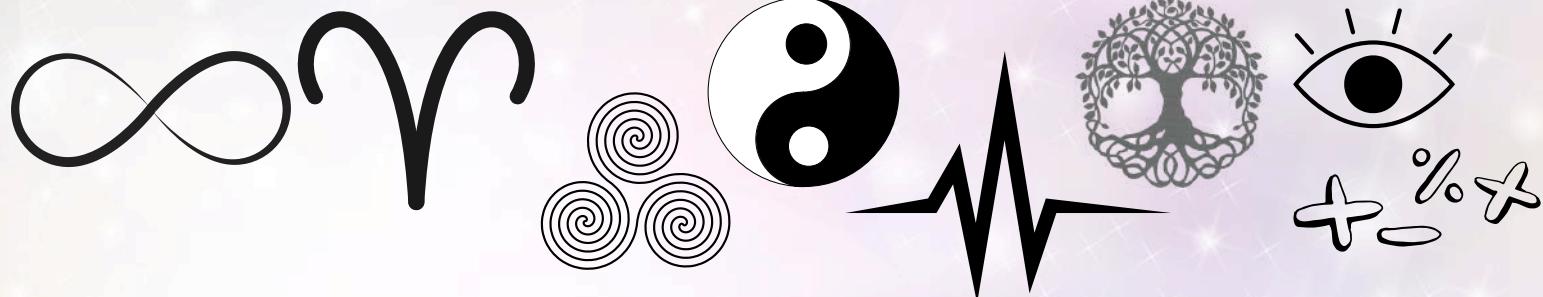


**WARNING**

YOU NEED TO SEE WHAT'S ACTUALLY BEEN RUNNING THE SHOW, CALL OUT THE DEAD WEIGHT, AND FUCK IT OFF FOR GOOD.



THE WHEEL OF LIFE IS YOUR PERSONALISED BULLSHIT DETECTOR AND YES ANOTHER SYMBOL - YOU WILL START LOVING SYMBOLS AS HARD AS ME SOON! THEY HAVE HIDDEN TEACHINGS



ANYWAYS.. LETS NOT GET SIDE TRACKED ON SYMBOLS (SAVE SYMBOLS FOR LATERS) - THIS WHEEL OF LIFE INVENTORY IS GOING TO EXPOSE THE TRUTH-NOT JUST ABOUT WHERE YOU'RE THRIVING, BUT WHERE YOU'RE SUBCONSCIOUSLY SELF-SABOTAGING WITHOUT EVEN REALISING IT.

IT'S HERE TO DO TWO THINGS: FIND WHAT'S FUCKED SO WE CAN FUCK IT OFF AND CLEAR THE ENERGETIC JUNK THAT'S BEEN WEIGHING YOU DOWN SO YOU CAN ACTUALLY MANIFEST LIKE A GODDAMN WIZARD.



YOU CAN'T MANIFEST ABUNDANCE WHILE ALSO BELIEVING MONEY IS EVIL.

YOU CAN'T CALL IN A SOULMATE WHILE STILL ENTERTAINING LOW-EFFORT SITUATIONSHIPS.

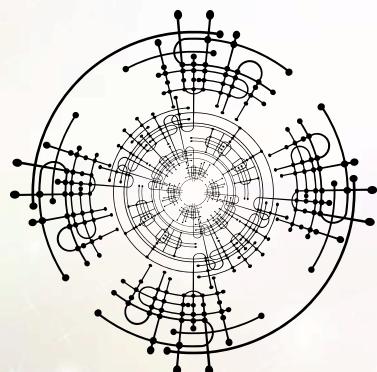
YOU CAN'T CREATE A PEACEFUL LIFE WHILE LIVING IN A STRESS TORNADO OF BAD HABITS AND CHAOS.



EVERYTHING IS CONNECTED. AND WE'RE ABOUT TO EXPOSE IT ALL.

WHY YOU CAN'T IGNORE THIS SHIT ANY LONGER.

IF SOMETHING FEELS OFF IN YOUR LIFE, EVEN IF YOU DON'T KNOW EXACTLY WHAT IT IS, IT'S BECAUSE SOME AREA IS SECRETLY DRAGGING DOWN EVERYTHING ELSE.



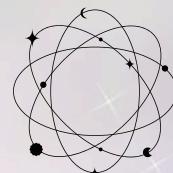
EVERYTHING. IS. CONNECTED!!!!

IF ONE AREA IS ROTTING, IT'S FUCKING UP THE WHOLE SYSTEM.

BUT GOOD NEWS—ONCE YOU SEE THE PROBLEM, YOU'VE ALREADY STARTED SHIFTING IT. THIS IS BETWEEN YOU & THE UNIVERSE (WHO ALREADY KNOWS, BTW)  
THIS INVENTORY ISN'T FOR ANYONE ELSE.

THIS IS BETWEEN YOU AND THE UNIVERSE—WHO ALREADY SEES YOUR PATTERNS, YOUR AVOIDANCE TACTICS, YOUR SNEAKY SELF-SABOTAGE, AND THE BULLSHIT YOU TELL YOURSELF TO JUSTIFY IT ALL.

YOU'RE NOT HIDING ANYTHING FROM SOURCE ENERGY—SO YOU MIGHT AS WELL BE HONEST AS FUCK.



IF SOMETHING ISN'T WORKING, LET'S FACE IT, NAME IT, AND BURN IT. BECAUSE THE SECOND YOU CALL OUT THE DYSFUNCTION, IT STARTS LOSING ITS POWER OVER YOU.



THIS ISN'T ABOUT BEING PERFECT OR “FIXING” YOURSELF.

YOU ARE NOT BROKEN.

YOU'VE JUST BEEN OPERATING WITH SOME OUTDATED PROGRAMMING THAT NEEDS TO BE OVERWRITTEN.

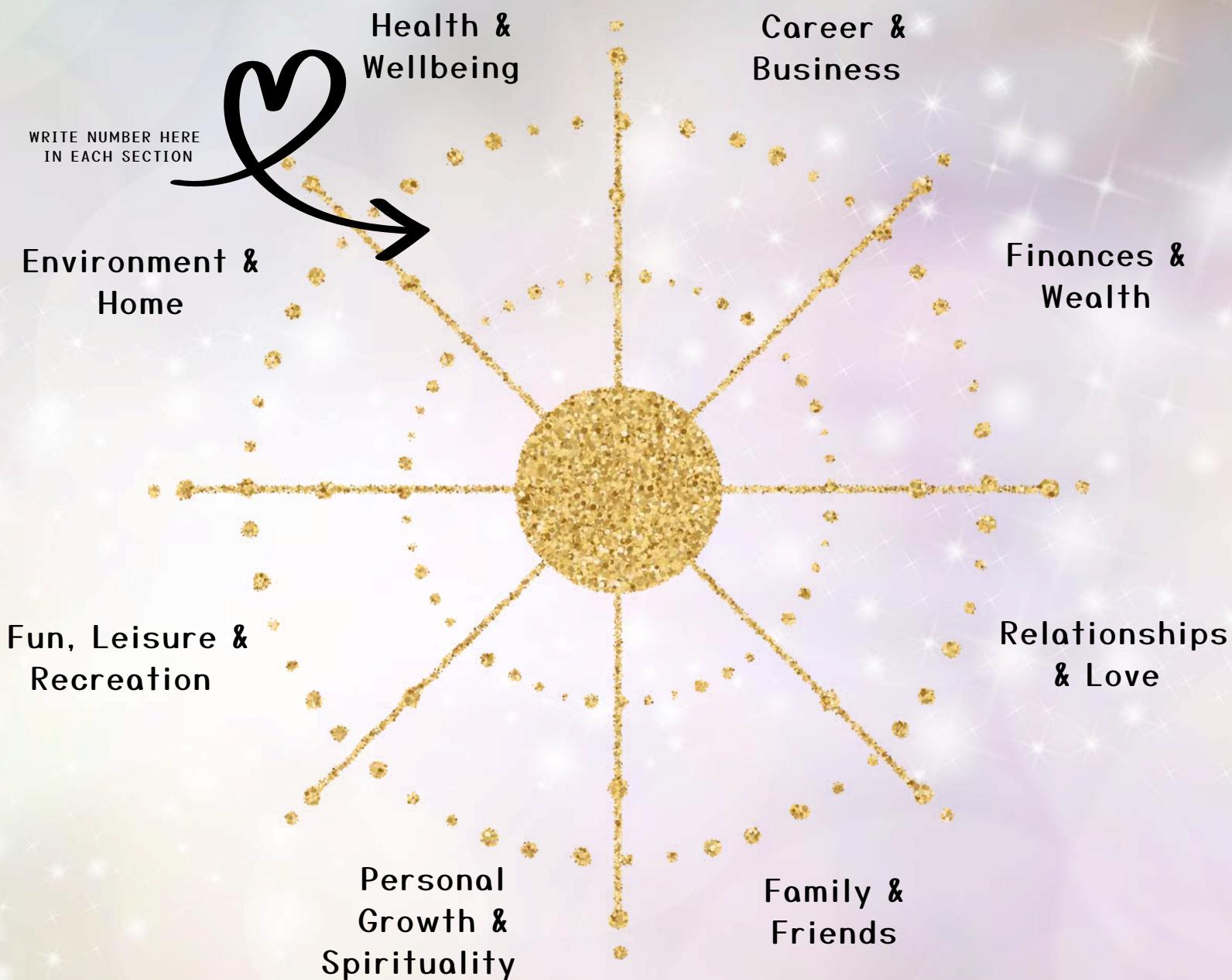
AND ONCE YOU FIND IT, CALL IT OUT, AND FUCK IT OFF—YOU BECOME UNSTOPPABLE.



# WHEEL OF LIFE

TAKE A MOMENT TO LOOK AT THE WHEEL OF LIFE AS A SYMBOL. LET IT SPEAK TO YOU. DON'T JUDGE, DON'T ANALYSE—JUST SIT WITH IT. WHAT IS THE VERY FIRST THOUGHT OR FEELING THAT COMES UP? THAT'S THE MESSAGE. THAT'S WHAT NEEDS YOUR ATTENTION.

THERE'S NO RIGHT OR WRONG ANSWER. THIS ISN'T ABOUT PERFECTION OR PROVING ANYTHING. IT'S JUST TRUTH. NOW, GRAB YOUR PEN. READ EACH HEADING AND WRITE A NUMBER FROM 1 TO 10 IN THE GOLD SPACE. DON'T OVERTHINK IT. GO WITH THE VERY FIRST NUMBER THAT POPS INTO YOUR MIND.



10 MEANS YOU'RE THRIVING. 5 MEANS MEH—IT'S OKAY. 1 MEANS "HOLY FUCK, LET'S PRETEND THIS DOESN'T EXIST."

NO JUDGMENT. JUST TRUTH. THIS IS WHERE YOU ARE RIGHT NOW. AND BY THE TIME WE'RE DONE? YOU'LL LOOK BACK AND SEE EXACTLY HOW MUCH HAS SHIFTED.

BEFORE WE EXPLORE EACH SECTION DEEPER, LET'S SEE WHERE WE ARE RIGHT NOW.



# WELCOME TO THE: LET'S 'FIND IT' PART 2

YOU'VE DONE THE FIRST PART—YOU RATED YOURSELF, YOU SAW WHERE THINGS ARE THRIVING AND WHERE THEY'RE QUIETLY SABOTAGING YOUR EXISTENCE. NOW, IT'S TIME TO GO BALLS DEEP.

THIS IS WHERE WE STOP SKIMMING THE SURFACE AND GO STRAIGHT FOR THE ROOTS. THIS IS WHERE WE DRAG THE SUBCONSCIOUS BULLSHIT INTO THE LIGHT SO WE CAN SEE EXACTLY WHAT'S BEEN RUNNING THE SHOW.

AND HERE'S THE DEAL—YOU DON'T JUST HAVE PROBLEMS IN ONE AREA OF LIFE. EVERYTHING IS CONNECTED. (AGAIN I KNOW, BUT I AM GOING TO KEEP REMINDING YOU EVERYTHING IS CONNECTED. SORRY IN ADVANCED FOR BEING AN ANNOYING CUNT, BUT I AM TRYING TO PUSH PAST YOUR PROGRAMMING AND SPEAK DIRECTLY TO YOUR SOUL.

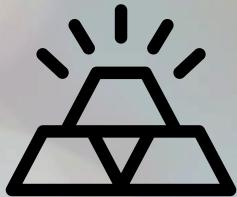
THIS PROCESS IS ABOUT FOLLOWING THE THREADS. PULL ONE, AND YOU MIGHT JUST UNRAVEL THE WHOLE FUCKING PATTERN.

HOW THIS IS GONNA WORK

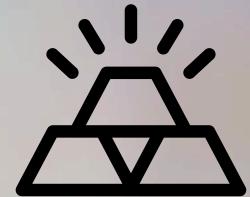
- 👉 WE'RE GOING TO DEEP-DIVE INTO EACH SECTION OF THE WHEEL OF LIFE.
- 👉 YOU'RE GOING TO ANSWER SOME RUTHLESS, UNFILTERED, UNCOMFORTABLE QUESTIONS.
- 👉 THE FIRST THOUGHT, THE FIRST FEELING, THE GUT REACTION—THAT'S YOUR TRUTH. DON'T FILTER IT. WRITE IT DOWN.

THIS IS YOUR MOMENT TO SEE THE REAL SHIT—THE PATTERNS, THE BELIEFS, THE STORIES YOU'VE BEEN LIVING BY WITHOUT EVEN REALIZING IT. BECAUSE ONCE YOU FIND IT, NAME IT, AND CALL IT OUT? IT LOSES POWER OVER YOU.

THIS IS DOING THE WORK.



# FINANCES & WEALTH



MONEY IS A MINDFUCK FOR MOST PEOPLE BECAUSE WE'VE INHERITED A PILE OF OUTDATED, DYSFUNCTIONAL, AND DOWNRIGHT RIDICULOUS BELIEFS ABOUT IT FROM SOCIETY, FAMILY, AND THE WORLD AROUND US.

THE SECOND YOU SEE THE PATTERN, YOU'RE ALREADY HALFWAY TO BREAKING IT. YOU DON'T NEED TO FORCE YOUR WAY TO WEALTH, GRIND YOURSELF INTO THE GROUND, OR BECOME A SPREADSHEET-LOVING FINANCE BRO. YOU JUST NEED TO WAKE THE FUCK UP TO WHAT'S BEEN RUNNING THE SHOW IN YOUR SUBCONSCIOUS.

BECAUSE HERE'S THE REAL MAGIC—THE MOMENT YOU CALL OUT THE BULLSHIT AND STOP EMOTIONALLY CLENCHING EVERY TIME YOU THINK ABOUT MONEY, YOU SHIFT YOUR ENTIRE FREQUENCY.

SO, LET'S DISMANTLE THE FUCKERY AND REWRITE YOUR MONEY STORY.

OK FIRST QUESTION: WHAT BELIEFS ABOUT MONEY WERE PASSED DOWN TO YOU FROM YOUR FAMILY?

"MONEY DOESN'T GROW ON TREES." (COOL, BUT NEITHER DOES WI-FI AND WE STILL EXPECT TO HAVE IT EVERYWHERE.)

"RICH PEOPLE ARE GREEDY." (YEAH? AND BROKE PEOPLE CAN'T BE ASSHOLES TOO?)

"YOU HAVE TO WORK HARD FOR MONEY." (TELL THAT TO INFLUENCERS MAKING \$10K OFF A THIRST TRAP.)

"WE'RE JUST NOT 'THOSE' KINDS OF PEOPLE." (WHO? THE ONES WHO ACTUALLY ENJOY LIFE?)

"MONEY IS THE ROOT OF ALL EVIL." (NAH, KAREN. A LACK OF MONEY IS WHAT'S KEEPING PEOPLE TRAPPED IN SURVIVAL MODE.)

"IT'S SELFISH TO WANT MORE THAN YOU NEED." (OKAY, BUT WHO GETS TO DECIDE WHAT I 'NEED'?)

"MONEY DOESN'T BUY HAPPINESS." (MAYBE NOT, BUT IT DOES BUY FREEDOM, SECURITY, AND VACATIONS—SO, PRETTY DAMN CLOSE.)

"WE CAN'T AFFORD THAT." (OR MAYBE YOU JUST NEVER TAUGHT ME HOW TO FIGURE OUT HOW WE COULD AFFORD IT?)

"BE GRATEFUL FOR WHAT YOU HAVE." (I CAN BE GRATEFUL AND STILL WANT MORE. THESE THINGS ARE NOT MUTUALLY EXCLUSIVE.)

"PEOPLE LIKE US DON'T GET RICH." (SAYS WHO? WHO EXACTLY MADE THIS RULE, AND WHY THE FUCK AM I STILL FOLLOWING IT?)

# **FINANCES & WEALTH**

HOW TO WRITE DOWN YOUR MONEY BELIEFS (NO OVERTHINKING ALLOWED)

WHEN IT COMES TO UNCOVERING YOUR TRUE BELIEFS ABOUT MONEY, DON'T TRY TO BE RIGHT-TRY TO BE HONEST.

YOUR FIRST THOUGHT IS USUALLY THE TRUTH. NOT THE LOGICAL, REHEARSED ANSWER YOU THINK YOU SHOULD HAVE, BUT THE GUT REACTION THAT POPS UP BEFORE YOUR BRAIN EDITS IT.

HERE'S HOW TO GET TO THE CORE OF YOUR BELIEFS:

ASK YOURSELF: "WHAT DO I BELIEVE ABOUT MONEY?"

FIRST THOUGHT = WRITE IT DOWN. IF IT MAKES YOU CRINGE, EVEN BETTER. THAT'S YOUR SUBCONSCIOUS BELIEF.

IF YOU GET STUCK, THINK ABOUT WHAT YOU HEARD GROWING UP.  
WHAT DID YOUR PARENTS SAY ABOUT MONEY?

WHAT WAS THE VIBE AROUND MONEY IN YOUR HOUSE? STRESS? AVOIDANCE?  
EXCITEMENT? GUILT?

NOTICE HOW YOU FEEL ABOUT MONEY.

DOES THINKING ABOUT MONEY MAKE YOU TENSE?

DO YOU FEEL GUILT, ANXIETY, OR LIKE YOU NEED TO "DESERVE" IT?  
WOULD YOU FEEL WEIRD SAYING, "I LOVE MAKING MONEY" OUT LOUD?

YOUR JOB? WRITE EVERYTHING DOWN, EVEN IF IT SOUNDS RIDICULOUS.  
YOUR SUBCONSCIOUS DOESN'T WORK IN LOGIC-IT WORKS IN PATTERNS. AND  
ONCE YOU SEE THE PATTERN, YOU CAN REWRITE IT.

NO JUDGMENT. NO SHAME. JUST TRUTH. LET IT OUT.

# **FINANCES & WEALTH**

**WRITE YOUR ANSWERS HERE**



# **FINANCES & WEALTH**

NOW THAT YOU'VE DRAGGED YOUR DEEP-SEATED MONEY BELIEFS INTO THE LIGHT (NO MORE HIDING, SUBCONSCIOUS—WE SEE YOU), IT'S TIME TO REWRITE THAT SHIT.

BECAUSE HERE'S THE TRUTH: YOUR BELIEFS CREATE YOUR REALITY.

IF YOU BELIEVE MONEY IS HARD TO GET, EVIL, OR SOMETHING THAT "PEOPLE LIKE YOU" DON'T HAVE, GUESS WHAT? YOUR BRAIN IS GONNA MAKE DAMN SURE THAT REALITY STAYS TRUE. YOUR SUBCONSCIOUS LOVES TO BE RIGHT. SO WE'RE GONNA CHANGE THE SCRIPT.

## **HOW TO REWRITE YOUR MONEY BELIEFS (AND ACTUALLY MAKE THEM STICK)**

LOOK AT WHAT YOU WROTE DOWN—EACH LIMITING BELIEF.

CALL IT OUT AS BULLSHIT. (BECAUSE IT IS.)

REWRITE IT WITH A NEW, POWERFUL BELIEF THAT ACTUALLY SERVES YOU.



WRITE OUT YOUR NEW BELIEFS AND DECLARATIONS ABOUT MONEY. THIS IS YOUR MONEY MANIFESTO.

START WITH "I NOW BELIEVE..." OR "I AM NOW CHOOSING TO..."

FOR EXAMPLE: "I NOW BELIEVE MONEY IS A LIMITLESS RESOURCE THAT FLOWS TO ME WITH EASE. I NO LONGER HOLD ONTO GUILT, FEAR, OR SCARCITY. I TRUST MYSELF TO CREATE, MANAGE, AND ENJOY WEALTH IN WAYS THAT ALIGN WITH MY HIGHEST SELF. I AM WORTHY OF ABUNDANCE, AND I CLAIM IT FULLY."

**WRITE IT. SAY IT. LIVE IT.**

BECAUSE THIS? THIS IS THE MOMENT YOU START BECOMING THE VERSION OF YOU WHO IS FINANCIALLY FREE.

**YOUR NEW MONEY STORY STARTS NOW.**

# FINANCES & WEALTH

LETS WE WRITE THAT SHIT NOW



OLD BELIEF → REWRITTEN TRUTH

- 💡 OLD BELIEF: "MONEY DOESN'T GROW ON TREES."
- ✓ NEW TRUTH: "MONEY IS LITERALLY EVERYWHERE. I CAN CREATE IT, RECEIVE IT, AND ATTRACT IT IN INFINITE WAYS."
- 💡 OLD BELIEF: "RICH PEOPLE ARE GREEDY."
- ✓ NEW TRUTH: "MONEY AMPLIFIES WHO YOU ARE. THERE ARE GENEROUS, ETHICAL, WEALTHY PEOPLE CHANGING THE WORLD, AND I CAN BE ONE OF THEM."
- 💡 OLD BELIEF: "YOU HAVE TO WORK HARD FOR MONEY."
- ✓ NEW TRUTH: "MONEY FLOWS TO ME WHEN I WORK SMART, ALIGN MY ENERGY, AND CREATE VALUE."
- 💡 OLD BELIEF: "WE'RE JUST NOT 'THOSE' KINDS OF PEOPLE."
- ✓ NEW TRUTH: "I AM NOT LIMITED BY MY PAST. I GET TO CREATE A NEW FINANCIAL REALITY FOR MYSELF AND MY FUTURE GENERATIONS."
- 💡 OLD BELIEF: "HAVING LOTS OF MONEY CHANGES YOU."
- ✓ NEW TRUTH: "YES, IT DOES—IT GIVES ME MORE FREEDOM, SECURITY, AND THE ABILITY TO HELP OTHERS."
- 💡 OLD BELIEF: "MONEY IS THE ROOT OF ALL EVIL."
- ✓ NEW TRUTH: "MONEY IS A NEUTRAL TOOL. WHAT I DO WITH IT IS WHAT MATTERS."
- 💡 OLD BELIEF: "IT'S SELFISH TO WANT MORE THAN I NEED."
- ✓ NEW TRUTH: "THE MORE I HAVE, THE MORE I CAN GIVE. MY ABUNDANCE BENEFITS ME AND EVERYONE AROUND ME."
- 💡 OLD BELIEF: "MONEY DOESN'T BUY HAPPINESS."
- ✓ NEW TRUTH: "MONEY GIVES ME OPTIONS, FREEDOM, AND SECURITY. IT ALLOWS ME TO BUILD A LIFE THAT MAKES ME HAPPY."
- 💡 OLD BELIEF: "WE CAN'T AFFORD THAT."
- ✓ NEW TRUTH: "HOW CAN I AFFORD THIS? WHAT CREATIVE WAYS CAN I BRING IN MORE MONEY?"
- 💡 OLD BELIEF: "BE GRATEFUL FOR WHAT YOU HAVE."
- ✓ NEW TRUTH: "I CAN BE GRATEFUL AND STILL WANT MORE. GROWTH AND EXPANSION ARE NATURAL."
- 💡 OLD BELIEF: "PEOPLE LIKE US DON'T GET RICH."
- ✓ NEW TRUTH: "WHY THE FUCK NOT? I GET TO REWRITE THE RULES. MY SUCCESS IS INEVITABLE."

# **FINANCES & WEALTH**

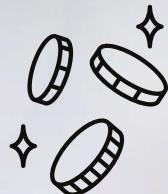
**YOUR TURN.**



# **FINANCES & WEALTH**

## **FIND IT**

**DO YOU BELIEVE MONEY IS HARD TO EARN?  
WHY OR WHY NOT?**



**REAL TALK:**

IF YOU SAID "YES", THEN CONGRATS, YOU'VE BEEN PROGRAMMED. BUT GUESS WHAT? IT'S ONLY HARD BECAUSE YOU BELIEVE IT IS.

IF YOU HUSTLE YOUR ASS OFF BUT NEVER SEEM TO HAVE ENOUGH, THAT'S BECAUSE YOU'RE RUNNING A SUBCONSCIOUS "HARD WORK = LITTLE REWARD" SCRIPT.

EVER NOTICED THAT THE EASIEST MONEY YOU'VE MADE FELT ALMOST ILLEGAL? THAT'S BECAUSE MONEY LOVES EASE, FUN, AND FLOW—BUT YOU'VE BEEN TRAINED TO DISTRUST IT.

**REWRITE THAT SHIT:**



MONEY COMES TO ME IN WAYS THAT FEEL FUN, EASY, AND ALIGNED.

I DON'T HAVE TO GRIND MY SOUL INTO DUST TO MAKE BANK.  
THE MORE FUN I HAVE, THE MORE MONEY I MAKE.

# **FINANCES & WEALTH**

## **FIND IT**

**WHAT'S YOUR FIRST REACTION WHEN YOU THINK  
ABOUT BEING WEALTHY?**

### **EXAMPLES:**

- EXCITEMENT? → GOOD. THAT MEANS YOU'RE READY TO RECEIVE.
- GUILT? → "WHAT IF PEOPLE THINK I'VE CHANGED?" DUH, YOU'RE SUPPOSED TO CHANGE
- FEAR? → "WHAT IF I CAN'T HANDLE IT?" YOU HANDLE STRESS, BILLS, AND BAD WI-FI DAILY. YOU CAN HANDLE MONEY.
- UNWORTHINESS? → WHO THE FUCK SAID YOU WEREN'T WORTHY? DID YOU VOTE ON THIS? NO? THEN STOP BELIEVING IT.



### **REWRITE THAT SHIT:**

WEALTH MAKES ME MORE OF WHO I AM, NOT LESS.

I TRUST MYSELF TO HANDLE WEALTH WITH EASE, POWER, AND GENEROSITY.

IF MONEY EXPOSES SOMEONE'S JEALOUSY, THAT'S THEIR SHIT, NOT MINE.

### **WHERE DO YOU SELF-SABOTAGE YOUR FINANCIAL SUCCESS?**

### **HARD TRUTHS:**

SPENDING LIKE A DUMBASS THE SECOND YOU GET A LITTLE EXTRA CASH? THAT'S A SCARCITY RESPONSE.

UNDERCHARGING OR NOT ASKING FOR A RAISE? THAT'S A WORTHINESS WOUND.

AVOIDING LOOKING AT YOUR BANK ACCOUNT? THAT'S EMOTIONAL BYPASSING.

# **FINANCES & WEALTH**

## **FIND IT**

"MANIFESTING" BUT NEVER TAKING ACTION? THAT'S SPIRITUAL PROCRASTINATION.

### **REWRITE THAT SHIT:**

I AM A FUCKING GROWN-ASS ADULT AND I CAN HANDLE MY MONEY.  
I CHARGE WHAT I'M WORTH BECAUSE I KNOW MY VALUE.  
I DON'T "HOPE" MONEY WILL COME—I EXPECT IT AND CALL IT IN.

**IF MONEY WERE A PERSON, WHAT WOULD YOUR  
RELATIONSHIP WITH IT BE LIKE?**



**EXAMPLES:**

- THE TOXIC EX – YOU IGNORE IT, BUT WHEN IT LEAVES, YOU PANIC AND BEG IT TO COME BACK.
- THE UNRELIABLE FUCKBOY – YOU NEVER KNOW WHEN IT'S GONNA SHOW UP, BUT WHEN IT DOES, IT'S FUN... UNTIL IT DISAPPEARS AGAIN.
- THE CONTROLLING BOSS – YOU FEEL LIKE YOU HAVE TO EARN ITS LOVE AND WORK YOUR ASS OFF TO PROVE YOURSELF.
- THE RIDE-OR-DIE BESTIE – THEY'VE ALWAYS GOT YOUR BACK, FLOW IN AND OUT FREELY, AND YOU NEVER STRESS ABOUT THEM.

**REWRITE THAT SHIT:**

- MONEY AND I ARE IN A COMMITTED, STABLE, SEXY-ASS RELATIONSHIP.
- I TRUST MONEY TO SHOW UP FOR ME CONSISTENTLY, FREELY, AND ABUNDANTLY.
- MONEY DOESN'T GHOST ME—I AM ALWAYS SUPPORTED.

# **FINANCES & WEALTH**

## **FIND IT**

**WHAT FINANCIAL SITUATION OR MISTAKE FROM THE PAST ARE YOU STILL CARRYING SHAME AROUND?**

**EXAMPLES:**

- THAT TIME YOU OVERDRAFTED YOUR ACCOUNT BUYING DUMB SHIT AT KMAR.
- TAKING OUT DEBT AND FEELING LIKE YOU'LL NEVER ESCAPE IT.
- INVESTING IN SOMETHING THAT DIDN'T WORK OUT.
- THAT ONE TIME YOU HAD TO BORROW MONEY AND FELT LIKE A FAILURE.
- REWRITE THAT SHIT:
- EVERY FINANCIAL DECISION I'VE MADE TAUGHT ME SOMETHING.
- I REFUSE TO CARRY SHAME AROUND MONEY—IT'S JUST ENERGY, AND I CONTROL IT.
- MY PAST DOES NOT DEFINE MY FINANCIAL FUTURE.



**WHAT'S ONE LIMITING BELIEF ABOUT MONEY THAT NEEDS TO BE BURNED TO THE GROUND?**

**EXAMPLES:**

- "I HAVE TO WORK HARD TO DESERVE MONEY." → NO, I DON'T.
- "I CAN'T HAVE MONEY AND BE SPIRITUAL." → BULLSHIT. WEALTHY HEALERS EXIST.
- "I'M JUST NOT A 'MONEY PERSON'." → THAT'S A LIE. YOU'RE JUST REPEATING OLD PROGRAMMING.

# **FINANCES & WEALTH**

**FIND IT**

**FINAL FUCK-IT DECLARATION:**

**"I AM DONE BUYING INTO THE STRUGGLE NARRATIVE."**

**"I NO LONGER FEEL GUILTY FOR DESIRING WEALTH."**

**"I ATTRACT MONEY WITH CONFIDENCE, CLARITY, AND EASE."**



# **FINANCES & WEALTH**

## **FUCK IT OFF**

**NOW LETS FUCK IT OFF MONEY EDITION:**

**YOUR CHALLENGE:**

**BURN THE OLD BELIEFS & REWRITE YOUR MONEY STORY**



WRITE DOWN THE BIGGEST BULLSHIT BELIEFS ABOUT MONEY THAT ARE STILL LURKING IN YOUR SUBCONSCIOUS. THE ONES PASSED DOWN BY FAMILY, THE ONES THAT KEEP YOU IN STRUGGLE, THE ONES THAT MAKE YOU FEEL GUILTY FOR WANTING MORE. GET THEM ALL OUT.



BURN THEM. RIP THEM UP. FLUSH THEM. BURY THEM. CHOOSE A WAY THAT FEELS POWERFUL TO YOU. FIRE IS AN ANCIENT, MAGICAL TOOL FOR TRANSFORMATION. BURNING SOMETHING IS A RITUAL ACT OF RELEASE—A WAY TO TELL THE UNIVERSE, “I AM DONE WITH THIS.”

WRITE YOUR NEW MONEY BELIEFS. THE ONES THAT ALIGN WITH YOUR HIGHEST, WEALTHIEST, MOST POWERFUL SELF. THE ONES THAT SUPPORT THE REALITY YOU ACTUALLY WANT TO LIVE IN. READ THEM EVERY SINGLE DAY.



# **FINANCES & WEALTH**

**FUCK IT OFF**

## **WHY BURNING SOMETHING IS A MAGICAL RITUAL**

FIRE IS ONE OF THE OLDEST SPIRITUAL CLEANSING TOOLS WE HAVE. ANCIENT CIVILISATIONS BURNED HERBS, SCROLLS, AND OFFERINGS AS A WAY TO RELEASE OLD ENERGY, CLEAR NEGATIVE ATTACHMENTS, AND MAKE SPACE FOR THE NEW.

## **BURNING YOUR OLD BELIEFS IS A DECLARATION TO THE UNIVERSE:**

"THIS STORY NO LONGER HAS POWER OVER ME."

AS THE PAPER TURNS TO ASH, SO DO THE LIMITATIONS.

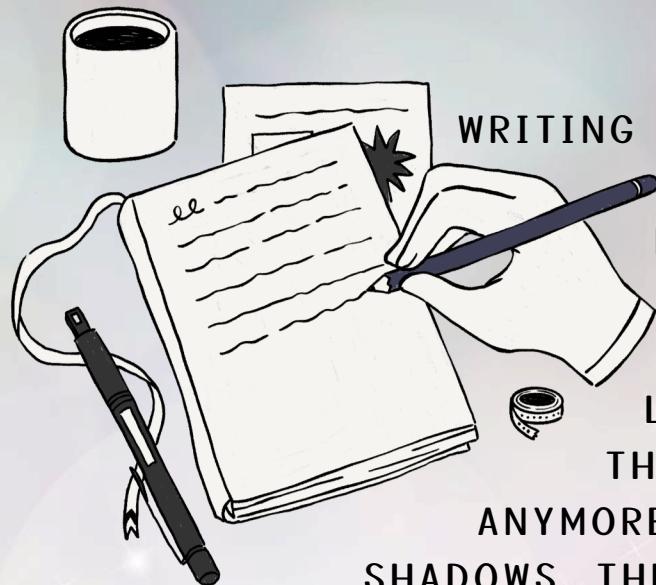
"THIS BELIEF IS DEAD. I AM REBORN INTO A NEW WAY OF THINKING."  
THE FIRE CARRIES YOUR INTENTION INTO THE ETHERS.

"I CHOOSE ABUNDANCE. I CHOOSE EXPANSION. I CHOOSE TO CREATE WEALTH ON MY TERMS."

THE MOMENT YOU SET YOUR OLD BELIEFS ON FIRE, YOU'RE DOING MAGIC.  
YOU'RE TURNING ENERGY INTO ACTION.

# **FINANCES & WEALTH**

## **FUCK IT OFF**



WRITING IT DOWN = DRAGGING IT INTO THE LIGHT  
MAGIC ISN'T JUST CANDLES AND MOON  
RITUALS. MAGIC IS AWARENESS. MAGIC IS  
TRUTH. MAGIC IS CHOOSING A NEW  
REALITY BY WRITING DOWN YOUR  
LIMITING BELIEFS, YOU'VE DRAGGED  
THEM INTO THE LIGHT. THEY CAN'T HIDE  
ANYMORE. THEY CAN'T CONTROL YOU FROM THE  
SHADOWS. THE MOMENT YOU SEE THEM, YOU RECLAIM  
YOUR POWER. AND NOW? YOU GET TO REWRITE THE STORY.

## **THIS IS ALL MAGIC**

REWIRING YOUR BELIEF SYSTEM? THAT'S MAGIC.  
BURNING AWAY WHAT NO LONGER SERVES YOU? THAT'S MAGIC.  
CHOOSING A NEW STORY, A NEW VIBRATION, A NEW REALITY? THAT'S  
MAGIC.

YOUR THOUGHTS CREATE YOUR WORLD.  
YOUR BELIEFS CREATE YOUR EXPERIENCE.  
YOUR WORDS CREATE YOUR SPELL.  
THIS ISN'T JUST MINDSET WORK.  
THIS IS ALCHEMY.



**AND YOU, MY LOVE, ARE A FUCKING WIZARD.**

NOW BURN THAT SHIT AND STEP INTO YOUR POWER.  
ONCE YOU'VE IDENTIFIED IT AND CLEARED IT THE FUCK OUT IN THIS  
SECTION, MOVE ON TO THE OTHER 7 AREAS OF THE WHEEL OF LIFE AND  
REPEAT THE PROCESS—DIG DEEP, CALL OUT THE BULLSHIT, AND CLEAR IT  
FOR GOOD.



## LET'S GET REAL ABOUT YOUR WORK & MISSION FIND IT

YOUR CAREER AND PURPOSE ARE ABOUT SO MUCH MORE THAN JUST MAKING MONEY. THEY'RE ABOUT WHAT YOU'RE BUILDING, CONTRIBUTING, AND CREATING IN THIS WORLD. IT'S WHERE YOU SPEND A HUGE CHUNK OF YOUR LIFE, AND IF IT'S DRAINING YOU, KEEPING YOU SMALL, OR MAKING YOU FEEL LIKE YOU'RE WASTING YOUR POTENTIAL—THAT ENERGY IS BLEEDING INTO EVERY OTHER AREA OF YOUR LIFE.

THIS IS WHERE WE CLEAR THE FOG AND FIND OUT WHAT'S REALLY HOLDING YOU BACK. BECAUSE IF YOUR WORK FEELS LIKE A SOUL-SUCKING TREADMILL INSTEAD OF SOMETHING THAT LIGHTS YOU THE FUCK UP, THEN IT'S TIME TO FIND THE BLOCKS, DRAG THEM INTO THE LIGHT, AND BURN THEM DOWN.

### DEEP-DIVE QUESTIONS: LET'S FIND THE BULLSHIT & CALL IT OUT

IF YOU HAD UNLIMITED TIME AND MONEY, WHAT WORK WOULD YOU DO JUST FOR THE LOVE OF IT?

NO LIMITS. NO “REALISTIC” THINKING. JUST TRUTH. WHAT KIND OF WORK FEELS LIKE PLAY?

WHAT PART OF YOUR CAREER MAKES YOU FEEL STUCK OR UNFULFILLED?

BE HONEST—WHAT DO YOU DREAD, TOLERATE, OR SECRETLY RESENT? WHERE ARE YOU PLAYING SMALL IN YOUR WORK? ARE YOU AFRAID OF BEING SEEN? JUDGED?

DO YOU HOLD BACK FROM GOING AFTER BIGGER OPPORTUNITIES? DO YOU KEEP YOURSELF INVISIBLE?

# CAREER & BUSINESS

## LET'S GET REAL ABOUT YOUR WORK & MISSION FIND IT



REWRITE THE STORY - IT'S TIME TO LEVEL THE FUCK UP

ONCE YOU'VE EXPOSED THE LIES, BLOCKS, AND EXCUSES, IT'S TIME TO REWRITE THE SCRIPT.

TAKE YOUR BIGGEST LIMITING BELIEF ABOUT WORK, CAREER, OR SUCCESS AND FLIP IT INTO A NEW, EMPOWERING TRUTH.

🚫 OLD BELIEF: "I HAVE TO WORK MYSELF TO EXHAUSTION TO BE SUCCESSFUL."

⭐ NEW TRUTH: "SUCCESS FLOWS TO ME WHEN I WORK IN ALIGNMENT, NOT BURNOUT."

🚫 OLD BELIEF: "I'M NOT GOOD ENOUGH TO DO WHAT I REALLY LOVE."

⭐ NEW TRUTH: "I AM FULLY CAPABLE OF TURNING MY PASSION INTO MY PURPOSE."

🚫 OLD BELIEF: "I'LL NEVER MAKE ENOUGH MONEY DOING WHAT I LOVE."

⭐ NEW TRUTH: "MY PASSION IS VALUABLE, AND I CAN BE WILDLY SUCCESSFUL DOING WHAT EXCITES ME."

# **CAREER & BUSINESS**

## **LET'S GET REAL ABOUT YOUR WORK & MISSION**

### **FIND IT**



#### **FINAL STEP: TAKE ACTION**

YOUR CAREER WILL NEVER CHANGE IF YOU DON'T TAKE ACTION. WRITE DOWN ONE BOLD MOVE YOU CAN TAKE THIS WEEK—SOMETHING SMALL, SCARY, OR EXCITING THAT GETS YOU CLOSER TO WHERE YOU WANT TO BE.

APPLY FOR THE OPPORTUNITY YOU KEEP TELLING YOURSELF YOU'RE NOT READY FOR.

RAISE YOUR PRICES, NEGOTIATE YOUR SALARY, OR START THAT SIDE HUSTLE.

POST THE THING, SHARE THE IDEA, PUT YOURSELF OUT THERE. YOU DO NOT HAVE TO STAY STUCK. YOU DO NOT HAVE TO SETTLE. YOU DO NOT HAVE TO ACCEPT LESS THAN WHAT YOU KNOW YOU'RE CAPABLE OF.

FIND WHAT'S BEEN HOLDING YOU BACK, FUCK IT OFF, AND STEP INTO YOUR NEXT LEVEL.

#### **NOW, LET'S FUCK IT OFF & BURN IT DOWN**

YOU'VE FOUND THE BLOCKS. YOU'VE DRAGGED THEM INTO THE LIGHT. YOU'VE SEEN THE PATTERNS THAT HAVE BEEN KEEPING YOU SMALL.

NOW IT'S TIME TO BURN THAT SHIT.

BECAUSE KNOWING THE PROBLEM ISN'T ENOUGH. YOU HAVE TO CLEAR IT OUT OF YOUR SYSTEM, BREAK THE CYCLE, AND MAKE SPACE FOR THE NEXT LEVEL VERSION OF YOU.

# **CAREER & BUSINESS**

## **LET'S GET REAL ABOUT YOUR WORK & MISSION FIND IT**

### **STEP 1: WRITE DOWN THE CAREER & PURPOSE BULLSHIT YOU'RE LETTING GO OF**

EVERY LIMITING BELIEF ABOUT SUCCESS, WORK, OR MONEY THAT'S BEEN KEEPING YOU STUCK.

EVERY STORY THAT SAYS YOU'RE NOT GOOD ENOUGH, NOT READY, NOT CAPABLE.

EVERY FEAR THAT'S STOPPED YOU FROM STEPPING INTO YOUR PURPOSE.

EVERY EXCUSE YOU'VE MADE FOR WHY YOU'RE NOT DOING WHAT YOU REALLY WANT.

WRITE ALL OF IT DOWN. NO HOLDING BACK. LET IT ALL SPILL ONTO THE PAGE.



### **STEP 2: BURN IT, RIP IT, FLUSH IT, BURY IT - WHATEVER FEELS POWERFUL**

BURN IT (SAFELY, OF COURSE). FIRE IS A POWERFUL ENERGY OF TRANSFORMATION. AS THE PAPER TURNS TO ASH, SO DO THE LIMITATIONS.

RIP IT UP INTO TINY PIECES. FEEL THE SATISFACTION OF PHYSICALLY DESTROYING THAT OLD NARRATIVE.

FLUSH IT DOWN THE TOILET. BECAUSE LET'S BE REAL--THAT'S WHERE THIS OUTDATED, LIMITING CAREER MINDSET BELONGS.

BURY IT IN THE EARTH. LET NATURE COMPOST IT INTO SOMETHING NEW.

AS YOU DESTROY IT, SAY (OR THINK):

"I RELEASE THESE BELIEFS. THEY NO LONGER HAVE POWER OVER ME. I CHOOSE TO STEP FULLY INTO MY PURPOSE, MY SUCCESS, AND MY LIMITLESS POTENTIAL."

# CAREER & BUSINESS

## LET'S GET REAL ABOUT YOUR WORK & MISSION

### FIND IT

#### STEP 3: WRITE YOUR NEW CAREER & PURPOSE MANIFESTO

NOW THAT THE OLD BELIEFS ARE DEAD AND GONE, IT'S TIME TO INSTALL NEW ONES.

WRITE A NEW DECLARATION FOR YOUR CAREER AND PURPOSE—SOMETHING THAT REFLECTS WHO YOU ARE BECOMING.

EXAMPLES:

"I AM FULLY CAPABLE OF CREATING A CAREER I LOVE AND MAKING MONEY DOING WHAT EXCITES ME."

"I TRUST MY PATH. EVERY OPPORTUNITY I NEED FLOWS TO ME WITH EASE."

"I AM READY, WORTHY, AND POWERFUL. SUCCESS IS MINE."

"I REFUSE TO SETTLE FOR LESS THAN WHAT I KNOW I'M CAPABLE OF."  
READ THIS EVERY SINGLE DAY. LET IT BECOME YOUR NEW REALITY.

#### FINAL STEP: TAKE ONE BOLD ACTION – TODAY

CLEARING ENERGY IS POWERFUL, BUT YOU HAVE TO MEET THE UNIVERSE HALFWAY. TAKE ONE SMALL, BOLD, SCARY ACTION TOWARD YOUR CAREER GOALS—TODAY.

APPLY FOR THE JOB, LAUNCH THE IDEA, ASK FOR THE RAISE, POST THE THING, SHOW UP.

DO SOMETHING THAT MAKES THE UNIVERSE KNOW YOU'RE SERIOUS ABOUT THIS SHIFT.

BECAUSE THIS ISN'T JUST MINDSET WORK.

THIS IS MANIFESTATION. THIS IS ALCHEMY.

THIS IS YOU STEPPING THE FUCK UP.

NOW GO BURN THAT OLD VERSION OF YOU AND MAKE ROOM FOR THE BADASS YOU'RE BECOMING.

# **CAREER & BUSINESS**

## **LET'S GET REAL ABOUT YOUR WORK & MISSION**

### **FUCK IT OFF**

#### **NOW, LET'S FUCK IT OFF & BURN IT DOWN**

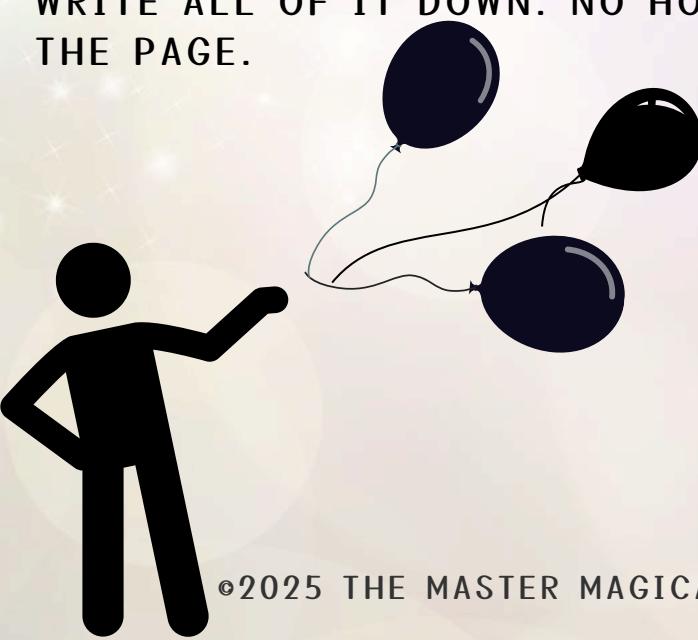
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BECAUSE KNOWING THE PROBLEM ISN'T ENOUGH. YOU HAVE TO CLEAR IT OUT OF YOUR SYSTEM, BREAK THE CYCLE, AND MAKE SPACE FOR THE NEXT LEVEL VERSION OF YOU.

#### **STEP 1: WRITE DOWN THE CAREER & PURPOSE BULLSHIT YOU'RE LETTING GO OF**

- EVERY LIMITING BELIEF ABOUT SUCCESS, WORK, OR MONEY THAT'S BEEN KEEPING YOU STUCK.
- EVERY STORY THAT SAYS YOU'RE NOT GOOD ENOUGH, NOT READY, NOT CAPABLE.
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WRITE ALL OF IT DOWN. NO HOLDING BACK. LET IT ALL SPILL ONTO THE PAGE.



# **CAREER & BUSINESS**

## **LET'S GET REAL ABOUT YOUR WORK & MISSION FUCK IT OFF**

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# **CAREER & BUSINESS**

## **LET'S GET REAL ABOUT YOUR WORK & MISSION**

### **FUCK IT OFF**

#### **MAGICAL & PRACTICAL WAYS TO FIND YOUR PURPOSE**

FINDING YOUR PURPOSE ISN'T ABOUT FORCING AN ANSWER OR WAITING FOR A LIGHTNING BOLT OF DIVINE CLARITY. YOUR PURPOSE IS ALREADY INSIDE YOU—BURIED UNDER CONDITIONING, FEAR, AND LIMITING BELIEFS. YOUR JOB IS TO CLEAR THE BULLSHIT SO YOU CAN HEAR IT. HERE'S HOW TO TAP INTO IT, UNCOVER IT, AND ACTUALLY START LIVING IT.

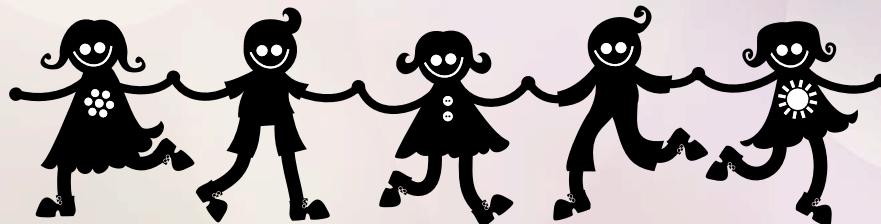
#### **FOLLOW THE CLUES – YOUR CHILDHOOD DESIRES WERE NOT RANDOM**

THINK BACK TO WHEN YOU WERE A KID BEFORE THE WORLD TOLD YOU WHO TO BE.

- WHAT DID YOU LOVE DOING?
- WHAT MADE YOU FEEL ALIVE, CURIOUS, AND LIMITLESS?
- WHAT WERE YOU NATURALLY DRAWN TO?
- WHAT DID YOU DREAM ABOUT BEING WHEN YOU "GREW UP"?
- 

THESE WEREN'T RANDOM CHILDHOOD DREAMS. THEY WERE YOUR PUREST EXPRESSION BEFORE SOCIETY TOLD YOU TO BE REALISTIC.

MAGICAL STEP: JOURNAL ABOUT YOUR EARLIEST MEMORIES OF JOY AND EXCITEMENT. WHAT PATTERNS SHOW UP? THAT'S YOUR INNER SELF TALKING.



# CAREER & BUSINESS

## LET'S GET REAL ABOUT YOUR WORK & MISSION

### FUCK IT OFF

#### ASK THE UNIVERSE - SIGNS, SYNCHRONICITIES & INTUITION



YOUR PURPOSE IS ALREADY CALLING YOU, BUT ARE YOU PAYING ATTENTION?  
WHAT THEMES KEEP SHOWING UP IN YOUR LIFE?  
WHAT DO PEOPLE ALWAYS COME TO YOU FOR?  
WHAT OPPORTUNITIES KEEP CIRCLING BACK,  
EVEN IF YOU IGNORE THEM?  
WHAT BOOKS, TOPICS, OR SKILLS LIGHT YOU UP  
EVERY TIME YOU LEARN ABOUT THEM

MAGICAL STEP:  
ASK FOR A SIGN. LITERALLY. SAY:  
"UNIVERSE, SHOW ME A CLEAR, UNDENIABLE SIGN  
ABOUT MY PURPOSE WITHIN THE NEXT 48 HOURS."  
THEN WATCH WHAT HAPPENS. CLARITY OFTEN COMES  
IN WHISPERS BEFORE IT COMES IN SHOUTS.

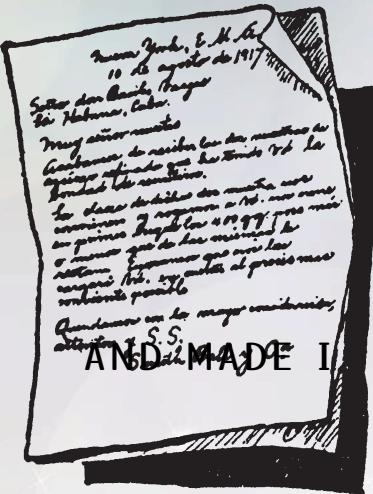
#### THE DEATHBED TEST - WHAT WOULD YOU REGRET NOT DOING?

IMAGINE YOURSELF AT THE END OF YOUR LIFE LOOKING BACK.  
WHAT IS THE ONE THING YOU'D REGRET NEVER TRYING?  
WHAT DREAMS FEEL TOO BIG, TOO RISKY-BUT WON'T LEAVE YOU  
ALONE?  
IF YOU HAD UNLIMITED TIME AND MONEY, WHAT WOULD YOU DO JUST  
BECAUSE YOU LOVE IT?

# CAREER & BUSINESS

## LET'S GET REAL ABOUT YOUR WORK & MISSION

### FUCK IT OFF



#### MAGICAL STEP:

WRITE A LETTER FROM YOUR FUTURE SELF—THE VERSION IF YOU WHO HAS FIGURED IT OUT, LIVED IT, HAPPEN. WHAT ADVICE DO THEY GIVE YOU?

#### FOLLOW YOUR ENERGY, NOT JUST "LOGIC"

FORGET "WHAT SHOULD I DO?" AND ASK "WHAT EXPANDS ME?"

WHAT MAKES YOU FEEL MORE ALIVE, MORE YOU?

WHAT ACTIVITIES MAKE TIME DISAPPEAR?

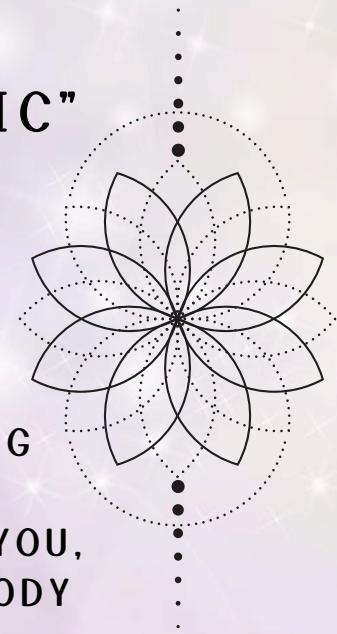
WHAT CAN YOU TALK ABOUT FOR HOURS WITHOUT GETTING BORED?

YOUR ENERGY KNOWS THE WAY. IF SOMETHING EXCITES YOU, EXPANDS YOU, MAKES YOU FEEL MORE AWAKE IN YOUR BODY

—  
THAT'S A CLUE.

MAGICAL STEP:

TRACK YOUR ENERGY FOR ONE WEEK. NOTICE WHAT LIGHTS YOU UP VS. WHAT DRAINS YOU. YOUR PURPOSE IS HIDDEN IN THE THINGS THAT ENERGISE YOU.



# **CAREER & BUSINESS**

## **LET'S GET REAL ABOUT YOUR WORK & MISSION**

### **FUCK IT OFF**

**ACTIVATE YOUR THIRD EYE & RECEIVE DOWNLOADS**



IF YOUR MIND IS CLOGGED WITH DISTRACTIONS, STRESS, AND OVERTHINKING, YOUR PURPOSE IS GOING TO FEEL IMPOSSIBLE TO HEAR.

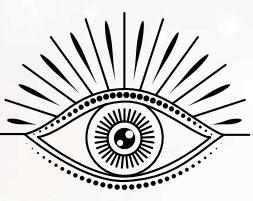


OPEN THE CHANNEL. LET YOURSELF RECEIVE.

MAGICAL STEPS:

MEDITATE WITH AMETHYST OR CLEAR QUARTZ ON YOUR THIRD EYE. ASK: "WHAT IS MY HIGHEST CALLING?"

USE AUTOMATIC WRITING. ASK: "WHAT IS MY TRUE PURPOSE?" AND LET YOURSELF FREE-WRITE WITHOUT THINKING.



TRY LUCID DREAMING. BEFORE BED, SET THE INTENTION: "TONIGHT, I RECEIVE CLARITY ON MY PURPOSE." SEE WHAT MESSAGES COME THROUGH.

### **THE "WHAT WOULD YOU TEACH?" EXERCISE**

YOUR PURPOSE IS OFTEN SOMETHING YOU'VE STRUGGLED WITH AND MASTERED.

WHAT PROBLEM HAVE YOU OVERCOME THAT YOU NOW HELP OTHERS WITH?

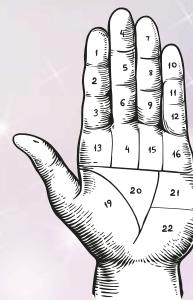
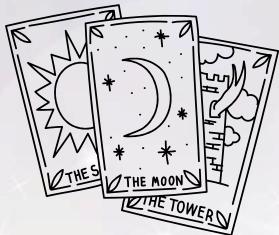
WHAT DO YOU NATURALLY TEACH OR GUIDE OTHERS THROUGH?  
IF YOU HAD TO GIVE A TED TALK TOMORROW, WHAT WOULD YOU TALK ABOUT?

# CAREER & BUSINESS

## LET'S GET REAL ABOUT YOUR WORK & MISSION FUCK IT OFF

### MAGICAL STEP:

WRITE A ONE-PAGE OUTLINE OF A "COURSE" OR "WORKSHOP" YOU'D TEACH. EVEN IF YOU DON'T WANT TO BE A TEACHER, THIS WILL SHOW YOU WHAT KNOWLEDGE YOU CARRY THAT OTHERS NEED.



## TAROT, ASTROLOGY & NUMEROLOGY – YOUR BLUEPRINT IS ALREADY WRITTEN

SOMETIMES, YOU JUST NEED TO DECODE THE MAP THAT WAS GIVEN TO YOU AT BIRTH.

### MAGICAL STEPS:

LOOK AT YOUR NORTH NODE IN ASTROLOGY. IT REVEALS WHAT YOU CAME HERE TO MASTER.

PULL TAROT CARDS FOR GUIDANCE. ASK: "WHAT IS MY HIGHEST PURPOSE?"

CHECK YOUR LIFE PATH NUMBER IN NUMEROLOGY. IT GIVES CLUES ABOUT YOUR MISSION IN THIS LIFETIME.

## JUST FUCKING START – CLARITY COMES FROM ACTION, NOT THINKING

THE BIGGEST REASON PEOPLE FEEL "LOST" ABOUT THEIR PURPOSE IS BECAUSE THEY'RE WAITING FOR CLARITY BEFORE THEY ACT.

HERE'S THE TRUTH: YOU WON'T FIND CLARITY BY SITTING AROUND THINKING ABOUT IT. YOU FIND IT BY DOING.

START THE PROJECT.

TRY THE IDEA.

SAY YES TO THE OPPORTUNITY THAT EXCITES YOU BUT ALSO MAKES YOU NERVOUS.

### MAGICAL STEP:

ASK YOURSELF: "WHAT IS THE SMALLEST ACTION I CAN TAKE TODAY TOWARD SOMETHING THAT EXCITES ME?" DO THAT.

# CAREER & BUSINESS

LET'S GET REAL ABOUT YOUR WORK & MISSION  
FUCK IT OFF



YOUR PURPOSE = THE WORK YOUR SOUL CAME HERE TO DO  
YOUR PURPOSE ISN'T ONE SINGLE JOB OR CAREER. IT'S  
THE ENERGY YOU BRING INTO THE WORLD, THE IMPACT  
YOU MAKE, AND THE WAY YOU CREATE, HEAL, OR INSPIRE.  
IF YOU'RE WAITING FOR THE PERFECT ANSWER, STOP.  
THE ANSWER IS ALREADY IN YOU.  
NOW IT'S TIME TO GO FIND IT.





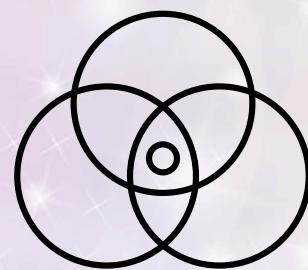
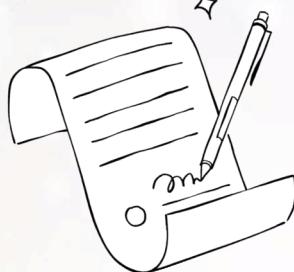
# RELATIONSHIPS & LOVE

## YOUR DEEPEST MIRROR & YOUR GREATEST MAGIC

LOVE IS ONE OF THE MOST POWERFUL, TRANSFORMATIONAL FORCES IN THE UNIVERSE. IT IS ALSO WHERE WE EXPERIENCE SOME OF OUR DEEPEST WOUNDS, WILDEST DESIRES, BIGGEST FEARS, AND GREATEST AWAKENINGS. LOVE ISN'T JUST ABOUT RELATIONSHIPS—IT'S ABOUT THE WAY YOU CONNECT, THE WAY YOU RECEIVE, THE WAY YOU ALLOW YOURSELF TO BE SEEN.

YOUR RELATIONSHIPS—ROMANTIC, SEXUAL, FRIENDSHIPS, EVEN THE ONES THAT TORE YOU APART—are not random.

## THE TRUTH ABOUT LOVE, SOUL CONTRACTS & THE PEOPLE YOU'VE LOVED



BEFORE YOU EVEN LANDED ON THIS PLANET, YOU CHOSE EVERY PERSON YOU WOULD LOVE.

THE ONES WHO WOULD TEACH YOU UNCONDITIONAL LOVE.

THE ONES WHO WOULD SHOW YOU YOUR WOUNDS.

THE ONES WHO WOULD MIRROR YOUR DEEPEST FEARS BACK TO YOU.

THE ONES WHO WOULD BREAK YOU OPEN AND FORCE YOU TO RISE.

THESE ARE YOUR SOUL CONTRACTS.

EVERY PERSON YOU'VE EVER LOVED—THE GREAT LOVES, THE FLEETING CONNECTIONS, THE KARMIC ENTANGLEMENTS, THE ONES WHO CRACKED YOUR HEART OPEN—WAS CHOSEN BY YOU.

WHY? BECAUSE YOU CAME HERE TO LEARN SOMETHING ABOUT LOVE. AND THE WAY YOU LOVE? THAT IS SHAPED BY EVERYTHING YOU'VE EXPERIENCED—YOUR FAMILY, YOUR CULTURE, YOUR CHILDHOOD, YOUR PAST LIVES, YOUR SOUL'S DEEPEST LESSONS.

# **RELATIONSHIPS & LOVE**

## **YOUR DEEPEST MIRROR & YOUR GREATEST MAGIC**



**BUT HERE'S THE THING:**

SOME OF THOSE LESSONS YOU'VE ALREADY LEARNED. YOU DON'T NEED TO KEEP REPEATING THEM.

SOME OF THOSE BELIEFS ARE NO LONGER TRUE. YOU DON'T HAVE TO KEEP CARRYING THEM.

SOME OF THOSE WOUNDS ARE READY TO BE BURNED AND REWRITTEN. AND THAT'S WHAT WE'RE DOING NOW.

### **DEEP-DIVE QUESTIONS: HOW DO YOU LOVE? HOW DO YOU BLOCK LOVE?**

HOW DO YOU SABOTAGE LOVE, SEX, OR DEEP CONNECTION?

DO YOU PUSH PEOPLE AWAY? CHASE UNAVAILABLE PARTNERS?

DO YOU OVER-GIVE AND LOSE YOURSELF IN RELATIONSHIPS?

DO YOU NUMB OUT INSTEAD OF FEELING DEEPLY?

WHAT'S A PAST HEARTBREAK THAT STILL LINGERS IN YOUR ENERGY?

WHOSE VOICE OR REJECTION STILL ECHOES IN YOUR HEAD?

HAVE YOU FULLY LET GO, OR ARE YOU STILL AFRAID TO OPEN UP AGAIN?

### **WHAT PATTERNS DO YOU KEEP REPEATING IN RELATIONSHIPS?**

DO YOU ATTRACT EMOTIONALLY UNAVAILABLE PEOPLE?

DO YOU SETTLE FOR LESS THAN YOU TRULY WANT?

DO YOU STAY IN SITUATIONS THAT AREN'T FULLY ALIGNED OUT OF FEAR OF BEING ALONE?

# **RELATIONSHIPS & LOVE**

## **YOUR DEEPEST MIRROR & YOUR GREATEST MAGIC**

### **WHAT'S A BELIEF ABOUT LOVE THAT NO LONGER SERVES YOU?**

- "LOVE IS PAINFUL."
- "I HAVE TO WORK HARD TO BE LOVED."
- "PEOPLE ALWAYS LEAVE."
- "DESIRE IS DANGEROUS."



### **WHERE ARE YOU NOT FULLY EXPRESSING YOUR NEEDS IN RELATIONSHIPS? WHY?**

- DO YOU FEAR BEING "TOO MUCH"?
- HAVE YOU BEEN CONDITIONED TO BELIEVE YOUR NEEDS DON'T MATTER?

DO YOU FEEL SAFE TO EXPRESS YOUR FULL SELF IN LOVE AND SEX?

- IF YOU FEEL LIKE YOU HAVE TO SHRINK, CENSOR, OR "PERFORM" IN RELATIONSHIPS, THAT'S A WOUND THAT NEEDS HEALING.
- TRUE LOVE MEANS BEING SEEN, KNOWN, AND LOVED AS YOUR FULL SELF. DO YOU ALLOW THAT?

### **WHAT'S YOUR RELATIONSHIP WITH PLEASURE?**

- DO YOU ALLOW YOURSELF TO FEEL FULLY, DEEPLY, AND WITHOUT GUILT?
- DO YOU RUSH THROUGH PLEASURE? HAVE YOU EVER EXPLORED WHAT ACTUALLY TURNS YOU ON?
- WHEN WAS THE LAST TIME YOU PRIORITIZED YOUR OWN PLEASURE WITHOUT SHAME?



# **RELATIONSHIPS & LOVE**

## **YOUR DEEPEST MIRROR & YOUR GREATEST MAGIC**

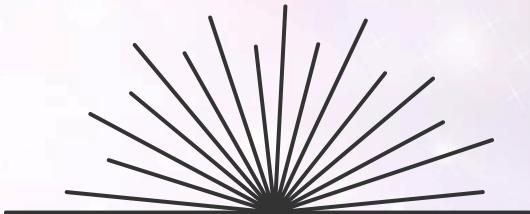
**WHAT'S ONE TOXIC RELATIONSHIP OR SEXUAL HABIT YOU'RE READY TO LET GO OF?**

- OVERTGIVING? FAKING ORGASMS? IGNORING RED FLAGS?  
PRETENDING YOU DON'T HAVE NEEDS?
- WRITE IT DOWN, OWN IT, AND LET'S GET RID OF IT.

### **SEX MAGIC & MANIFESTING THROUGH PLEASURE**

SEX ISN'T JUST SEX. IT'S MAGIC. IT'S CREATION. IT'S ONE OF THE MOST POWERFUL ENERGY FORCES ON THE PLANET.

WHEN YOU ORGASM, YOUR BODY IS VIBRATING AT THE HIGHEST FREQUENCY POSSIBLE. THAT ENERGY IS RAW, POTENT, MAGNETIC. IF YOU KNOW HOW TO CHANNEL IT, YOU CAN USE IT TO MANIFEST LOVE, ABUNDANCE, SUCCESS—LITERALLY ANYTHING YOU DESIRE.



**BUT BEFORE WE CAN ORGASM OUR WAY TO ABUNDANCE, WE HAVE TO KNOW WHAT THE FUCK WE ACTUALLY WANT.**

**WHAT KIND OF LOVE DO YOU ACTUALLY CRAVE?**

**WHAT TURNS YOU ON—PHYSICALLY, EMOTIONALLY, MENTALLY,  
SPIRITUALLY?**

**WHAT DO YOU WANT TO FEEL IN RELATIONSHIPS AND IN BED?**

**WHAT NEEDS TO BE HEALED SO YOU CAN FULLY RECEIVE PLEASURE?**

**BECAUSE IF YOU DON'T KNOW WHAT YOU DESIRE, THE UNIVERSE SURE AS HELL WON'T EITHER.**

# **RELATIONSHIPS & LOVE**

## **YOUR DEEPEST MIRROR & YOUR GREATEST MAGIC**

**NOW, LET'S FUCK OFF WHAT'S BLOCKING YOU & BURN IT**

YOU'VE UNCOVERED THE OLD PATTERNS, EXPOSED THE WOUNDS, AND DRAGGED THE LIMITING BELIEFS INTO THE LIGHT. NOW? WE CLEAR THAT SHIT OUT.

**WRITE DOWN EVERYTHING YOU'RE RELEASING ABOUT LOVE, SEX, AND RELATIONSHIPS.**

THE OLD BELIEFS, THE TOXIC PATTERNS, THE STORIES YOU WERE TOLD THAT NO LONGER SERVE YOU.

THE FEARS THAT HAVE KEPT YOU PLAYING SMALL IN LOVE.

THE PAIN YOU'RE FINALLY READY TO LET GO OF.

**BURN IT, RIP IT, BURY IT—WHATEVER FEELS RIGHT.**

FIRE = TRANSFORMATION. ASHES TO THE PAST.

BURYING IT = RETURNING IT TO THE EARTH FOR COMPOSTING.

RIPPING IT = RECLAIMING YOUR POWER, PIECE BY PIECE.



# **RELATIONSHIPS & LOVE**

## **YOUR DEEPEST MIRROR & YOUR GREATEST MAGIC**

**NOW, LET'S FUCK OFF WHAT'S BLOCKING YOU & BURN IT**

**WRITE YOUR NEW LOVE & SEX MANIFESTO.**

**WHAT DO YOU NOW CHOOSE TO BELIEVE ABOUT LOVE AND RELATIONSHIPS?**

**WHAT KIND OF INTIMACY ARE YOU CALLING IN?**

**HOW DO YOU NOW CHOOSE TO SHOW UP FOR PLEASURE, DESIRE, AND CONNECTION?**

### **EXAMPLE REWRITES:**

**🚫 OLD BELIEF: "LOVE ALWAYS ENDS IN PAIN."**

**⭐ NEW TRUTH: "I AM SAFE TO LOVE AND BE LOVED DEEPLY."**

**🚫 OLD BELIEF: "SEX IS JUST PHYSICAL."**

**⭐ NEW TRUTH: "SEX IS A SACRED ACT OF CREATION, PLEASURE, AND DEEP CONNECTION."**

**🚫 OLD BELIEF: "I HAVE TO DIM MY DESIRES TO BE LOVED."**

**⭐ NEW TRUTH: "I AM FULLY WORTHY OF LOVE, PASSION, AND PLEASURE EXACTLY AS I AM."**

### **HEALING SEX & PLEASURE WOUNDS – THE BLOCKS YOU DIDN'T KNOW YOU HAD**

**WERE YOU TAUGHT THAT PLEASURE WAS SHAMEFUL?**

**DID YOU GROW UP IN AN ENVIRONMENT WHERE SEX AND DESIRE WERE TABOO, SINFUL, OR ONLY FOR MEN?**



# RELATIONSHIPS & LOVE

## YOUR DEEPEST MIRROR & YOUR GREATEST MAGIC

NOW, LET'S FUCK OFF WHAT'S BLOCKING YOU & BURN IT

WERE YOU MADE TO FEEL GUILTY FOR WANTING, ENJOYING, OR EXPRESSING YOURSELF SEXUALLY?

**DO YOU SEPARATE LOVE FROM SEX?**

DO YOU ALLOW YOURSELF TO BE SEXUALLY FREE, BUT STRUGGLE TO LET ANYONE IN EMOTIONALLY?

DO YOU FEEL LIKE LOVE IS SAFE BUT SEX IS DANGEROUS?

**HAVE YOU EVER FAKED IT-EMOTIONALLY OR PHYSICALLY?**

HAVE YOU PERFORMED IN RELATIONSHIPS INSTEAD OF EXPRESSING WHAT YOU REALLY NEED?

HAVE YOU PRIORITISED SOMEONE ELSE'S PLEASURE OVER YOUR OWN?

DO YOU FEEL LIKE YOU NEED TO BE "GOOD" AT SEX INSTEAD OF FULLY PRESENT IN IT?

**DO YOU STRUGGLE TO RECEIVE?**

ARE YOU COMFORTABLE GIVING IN SEX AND RELATIONSHIPS, BUT UNCOMFORTABLE RECEIVING?

DO YOU FEEL LIKE YOU HAVE TO "EARN" LOVE, AFFECTION, OR ORGASMS?

**HAVE YOU EXPERIENCED TRAUMA THAT MADE SEX FEEL UNSAFE?**

IF SO, YOUR BODY MAY HAVE LEARNED TO DISCONNECT FROM DESIRE AS A PROTECTION MECHANISM.





# RELATIONSHIPS & LOVE



## YOUR DEEPEST MIRROR & YOUR GREATEST MAGIC

NOW, LET'S FUCK OFF WHAT'S BLOCKING YOU & BURN IT

HEALING STARTS WITH ACKNOWLEDGING, FEELING, AND GIVING YOURSELF PERMISSION TO REWRITE YOUR EXPERIENCE OF PLEASURE.

IF ANY OF THESE HIT HARD, THAT'S YOUR WORK. THIS ISN'T JUST ABOUT SEX—IT'S ABOUT HOW YOU RELATE TO YOUR OWN ENERGY, WORTH, AND ABILITY TO RECEIVE LOVE.

### RECONNECTING TO PLEASURE – BECAUSE YOU DESERVE TO FEEL FULLY ALIVE

PLEASURE ISN'T JUST ABOUT SEX. PLEASURE IS A LIFE FORCE. IT IS ABOUT FEELING DEEPLY, ALLOWING JOY, INDULGING IN WHAT MAKES YOU FEEL ALIVE.

#### WAYS TO RECONNECT TO PLEASURE & DESIRE:

MOVE YOUR BODY SENSUALLY – NOT FOR FITNESS, NOT FOR RESULTS. JUST TO FEEL YOURSELF. PUT ON MUSIC AND MOVE IN A WAY THAT FEELS GOOD. LET YOUR BODY GUIDE YOU.

PRACTICE RECEIVING – LET YOURSELF BE ADORED, BE TAKEN CARE OF, BE GIVEN TO. THIS COULD BE IN SEX, IN RELATIONSHIPS, OR EVEN JUST ALLOWING SOMEONE TO DO SOMETHING KIND FOR YOU WITHOUT RESISTING.

EXPLORE YOUR OWN DESIRES – WHAT DO YOU LIKE? WHAT TURNS YOU ON? WHAT DO YOU FANTASISE ABOUT? HAVE YOU EVER ACTUALLY ASKED YOURSELF THESE QUESTIONS WITHOUT JUDGMENT?

# **RELATIONSHIPS & LOVE**



## **YOUR DEEPEST MIRROR & YOUR GREATEST MAGIC**

**NOW, LET'S FUCK OFF WHAT'S BLOCKING YOU & BURN IT**

**SLOW DOWN IN SEX & SELF-PLEASURE - TAKE TIME. EXPLORE. USE YOUR WHOLE BODY, NOT JUST THE "GOAL." LET YOURSELF BE IN THE EXPERIENCE RATHER THAN RUSHING TO THE ORGASM.**

**USE YOUR VOICE - ASK FOR WHAT YOU WANT. SPEAK YOUR DESIRES. TELL YOUR PARTNER, TELL YOURSELF. STOP SUPPRESSING YOUR NEEDS.**

**SURROUND YOURSELF WITH SENSORY PLEASURE - BEAUTIFUL SCENTS, SOFT FABRICS, CANDLELIGHT, MUSIC, WARMTH. TREAT YOURSELF LIKE YOU ARE WORTHY OF A LUXURIOUS, PLEASURABLE LIFE-BECAUSE YOU ARE.**

### **★ SEX MAGIC ★**

#### **USING ORGASM TO MANIFEST THE LIFE YOU WANT**

**SEX MAGIC IS ONE OF THE MOST POWERFUL MANIFESTATION TOOLS ON THE PLANET.**

**WHY? BECAUSE ORGASMIC ENERGY IS RAW, AMPLIFIED LIFE FORCE ENERGY.**

**WHEN YOU ORGASM, YOUR ENTIRE BODY IS VIBRATING AT A PEAK STATE. YOUR MIND IS CLEAR. YOUR ENERGY IS FULLY ACTIVATED. AND IN THAT MOMENT, YOU ARE MAGNETIC.**



# **RELATIONSHIPS & LOVE**

## **YOUR DEEPEST MIRROR & YOUR GREATEST MAGIC**

**NOW, LET'S FUCK OFF WHAT'S BLOCKING YOU & BURN IT**



**HERE'S HOW TO USE SEX MAGIC TO CALL IN WHAT YOU DESIRE:**

**GET CLEAR ON WHAT YOU WANT TO MANIFEST.**

**MORE LOVE? MORE MONEY? MORE CONFIDENCE? A DREAM OPPORTUNITY?**  
**WRITE IT DOWN, VISUALISE IT, FEEL IT AS IF IT'S ALREADY YOURS.**  
**BRING THAT INTENTION INTO YOUR PLEASURE PRACTICE.**

**AS YOU BUILD AROUSAL, HOLD THAT VISION IN YOUR MIND. FEEL THE DESIRE, THE PLEASURE, THE EXCITEMENT OF IT ALREADY HAPPENING.**

**LET YOUR ORGASM BE A RELEASE OF ENERGY INTO THE UNIVERSE—CHARGING THAT INTENTION WITH POWER.**  
**TRUST AND LET GO.**

**THE KEY TO SEX MAGIC (AND MANIFESTATION IN GENERAL) IS SURRENDER. YOU'VE SENT THE ENERGY OUT—NOW TRUST THAT IT'S COMING BACK TO YOU.**

**TRY IT. YOUR ORGASM IS A SPELL. YOUR BODY IS A PORTAL. YOU ARE THE MAGIC.**

# **RELATIONSHIPS & LOVE**

## **YOUR DEEPEST MIRROR & YOUR GREATEST MAGIC**

**NOW, LET'S FUCK OFF WHAT'S BLOCKING YOU & BURN IT**

**FINAL STEP: CHOOSE ONE ACT OF LOVE, SEX, OR  
PLEASURE HEALING TODAY**

**YOU DON'T HAVE TO FIX EVERYTHING OVERNIGHT. BUT YOU CAN TAKE  
ONE STEP TOWARD DEEPENING YOUR RELATIONSHIP WITH LOVE, SEX,  
AND PLEASURE.**

**IF YOU'RE SINGLE: TAKE YOURSELF ON A DATE, EXPLORE YOUR DESIRES,  
TREAT YOURSELF LIKE YOU ARE ALREADY LOVED THE WAY YOU CRAVE.**

**IF YOU'RE IN A RELATIONSHIP: EXPRESS YOUR NEEDS, EXPLORE NEW  
DESIRSES, BREAK A PATTERN THAT'S BEEN HOLDING YOU BACK.**

**IF YOU'RE HEALING: START WITH TOUCH, MOVEMENT, AND PRESENCE.  
GIVE YOURSELF PERMISSION TO FEEL. YOUR BODY IS NOT YOUR ENEMY—  
IT IS YOUR HOME.**



# **FAMILY & FRIENDS**

## **THE RELATIONSHIPS THAT SHAPE US**

YOUR RELATIONSHIPS WITH FAMILY AND FRIENDS ARE THE FOUNDATION OF YOUR ENERGY. THEY CAN BE YOUR GREATEST SOURCE OF LOVE, SUPPORT, AND BELONGING—OR THEY CAN BE THE BIGGEST SOURCE OF OBLIGATION, RESENTMENT, AND ENERGETIC DRAIN.

AND IF YOU'RE A PARENT? YOU'RE ALSO SHAPING THE NEXT GENERATION. YOUR PARENTING IS EITHER BREAKING OLD CYCLES OR REPEATING THEM.

THIS SECTION IS ABOUT CLEARING OUT TOXIC FAMILY DYNAMICS, DEEPENING THE RELATIONSHIPS THAT NOURISH YOU, AND RETHINKING WHAT IT MEANS TO BE A CONSCIOUS FRIEND, PARTNER, AND PARENT.

### **DEEP-DIVE QUESTIONS: HOW DO YOUR CLOSEST RELATIONSHIPS AFFECT YOU?**



#### **FAMILY & CHILDHOOD CONDITIONING**

WHAT BELIEFS ABOUT LOVE, SUCCESS, OR LIFE DID YOU INHERIT FROM YOUR FAMILY?

ARE YOU STILL CARRYING PATTERNS THAT AREN'T EVEN YOURS?

HAVE YOU QUESTIONED THE VALUES YOU WERE RAISED WITH, OR ARE YOU RUNNING ON AUTOPILOT?

DID YOUR FAMILY MAKE LOVE FEEL SAFE OR CONDITIONAL?

WERE YOU LOVED FOR WHO YOU ARE, OR ONLY WHEN YOU MET EXPECTATIONS?

DID YOU FEEL EMOTIONALLY SUPPORTED GROWING UP, OR DID YOU HAVE TO SUPPRESS YOUR NEEDS?

# **FAMILY & FRIENDS**

## **THE RELATIONSHIPS THAT SHAPE US**

**ARE YOU STILL SEEKING VALIDATION FROM FAMILY MEMBERS WHO CAN'T GIVE IT?**

**DO YOU FEEL LIKE YOU NEED TO "EARN" THEIR LOVE, APPROVAL, OR RESPECT?**

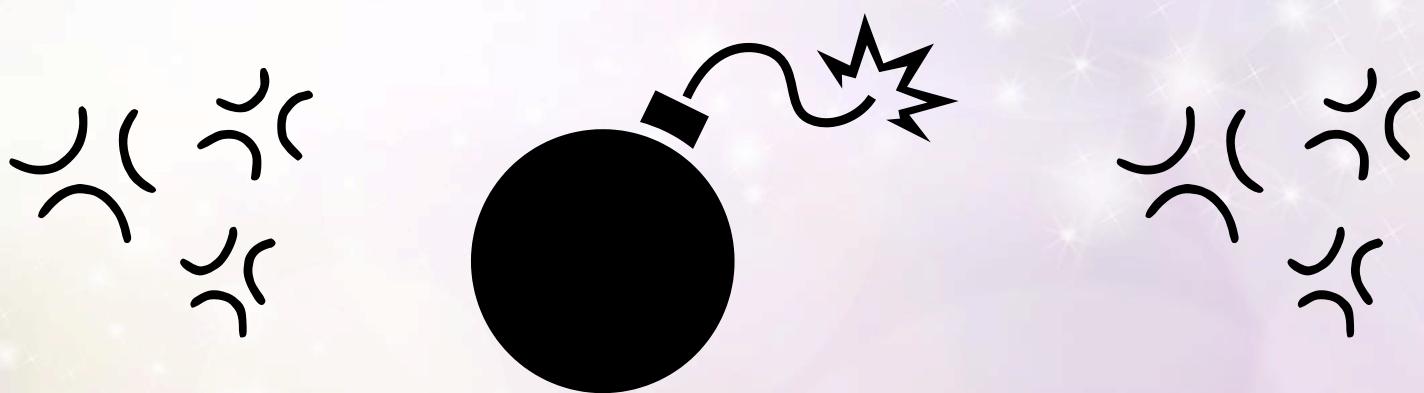
**HAVE YOU ACCEPTED THAT SOME FAMILY MEMBERS MAY NEVER CHANGE?**

**WHAT FAMILY WOUNDS ARE STILL PLAYING OUT IN YOUR ADULT RELATIONSHIPS?**

**IF YOU WERE IGNORED AS A CHILD, DO YOU NOW FEAR BEING UNSEEN?**

**IF YOU HAD EMOTIONALLY UNAVAILABLE PARENTS, DO YOU NOW ATTRACT EMOTIONALLY UNAVAILABLE PARTNERS?**

**IF LOVE FELT LIKE WALKING ON EGGHELLS, DO YOU NOW STRUGGLE TO FEEL SAFE IN INTIMACY?**



**TRUTH BOMB: YOUR FAMILY GAVE YOU A SCRIPT FOR RELATIONSHIPS—BUT YOU DON'T HAVE TO KEEP FOLLOWING IT.**

# **FAMILY & FRIENDS**

## **THE RELATIONSHIPS THAT SHAPE US FRIENDSHIPS:**

**ARE YOUR PEOPLE LIFTING YOU UP OR DRAGGING YOU DOWN?**

**DO YOUR FRIENDSHIPS ENERGISE YOU OR DRAIN YOU?**

**DO YOU FEEL SAFE, SEEN, AND SUPPORTED IN YOUR CLOSEST  
FRIENDSHIPS?**

**OR DO YOU FEEL LIKE YOU'RE ALWAYS THE ONE GIVING, LISTENING, AND  
HOLDING SPACE FOR OTHERS?**

**ARE YOU HOLDING ONTO FRIENDSHIPS OUT OF OBLIGATION?**

**IF YOU MET THESE PEOPLE TODAY, WOULD YOU STILL CHOOSE THEM?**

**ARE YOU KEEPING PEOPLE IN YOUR LIFE SIMPLY BECAUSE OF HISTORY?**

**DO YOU HAVE FRIENDS WHO INSPIRE YOU, CHALLENGE YOU, AND EXPAND  
YOU?**

**OR ARE YOU SURROUNDED BY PEOPLE WHO KEEP YOU IN THE SAME PLACE?**

**WHEN YOU SHARE YOUR DREAMS, DO THEY ENCOURAGE YOU—OR MAKE YOU  
DOUBT YOURSELF?**

**DO YOU STRUGGLE TO LET PEOPLE IN?**

**HAVE YOU BEEN BETRAYED BY FRIENDS IN THE PAST AND NOW KEEP  
PEOPLE AT A DISTANCE?**

**DO YOU SECRETLY LONG FOR DEEPER CONNECTIONS BUT FEAR REJECTION?**

**TRUTH BOMB: YOUR INNER CIRCLE SHAPES YOUR LIFE.  
CHOOSE WISELY.**



# **FAMILY & FRIENDS**

## **THE RELATIONSHIPS THAT SHAPE US**

### **CONSCIOUS PARENTING**

**BREAKING THE CYCLE & RAISING WHOLE HUMANS**  
IF YOU'RE A PARENT, THIS SECTION ISN'T ABOUT PERFECTION. IT'S  
ABOUT AWARENESS.

YOUR CHILD IS NOT JUST A REFLECTION OF YOU. THEY ARE THEIR OWN SOUL, THEIR OWN JOURNEY. BUT THE WAY YOU SHOW UP FOR THEM, THE WAY YOU REACT, THE WAY YOU LOVE—CREATES THEIR INNER WORLD.  
WHAT PARENTING PATTERNS DID YOU INHERIT THAT YOU DON'T WANT TO REPEAT?

WERE YOUR EMOTIONS DISMISSED? DO YOU NOW OVERCOMPENSATE OR STRUGGLE TO HOLD SPACE?

WERE YOU DISCIPLINED WITH SHAME OR FEAR? DO YOU NOW REPEAT THAT WITHOUT REALISING?

WERE YOUR BOUNDARIES RESPECTED AS A CHILD? ARE YOU RESPECTING YOUR CHILD'S BOUNDARIES NOW?

HOW DO YOU HANDLE YOUR CHILD'S BIG EMOTIONS?

DO YOU REACT OUT OF FRUSTRATION, OR DO YOU GUIDE THEM THROUGH FEELING THEIR EMOTIONS SAFELY?

DO YOU ALLOW THEM TO EXPRESS ANGER, SADNESS, AND FRUSTRATION WITHOUT SHUTTING THEM DOWN?

ARE YOU RAISING YOUR CHILD THE WAY YOU NEEDED TO BE RAISED?  
ARE YOU GIVING THEM WHAT YOU WISH YOU HAD, OR JUST FOLLOWING OLD PATTERNS?

# FAMILY & FRIENDS

## THE RELATIONSHIPS THAT SHAPE US

ARE YOU PARENTING WITH INTENTION, OR JUST REPEATING WHAT WAS DONE TO YOU?

ARE YOU SHOWING THEM HOW TO LIVE BY EXAMPLE?

ARE YOU JUST TELLING THEM TO CHASE THEIR DREAMS, OR ARE THEY WATCHING YOU GO AFTER YOURS?

ARE THEY SEEING YOU PRIORITIZE SELF-CARE, JOY, AND REST, OR ARE THEY LEARNING THAT BURNOUT IS NORMAL?



TRUTH BOMB: YOU ARE NOT JUST RAISING A CHILD. YOU ARE SHAPING THE VOICE IN THEIR HEAD FOR THE REST OF THEIR LIFE.

NOW, LET'S FUCK OFF WHAT'S NOT SERVING YOU  
& BURN IT

YOU'VE IDENTIFIED THE FAMILY WOUNDS, THE FRIENDSHIP PATTERNS, AND THE WAYS YOU WANT TO SHOW UP DIFFERENTLY AS A PARENT. NOW?  
WE CLEAR THAT SHIT OUT.



# FAMILY & FRIENDS

## THE RELATIONSHIPS THAT SHAPE US



WRITE DOWN EVERYTHING YOU ARE RELEASING ABOUT FAMILY, FRIENDS, AND PARENTING.

THE OUTDATED BELIEFS YOU INHERITED.

THE FRIENDSHIPS THAT ARE NO LONGER ALIGNED.

THE PARENTING PATTERNS YOU ARE CHOOSING TO BREAK.

BURN IT, RIP IT, FLUSH IT—WHATEVER FEELS RIGHT.

FIRE = TRANSFORMATION. ASHES TO THE PAST.

BURYING IT = RETURNING IT TO THE EARTH FOR COMPOSTING.

RIPPING IT = RECLAIMING YOUR POWER, PIECE BY PIECE.

WRITE YOUR NEW MANIFESTO FOR RELATIONSHIPS, FRIENDSHIPS, AND PARENTING.

WHAT DO YOU NOW CHOOSE TO BELIEVE ABOUT LOVE, CONNECTION, AND FAMILY?

HOW DO YOU NOW CHOOSE TO SHOW UP FOR YOUR FRIENDSHIPS?

WHAT KIND OF PARENT DO YOU NOW CHOOSE TO BE?

# FAMILY & FRIENDS

## THE RELATIONSHIPS THAT SHAPE US

### EXAMPLE REWRITES:

🚫 OLD BELIEF: "I HAVE TO EARN LOVE."

★ NEW TRUTH: "I AM INHERENTLY WORTHY OF LOVE EXACTLY AS I AM."

🚫 OLD BELIEF: "FAMILY IS FOREVER, NO MATTER WHAT."

★ NEW TRUTH: "BLOOD DOESN'T DEFINE FAMILY—LOVE, RESPECT, AND ALIGNMENT DO."

🚫 OLD BELIEF: "CHILDREN SHOULD BE SEEN AND NOT HEARD."

★ NEW TRUTH: "MY CHILD'S VOICE MATTERS. THEIR EMOTIONS ARE VALID. I AM RAISING A WHOLE, CONSCIOUS HUMAN."

### FINAL STEP: TAKE ONE ALIGNED ACTION TOWARD DEEPER CONNECTIONS

CONNECTION IS NOT SOMETHING YOU WAIT FOR. IT'S SOMETHING YOU CHOOSE, NURTURE, AND PRIORITISE.

WHAT'S ONE SMALL ACTION YOU CAN TAKE TODAY TO SHIFT YOUR RELATIONSHIPS?

IF YOU HAVE RELATIONSHIPS TO REPAIR: MAKE THE CALL. HAVE THE CONVERSATION. OPEN THE DOOR.

IF YOU NEED TO SET BOUNDARIES: SAY NO. PROTECT YOUR ENERGY. RELEASE GUILT FOR PUTTING YOURSELF FIRST.

IF YOU'RE A PARENT: TRY A NEW WAY OF HOLDING SPACE FOR YOUR CHILD'S EMOTIONS.

BECAUSE YOU ARE NOT JUST HEALING YOURSELF. YOU ARE HEALING GENERATIONS BEFORE YOU AND AFTER YOU.

NOW GO REWRITE YOUR STORY OF LOVE, FAMILY, AND CONNECTION.

# FAMILY & FRIENDS

## THE RELATIONSHIPS THAT SHAPE US

### BOUNDARIES, FAMILY, CO-PARENTING & THE MAGIC OF ENERGY PROTECTION

SETTING BOUNDARIES ISN'T JUST SELF-CARE—IT'S ENERGY WORK. IT'S PROTECTION MAGIC.

EVERY TIME YOU SAY NO TO WHAT DRAINS YOU AND YES TO WHAT EXPANDS YOU, YOU ARE SHIFTING TIMELINES. YOU ARE CREATING A NEW ENERGETIC FIELD WHERE ONLY ALIGNED RELATIONSHIPS EXIST.



THIS IS MAGIC.



WHEN YOU SET A BOUNDARY, YOU ARE CASTING A SPELL OF SELF-RESPECT.

WHEN YOU CHOOSE TO BREAK TOXIC FAMILY CYCLES, YOU ARE PERFORMING ANCESTRAL HEALING.

WHEN YOU TEACH YOUR KIDS CONSCIOUS LOVE, YOU ARE CHANGING GENERATIONAL KARMA.

BOUNDARIES ARE NOT JUST "RULES." THEY ARE SPIRITUAL SHIELDS THAT PRESERVE YOUR POWER.

IF YOU'VE EVER FELT EXHAUSTED AFTER BEING AROUND CERTAIN PEOPLE, TRAPPED IN THE SAME EMOTIONAL CYCLES WITH FAMILY, OR RESENTFUL IN FRIENDSHIPS, THAT'S YOUR SOUL SCREAMING:  
"THIS ENERGY IS NOT MEANT FOR YOU ANYMORE."

# **FAMILY & FRIENDS**

**THE RELATIONSHIPS THAT SHAPE US**

**BOUNDARIES, FAMILY, CO-PARENTING & THE MAGIC OF ENERGY PROTECTION**

**WHEN YOU SET BOUNDARIES, YOU ARE REWRITING YOUR REALITY. AND WHEN YOU HOLD THEM? YOU ARE ANCHORING YOURSELF IN YOUR HIGHEST TIMELINE.**

**SO LET'S TALK ABOUT ONE OF THE BIGGEST AREAS WHERE BOUNDARIES AND ENERGY PROTECTION ARE NEEDED-CO-PARENTING.**

**CONSCIOUS CO-PARENTING - SHIFTING FROM CONFLICT TO COLLABORATION**



**CO-PARENTING IS ONE OF THE MOST EMOTIONALLY TRIGGERING DYNAMICS YOU WILL EVER EXPERIENCE. WHY? BECAUSE IT REQUIRES YOU TO INTERACT WITH SOMEONE YOU MAY HAVE DEEP HISTORY, RESENTMENT, OR WOUNDS WITH-WHILE TRYING TO BE THE BEST PARENT POSSIBLE.**

**BUT HERE'S THE SHIFT:**

**YOUR CO-PARENTING RELATIONSHIP IS NOT ABOUT YOU ANYMORE. IT'S ABOUT THE CHILD.**

**EVERY TIME YOU ENGAGE IN DRAMA, CONFLICT, OR BITTERNESS, YOUR CHILD ABSORBS THAT ENERGY.**

**CO-PARENTING IS AN OPPORTUNITY FOR DEEP HEALING, CONSCIOUS COMMUNICATION, AND EMOTIONAL MASTERY.**

**HERE'S HOW TO CHANGE YOUR CO-PARENTING RELATIONSHIP AND BRING MORE PEACE INTO IT:**

# FAMILY & FRIENDS

## THE RELATIONSHIPS THAT SHAPE US

### STEP 1: SHIFT FROM "WINNING" TO "WHAT'S BEST FOR THE CHILD"

IF YOUR ENERGY IN CO-PARENTING IS FOCUSED ON:

- 🚫 "THEY'RE WRONG, AND I NEED TO PROVE IT."
- 🚫 "THEY NEED TO KNOW HOW MUCH THEY HURT ME."
- 🚫 "I CAN'T LET THEM 'WIN' THIS."

YOU'RE ALREADY IN A LOSING GAME. BECAUSE THE MOMENT IT BECOMES ABOUT EGO INSTEAD OF THE CHILD, EVERYONE SUFFERS.

REFRAME: "WHAT IS THE BEST OUTCOME FOR MY CHILD, REGARDLESS OF MY PERSONAL FEELINGS?"

INSTEAD OF THINKING, "HOW DO I DEAL WITH MY EX?" SHIFT TO "HOW DO I CREATE THE BEST POSSIBLE EXPERIENCE FOR MY CHILD?"

### STEP 2: SET EMOTIONAL BOUNDARIES WITH YOUR CO-PARENT

- 🚫 YOU CANNOT CONTROL THEM.
- 🚫 YOU CANNOT CHANGE THEM.

BUT YOU CAN CONTROL HOW YOU RESPOND AND WHAT ACCESS THEY HAVE TO YOUR ENERGY.

- ★ KEEP CONVERSATIONS SHORT, CLEAR, AND FOCUSED ON THE CHILD.
- 🚫 DO NOT ENGAGE IN EMOTIONAL BAITING OR POWER STRUGGLES.
- 🚫 DO NOT TEXT PARAGRAPHS WHEN A ONE-SENTENCE RESPONSE WILL DO.



# FAMILY & FRIENDS



## THE RELATIONSHIPS THAT SHAPE US

🚫 REMOVE PERSONAL EMOTIONS FROM LOGISTICS—TREAT IT LIKE A BUSINESS ARRANGEMENT.

### EXAMPLE BOUNDARY:

"I AM HAPPY TO DISCUSS ANYTHING CHILD-RELATED. I WILL NOT ENGAGE IN PERSONAL ATTACKS OR PAST RELATIONSHIP ISSUES."

### STEP 3: STOP EXPECTING THEM TO BE SOMEONE THEY'RE NOT

ONE OF THE BIGGEST CAUSES OF SUFFERING IN CO-PARENTING IS THE EXPECTATION THAT YOUR EX SHOULD BE A DIFFERENT PERSON.

🚫 IF THEY WEREN'T A GREAT COMMUNICATOR WHEN YOU WERE TOGETHER, THEY WON'T MAGICALLY BECOME ONE NOW.

🚫 IF THEY WEREN'T EMOTIONALLY MATURE BEFORE, THEY LIKELY WON'T BE NOW.

RADICAL ACCEPTANCE = FREEDOM.

INSTEAD OF TRYING TO CHANGE THEM, ADJUST YOUR EXPECTATIONS AND MOVE ACCORDINGLY.

★ IF THEY'RE UNRELIABLE, BUILD A BACKUP PLAN.

★ IF THEY STRUGGLE WITH SCHEDULING, PUT EVERYTHING IN WRITING.

★ IF THEY'RE EMOTIONALLY REACTIVE, DON'T ENGAGE IN BATTLES. ACCEPTANCE DOESN'T MEAN APPROVAL—it means you stop letting it trigger you.

# **FAMILY & FRIENDS**

## **THE RELATIONSHIPS THAT SHAPE US**

### **STEP 4: DO NOT USE YOUR CHILD AS A MESSENGER OR EMOTIONAL DUMPING GROUND**

**CHILDREN SHOULD NEVER BE:**

- USED AS A GO-BETWEEN TO DELIVER MESSAGES.**
- EXPOSED TO ADULT CONFLICTS OR BITTERNESS.**
- MADE TO FEEL LIKE THEY HAVE TO "PICK SIDES."**

EVEN IF YOUR CO-PARENT IS TOXIC, IRRESPONSIBLE, OR FRUSTRATING BEYOND BELIEF, YOUR CHILD DESERVES A NEUTRAL SPACE TO LOVE BOTH PARENTS WITHOUT GUILT.

**★YOUR CHILD'S ENERGY IS SACRED. PROTECT IT.**

### **STEP 5: MANIFEST A NEW CO-PARENTING REALITY**

YOUR CO-PARENTING DYNAMIC ISN'T SET IN STONE. ENERGY IS FLUID. PEOPLE SHIFT. MIRACLES HAPPEN.

IF YOU WANT A BETTER CO-PARENTING RELATIONSHIP, START VISUALISING IT.

JOURNAL THIS: "I NOW CREATE A PEACEFUL, RESPECTFUL, AND COOPERATIVE CO-PARENTING DYNAMIC. OUR COMMUNICATION IS SMOOTH. OUR CHILD THRIVES IN A STABLE, LOVING ENVIRONMENT. WE RELEASE OLD WOUNDS AND FOCUS ON WHAT TRULY MATTERS."

WHAT YOU FOCUS ON EXPANDS. IF YOU KEEP SAYING, "THEY'RE IMPOSSIBLE," YOU REINFORCE THAT REALITY.

# FAMILY & FRIENDS

## THE RELATIONSHIPS THAT SHAPE US

IF YOU START AFFIRMING, "OUR CO-PARENTING DYNAMIC IS EVOLVING FOR THE BETTER," YOU CREATE SPACE FOR CHANGE.

SHIFT YOUR FOCUS, AND THE ENERGY WILL FOLLOW.

### FINAL STEP: PROTECT YOUR ENERGY, SET THE BOUNDARY & CHANGE THE PATTERN

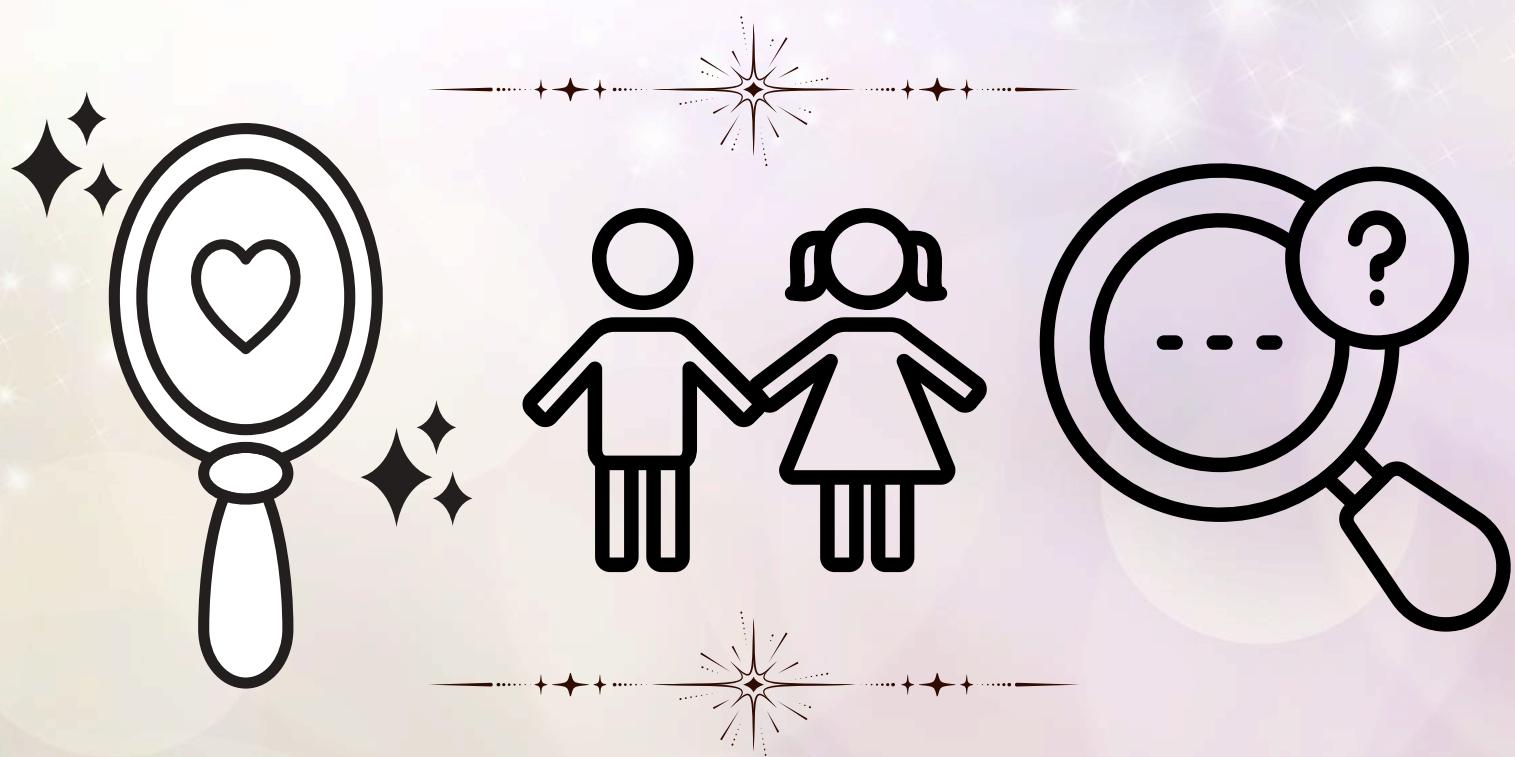
WHAT'S ONE BOUNDARY YOU NEED TO SET TODAY WITH FAMILY, FRIENDS, OR YOUR CO-PARENT?

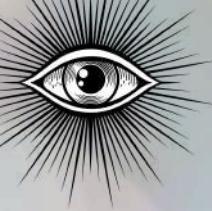
WHAT'S ONE PATTERN YOU'RE READY TO STOP REPEATING?

WHERE HAVE YOU BEEN GIVING TOO MUCH OF YOUR ENERGY AWAY?

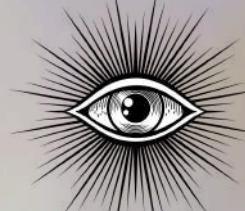
TAKE ACTION TODAY—SAY THE NO, HAVE THE CONVERSATION, HOLD THE BOUNDARY.

BECAUSE EVERY TIME YOU PROTECT YOUR PEACE, YOU STRENGTHEN YOUR MAGIC.  
NOW GO SET THE BOUNDARY, CLAIM YOUR SPACE, AND REWRITE THE WAY YOU LOVE, PARENT, AND CONNECT.





# **PERSONAL GROWTH & SPIRITUALITY**



## **ARE YOU EVOLVING OR JUST COLLECTING CRYSTALS LIKE A F\*CKING HOARDER?**

ALRIGHT, LET'S GET REAL-PERSONAL GROWTH AND SPIRITUALITY AREN'T JUST ABOUT READING SELF-HELP BOOKS, PULLING TAROT CARDS, OR BATHING IN MOON WATER LIKE SOME MYSTICAL F\*CKING MERMAID. IF YOU'RE NOT ACTUALLY DOING THE WORK AND JUST HOARDING CRYSTALS LIKE A F\*CKING DRAGON, WHAT ARE WE EVEN DOING HERE?

GROWTH ISN'T ABOUT BEING "HIGH VIBE" 24/7 (BECAUSE LET'S BE HONEST, SOMETIMES YOU'RE GONNA WANT TO PUNCH THE UNIVERSE IN THE F\*CKING FACE). IT'S ABOUT BECOMING THE MOST ALIGNED, POWERFUL, AND SELF-AWARE VERSION OF YOURSELF-EVEN WHEN LIFE IS AN ABSOLUTE DUMPSTER FIRE.

SO, LET'S TAKE A DEEP, UNFILTERED LOOK AT YOUR EVOLUTION, YOUR CONNECTION TO SOMETHING BIGGER, AND WHETHER YOU'RE ACTUALLY GROWING OR JUST SPIRITUAL BYPASSING YOUR WAY THROUGH LIFE LIKE A F\*CKING POSER.

### **DEEP-DIVE QUESTIONS: ARE YOU REALLY GROWING OR JUST DOING WOO-WOO FOR SHOW?**

WHAT'S THE BIGGEST LESSON LIFE IS SHOVING IN YOUR F\*CKING FACE RIGHT NOW?

YOU KNOW, THAT SAME DAMN PATTERN THAT KEEPS COMING UP. THE THING YOU KEEP IGNORING BUT LIFE REFUSES TO LET YOU ESCAPE. ARE YOU ACTUALLY LEARNING THE LESSON, OR JUST WHINING ABOUT IT LIKE A LITTLE BITCH?

# **PERSONAL GROWTH & SPIRITUALITY**

**ARE YOU EVOLVING OR JUST COLLECTING  
CRYSTALS LIKE A F\*CKING HOARDER?**

**WHERE ARE YOU STILL PLAYING SMALL LIKE A SCARED LITTLE B\*TCH?**

**ARE YOU HIDING YOUR VOICE BECAUSE YOU DON'T WANT TO MAKE  
WAVES?**

**ARE YOU WAITING FOR SOME MAGICAL "RIGHT TIME" TO GO AFTER WHAT  
YOU WANT?**

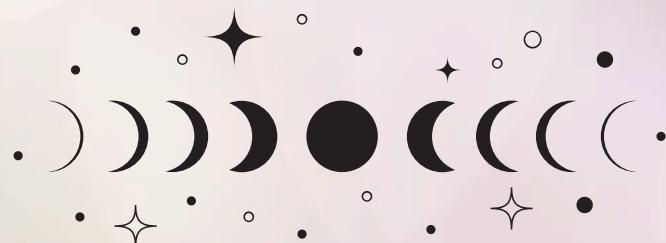
**ARE YOU LETTING FEAR RUN THE F\*CKING SHOW WHILE PRETENDING  
YOU'RE JUST BEING "PATIENT"?**

**ARE YOU ACTUALLY DOING THE INNER WORK, OR JUST TALKING ABOUT  
IT?**

**HAVE YOU DONE SHADOW WORK, OR ARE YOU JUST BLAMING MERCURY  
RETROGRADE FOR YOUR SH\*TTY DECISIONS?**

**DO YOU MEDITATE, OR DO YOU JUST SAY YOU MEDITATE BUT ACTUALLY  
JUST SCROLL TIKTOK WITH A SOUND BATH PLAYING IN THE  
BACKGROUND?**

**DO YOU INTEGRATE WHAT YOU LEARN, OR DO YOU JUST BINGE-WATCH  
SPIRITUAL PODCASTS AND HOPE ENLIGHTENMENT KICKS IN LIKE AN  
AMAZON PRIME DELIVERY?**



# **PERSONAL GROWTH & SPIRITUALITY**

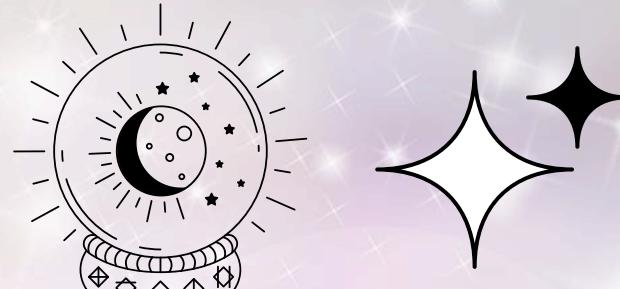
**ARE YOU EVOLVING OR JUST COLLECTING  
CRYSTALS LIKE A F\*CKING HOARDER?**

**WHAT BELIEF SYSTEM IS STILL RUNNING THE F\*CKING SHOW IN YOUR  
SUBCONSCIOUS?**

**"I'M NOT GOOD ENOUGH."**

**"PEOPLE LIKE ME DON'T SUCCEED."**

**"I HAVE TO STRUGGLE TO BE WORTHY."**



**ARE YOU QUESTIONING YOUR OWN PROGRAMMING, OR JUST LETTING IT  
F\*CKING RUN YOUR LIFE?**

**DO YOU TRUST YOURSELF, OR ARE YOU STILL LOOKING FOR SIGNS FOR  
EVERY DAMN DECISION?**

**ARE YOU WAITING FOR ANGEL NUMBERS TO CONFIRM WHAT YOU ALREADY  
F\*CKING KNOW?**

**ARE YOU OUTSOURCING YOUR POWER TO TAROT CARDS, PSYCHICS, AND  
ASTROLOGY INSTEAD OF ACTUALLY TRUSTING YOUR GUT?**

**ARE YOU ACTUALLY LISTENING TO YOUR INTUITION, OR JUST HOPING  
THE UNIVERSE WILL GIVE YOU AN UNDENIABLE NEON SIGN THAT SAYS  
"DO THIS, YOU DUMBASS"?**

**ARE YOU EMBODYING WHAT YOU F\*CKING BELIEVE, OR JUST TALKING A  
BIG GAME?**

**ARE YOU ACTUALLY HOLDING BOUNDARIES, DOING THE HEALING, AND  
SHOWING UP AS YOUR HIGHEST SELF?**



# **PERSONAL GROWTH & SPIRITUALITY**

## **ARE YOU EVOLVING OR JUST COLLECTING CRYSTALS LIKE A F\*CKING HOARDER?**

**OR ARE YOU STILL LETTING OLD HABITS, FEAR, AND AVOIDANCE RUN  
YOUR LIFE?**

**IF YOUR GUIDES GAVE YOU A PERFORMANCE REVIEW ON YOUR SPIRITUAL  
GROWTH, WOULD YOU GET PROMOTED OR FUCKING FIRED?**

**WHAT'S THE NEXT LEVEL OF YOU THAT'S WAITING TO BE ACTIVATED?**

**WHO IS THE MOST UNAPOLOGETIC, POWERFUL, EVOLVED VERSION OF  
YOU?**

**WHAT'S ONE THING THEY DO DIFFERENTLY THAT YOU HAVEN'T STEPPED  
INTO YET?**

**WHAT EXCUSE HAVE YOU BEEN MAKING THAT THEY DON'T TOLERATE?**

**SPIRITUAL BYPASSING VS. REAL GROWTH – STOP  
WAITING FOR THE UNIVERSE TO DO IT FOR YOU,  
FUCKER**

**LISTEN, THE UNIVERSE ISN'T YOUR PERSONAL FUCKING ASSISTANT. IF  
YOU'RE OUT HERE WAITING FOR A SIGN INSTEAD OF MAKING A MOVE,  
THAT IS THE SIGN, DUMBASS.**

**YOU DO NOT MANIFEST BY JUST THINKING POSITIVE THOUGHTS.**

**YOU DO NOT EVOLVE BY AVOIDING HARD EMOTIONS.**



# PERSONAL GROWTH & SPIRITUALITY



## ARE YOU EVOLVING OR JUST COLLECTING CRYSTALS LIKE A F\*CKING HOARDER?

YOU DO NOT HEAL BY PRETENDING EVERYTHING IS FINE WHEN YOU'RE ACTUALLY SPIRALING LIKE A F\*CKING MANIAC.

SPIRITUAL BYPASSING IS WHEN YOU USE "GOOD VIBES ONLY" AS A WAY TO AVOID DEALING WITH YOUR SH\*T.

REAL GROWTH IS WHEN YOU SAY:

"THIS IS UNCOMFORTABLE. THIS IS PAINFUL. THIS IS MESSY. BUT I'M GONNA FCKING FACE IT, PROCESS IT, AND ACTUALLY GROW FROM IT." \* SO... WHICH ONE ARE YOU DOING?

## NOW, LET'S FUCK OFF WHAT'S HOLDING YOU BACK & BURN IT

YOU'VE EXPOSED YOUR PATTERNS, SEEN YOUR EXCUSES, AND CALLED OUT THE AREAS WHERE YOU'RE AVOIDING GROWTH. NOW? WE CLEAR THAT SHIT OUT.

WRITE DOWN EVERYTHING YOU ARE READY TO FUCKING RELEASE ABOUT YOUR PERSONAL GROWTH & SPIRITUAL JOURNEY.

THE FEARS, THE PATTERNS, THE LIMITING BELIEFS, THE HABITS KEEPING YOU STUCK.

THE EXCUSES YOU'VE BEEN MAKING.

THE PLACES YOU'VE BEEN RESISTING GROWTH.

# **PERSONAL GROWTH & SPIRITUALITY**

**ARE YOU EVOLVING OR JUST COLLECTING  
CRYSTALS LIKE A FUCKING HOARDER?**

BURN IT, RIP IT, FLUSH IT—WHATEVER FEELS FUCKING RIGHT.

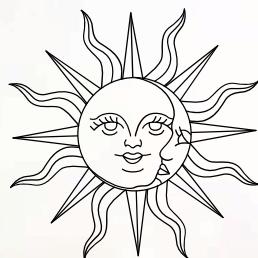
FIRE = TRANSFORMATION. BURN IT AND WATCH THAT VERSION OF YOU DIE.

BURYING IT = RELEASING IT BACK TO THE EARTH FOR COMPOSTING.

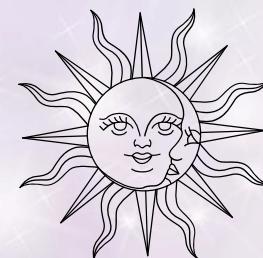
RIPPING IT = RECLAIMING YOUR POWER, PIECE BY PIECE.

WRITE YOUR NEW PERSONAL GROWTH & SPIRITUAL MANIFESTO.

- WHAT DO YOU NOW CHOOSE TO FUCKING BELIEVE ABOUT YOURSELF?
- HOW DO YOU NOW CHOOSE TO SHOW UP FOR YOUR GROWTH?
- WHAT'S ONE ACTION YOU WILL TAKE TODAY TO EMBODY THIS NEXT-LEVEL VERSION OF YOU?



## **EXAMPLE REWRITES:**



🚫 OLD BELIEF: "I'M STUCK IN THIS CYCLE."

⭐ NEW TRUTH: "I AM IN CONTROL OF MY LIFE, AND I BREAK EVERY FCKING CYCLE THAT NO LONGER SERVES ME."

🚫 OLD BELIEF: "I'LL GROW WHEN THE TIME IS RIGHT."

⭐ NEW TRUTH: "THE TIME IS FCKING NOW. I AM READY TO STEP INTO MY HIGHEST SELF TODAY."

🚫 OLD BELIEF: "I NEED A SIGN BEFORE I TAKE ACTION."

⭐ NEW TRUTH: "I TRUST MYSELF. I DON'T NEED PERMISSION TO FOLLOW MY FCKING PATH."

# **PERSONAL GROWTH & SPIRITUALITY**

**ARE YOU EVOLVING OR JUST COLLECTING  
CRYSTALS LIKE A FUCKING HOARDER?**

**FINAL STEP: TAKE ONE ALIGNED ACTION TOWARD  
YOUR NEXT-LEVEL SELF**

**STOP WAITING FOR THE UNIVERSE TO DO THE FUCKING WORK FOR YOU.  
WHAT'S ONE THING YOU CAN DO TODAY THAT YOUR HIGHEST SELF  
WOULD DO?**

**WHAT'S ONE EXCUSE YOU'RE DONE MAKING?**

**WHAT'S ONE STEP YOU CAN TAKE TO EVOLVE NOW, INSTEAD OF  
FUCKING WAITING?**

**MAKE THE MOVE. SAY THE THING. TAKE THE RISK. DO THE  
UNCOMFORTABLE THING.**

**BECAUSE YOUR HIGHER SELF IS ALREADY WAITING FOR YOU, BITCH.**

**NOW GO BE THEM.**



# **PERSONAL GROWTH & SPIRITUALITY**



**ARE YOU EVOLVING OR JUST COLLECTING  
CRYSTALS LIKE A F\*CKING HOARDER?**

**MAGICAL ADVICE FOR PERSONAL GROWTH –  
EVOLVE LIKE A FUCKING WITCH**

ALRIGHT, LET'S GET ONE THING STRAIGHT—GROWTH ISN'T JUST ABOUT WORKING HARDER, THINKING POSITIVE, OR WRITING IN YOUR JOURNAL UNTIL YOUR HAND CRAMPS. THIS IS FUCKING ALCHEMY.

TRANSFORMATION. THE REAL MAGIC OF TURNING YOUR OLD, OUTDATED SELF INTO A POWERFUL, EXPANDED VERSION OF YOU.

IF YOU WANT TO LEVEL UP YOUR PERSONAL GROWTH, YOU HAVE TO DO MORE THAN JUST READ ABOUT IT—YOU HAVE TO LIVE IT. AND LUCKILY, MAGIC IS ON YOUR SIDE.

HERE'S HOW TO SUPERCHARGE YOUR EVOLUTION USING REAL, TANGIBLE, MAGICAL PRACTICES THAT GET YOU OUT OF YOUR HEAD AND INTO YOUR FUCKING POWER.

**DEATH & REBIRTH RITUAL – KILLING THE OLD  
YOU (SO YOU CAN BE REBORN)**

YOU CAN'T STEP INTO YOUR HIGHEST SELF WHILE STILL CLINGING TO YOUR OUTDATED, SELF-SABOTAGING, FEAR-DRIVEN PAST SELF. THAT BITCH HAS GOT TO GO.



# **PERSONAL GROWTH & SPIRITUALITY**

**ARE YOU EVOLVING OR JUST COLLECTING  
CRYSTALS LIKE A F\*CKING HOARDER?**

**HOW TO PERFORM A DEATH & REBIRTH RITUAL:**

**WRITE A LETTER TO YOUR OLD SELF.**

**CALL THEM OUT ON THEIR BULLSHIT**

**THANK THEM FOR WHAT THEY'VE TAUGHT YOU.**

**TELL THEM IT'S TIME TO LET GO.**



**BURN THE LETTER UNDER THE MOON.**

**WATCH THE OLD VERSION OF YOU LITERALLY TURN TO ASH.**

**SAY, "I RELEASE THIS VERSION OF ME WITH GRATITUDE. I NOW STEP INTO MY HIGHEST TIMELINE."**

**DO SOMETHING SYMBOLIC OF REBIRTH.**

**TAKE A CLEANSING SHOWER OR BATH.**

**CHANGE YOUR HAIR, YOUR CLOTHES, YOUR FUCKING VIBE.**

**MAKE A BOLD MOVE YOUR OLD SELF WOULD NEVER HAVE HAD THE GUTS TO DO.**

**BECAUSE GUESS WHAT? YOU'RE NOT THAT PERSON ANYMORE. BURN IT.  
BURY IT. MOVE THE FUCK ON.**

# **PERSONAL GROWTH & SPIRITUALITY**

**ARE YOU EVOLVING OR JUST COLLECTING  
CRYSTALS LIKE A F\*CKING HOARDER?**

**SIGIL MAGIC - TURN YOUR GROWTH INTENTIONS  
INTO SYMBOLS OF POWER**

SIGILS ARE MAGICAL SYMBOLS INFUSED WITH YOUR INTENTION. THEY ARE LITERALLY SPELLS IN VISUAL FORM. INSTEAD OF JUST SAYING YOU WANT TO GROW, WHY NOT CREATE A MAGICAL F\*CKING SYMBOL THAT RADIATES THAT ENERGY?

**HOW TO CREATE A SIGIL FOR YOUR PERSONAL GROWTH:  
WRITE DOWN YOUR INTENTION: "I STEP INTO MY MOST POWERFUL,  
LIMITLESS SELF."**

**REMOVE ALL REPEATING LETTERS AND VOWELS.**

**TAKE THE REMAINING LETTERS AND TURN THEM INTO A UNIQUE  
SYMBOL.**

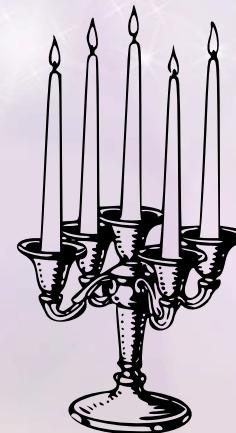


**CHARGE IT:**

**DRAW IT ON YOUR SKIN.**

**CARVE IT INTO A CANDLE.**

**PAINT IT ON YOUR MIRROR.**



**EVERY TIME YOU SEE THIS SIGIL, IT REACTIVATES YOUR INTENTION.**

**THAT'S F\*CKING MAGIC.**

# **PERSONAL GROWTH & SPIRITUALITY**

**ARE YOU EVOLVING OR JUST COLLECTING  
CRYSTALS LIKE A F\*CKING HOARDER?**

**SHADOW WORK – THE ONLY WAY OUT IS F\*CKING  
THROUGH**

**IF YOU'RE SERIOUS ABOUT GROWTH, YOU CAN'T JUST FOCUS ON THE  
LOVE & LIGHT, THE AFFIRMATIONS, THE PRETTY MOON RITUALS. YOU  
HAVE TO BE WILLING TO LOOK AT YOUR SHADOWS, OWN YOUR BULLSH\*T,  
AND PROCESS YOUR PAIN.**

**SHADOW WORK PROMPTS:  
WHAT'S A HABIT, PATTERN, OR BELIEF THAT'S STILL RUNNING MY  
LIFE?**

**WHERE AM I PLAYING SMALL BECAUSE I'M AFRAID OF WHAT PEOPLE  
WILL THINK?**

**WHAT'S A TRUTH I'VE BEEN AVOIDING BECAUSE IT'S UNCOMFORTABLE  
AS F\*CK?**

**MAGICAL TIP:  
WRITE THESE ANSWERS DOWN AND BURN THEM UNDER THE WANING MOON  
(WHEN THE MOON IS SHRINKING).**

**VISUALISE YOURSELF RELEASING ALL THE FEAR, SELF-DOUBT, AND  
LIMITING BELIEFS THAT HAVE BEEN CONTROLLING YOU.**

**THEN? DO THE OPPOSITE OF WHAT YOUR FEAR TELLS YOU TO DO.**

# **PERSONAL GROWTH & SPIRITUALITY**

**ARE YOU EVOLVING OR JUST COLLECTING  
CRYSTALS LIKE A F\*CKING HOARDER?**

**MIRROR MAGIC – STARING INTO THE SOUL OF YOUR  
FUTURE SELF**

MOST PEOPLE USE MIRRORS TO CHECK THEIR HAIR. FUCK THAT. MIRRORS ARE PORTALS. THEY ARE THE GATEWAY BETWEEN WHO YOU ARE NOW AND WHO YOU ARE BECOMING.

**HOW TO USE MIRROR MAGIC FOR PERSONAL GROWTH:  
STAND IN FRONT OF YOUR MIRROR AND LOOK INTO YOUR OWN FUCKING  
EYES.**

**SAY OUT LOUD WHO YOU ARE BECOMING.  
EXAMPLE:**

"I AM A FCKING FORCE. I STEP INTO MY POWER FULLY."  
"I TRUST MYSELF COMPLETELY. I AM LIMITLESS."  
"I REFUSE TO PLAY SMALL. I AM HERE TO FCKING SHINE."



**REPEAT IT EVERY DAY UNTIL YOU F\*CKING BELIEVE IT.**  
**WHY THIS WORKS: YOUR SUBCONSCIOUS MIND BELIEVES WHAT YOU  
REPEATEDLY TELL IT. SEEING YOUR REFLECTION WHILE SAYING  
AFFIRMATIONS REPROGRAMS YOUR SELF-IMAGE AND REWIRES YOUR  
FUCKING BRAIN.**

# **PERSONAL GROWTH & SPIRITUALITY**

**ARE YOU EVOLVING OR JUST COLLECTING  
CRYSTALS LIKE A FUCKING HOARDER?**

## **QUANTUM LEAPING – TIME TRAVEL FOR BADASSES**

OKAY, THIS ONE IS FOR THE REAL MYSTICAL MOTHERF\*CKERS OUT THERE.

IF YOU'RE SERIOUS ABOUT LEVELING UP YOUR REALITY, YOU CAN LITERALLY SHIFT TIMELINES INTO THE VERSION OF YOUR LIFE WHERE YOU'VE ALREADY MADE IT.

### **QUANTUM LEAPING STEPS:**

VISUALISE THE HIGHEST, MOST POWERFUL VERSION OF YOU.

WHAT DO THEY DO DAILY?

HOW DO THEY SPEAK, MOVE, AND THINK?

WHAT ENERGY DO THEY RADIATE?

**FOR THE NEXT 24 HOURS, ACT LIKE THAT PERSON.**

MAKE EVERY DECISION AS THEM.

DRESS LIKE THEM. SPEAK LIKE THEM. WORK LIKE THEM.

STOP WAITING–BECOME THEM.

THIS ISN'T FAKE. THIS IS YOU STEPPING INTO A NEW REALITY.

YOUR ENERGY SHIFTS. YOUR MINDSET SHIFTS. YOUR ENTIRE F\*CKING LIFE SHIFTS.



# **PERSONAL GROWTH & SPIRITUALITY**

**ARE YOU EVOLVING OR JUST COLLECTING  
CRYSTALS LIKE A FUCKING HOARDER?**

**FINAL STEP: CHOOSE ONE MAGICAL GROWTH  
PRACTICE & DO IT NOW**

DON'T JUST FCKING READ THIS AND MOVE ON. \*PICK ONE OF THESE  
AND ACTUALLY FCKING DO IT.\*

WHICH RITUAL ARE YOU COMMITTING TO TODAY?

WHAT BELIEF ARE YOU DONE CARRYING?

WHAT NEXT-LEVEL VERSION OF YOU IS READY TO F\*CKING EMERGE?

MAKE THE MOVE. BURN THE PAST. ACTIVATE THE MAGIC.

NOW GO BE THE MOST POWERFUL F\*CKING VERSION OF YOU.





# FUN, LEISURE & RECREATION



STOP ACTING LIKE A BORING FUCKING ADULT

ALRIGHT, LET'S GET ONE THING STRAIGHT—LIFE ISN'T JUST ABOUT WORKING, HEALING, AND MANIFESTING YOUR DREAM FUCKING LIFE. IF YOU'RE NOT ACTUALLY ENJOYING THE RIDE, THEN WHAT'S THE FUCKING POINT?

WHEN WAS THE LAST TIME YOU DID SOMETHING JUST FOR FUN? NO GOAL, NO PRODUCTIVITY, NO "SELF-IMPROVEMENT" ATTACHED—JUST PURE, STUPID, CHILDLIKE FUN?

IF YOU DON'T MAKE TIME FOR JOY, THE UNIVERSE WILL FUCKING FORCE YOU TO. (AND NOT IN A CUTE WAY—MORE LIKE IN A "HERE'S YOUR EXISTENTIAL CRISIS, BTCH!"\* KIND OF WAY.)

IF YOUR LIFE HAS TURNED INTO AN ENDLESS LOOP OF WORK, RESPONSIBILITIES, AND SCROLLING TIKTOK UNTIL YOUR BRAIN MELTS, IT'S TIME TO BRING BACK THE F\*CKING FUN.

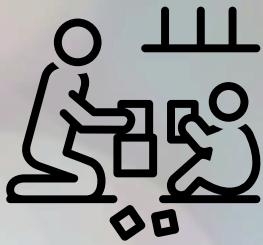
LET'S DIVE IN.

DEEP-DIVE QUESTIONS: ARE YOU EVEN HAVING U\*CKING FUN?

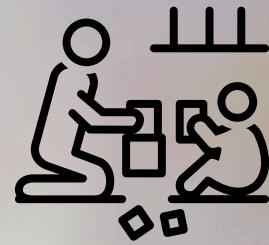
WHEN WAS THE LAST TIME YOU LAUGHED UNTIL YOU ALMOST PEED?

NO, SERIOUSLY. WHEN WAS THE LAST TIME YOU LAUGHED SO HARD YOU COULDN'T BREATHE?

IF YOU CAN'T REMEMBER... THAT'S A F\*CKING PROBLEM.



# **FUN, LEISURE & RECREATION**



**STOP ACTING LIKE A BORING FUCKING ADULT**

**DO YOU ACTUALLY HAVE HOBBIES, OR IS YOUR  
ONLY PERSONALITY TRAIT “BEING BUSY” AND  
“LIKING COFFEE”?**

**WHAT DO YOU DO JUST FOR THE PURE FUCKING JOY OF IT?**

**WHEN WAS THE LAST TIME YOU LEARNED A NEW SKILL JUST FOR FUN**

**NOT FOR WORK, NOT FOR SELF-IMPROVEMENT, BUT BECAUSE IT MADE  
YOU EXCITED?**

**IF YOU HAD A WHOLE FREE DAY, WHAT WOULD YOU ACTUALLY WANT TO  
DO?**

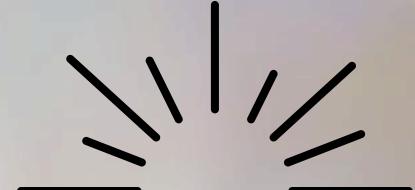
**HAVE YOU FORGOTTEN HOW TO PLAY?**

**WHEN YOU WERE A KID, YOU DIDN’T NEED A REASON TO RUN AROUND,  
MAKE UP STORIES, AND DO WEIRD SH\*T.**

**WHAT DID YOU LOVE DOING AS A KID THAT YOU NEVER DO ANYMORE?  
WHY THE FUCK NOT?\***

**ARE YOU WAITING FOR “THE RIGHT TIME” TO  
ENJOY LIFE?**

**DO YOU PUT OFF FUN BECAUSE YOU’RE “TOO BUSY”, “TOO TIRED”, OR  
“TOO BROKE”?**



# **FUN, LEISURE & RECREATION**

**STOP ACTING LIKE A BORING FUCKING ADULT**

GUESS WHAT? JOY DOESN'T HAVE TO COST MONEY. JOY DOESN'T HAVE TO WAIT FOR VACATION.

YOU DON'T HAVE TO "EARN" FUN. YOU JUST HAVE TO FUCKING ALLOW IT.

**ARE YOU SURROUNDING YOURSELF WITH FUN  
PEOPLE, OR JUST PEOPLE WHO DRAIN THE LIFE  
OUT OF YOU?**

IF YOUR CLOSEST FRIENDS WERE A TV SHOW, WOULD YOU ACTUALLY WANT TO WATCH IT?

DO THE PEOPLE AROUND YOU BRING ENERGY, ADVENTURE, AND LAUGHTER INTO YOUR LIFE, OR ARE YOU JUST TOLERATING THEM?

IF YOUR FRIENDSHIPS ARE ALL VENT SESSIONS, GOSSIP, OR STRESS DUMPS, YOU NEED TO UPGRADE YOUR FUCKING CIRCLE.

**DO YOU TREAT PLEASURE LIKE A GUILTY  
INDULGENCE INSTEAD OF A FUCKING PRIORITY?**

DO YOU FEEL BAD WHEN YOU TAKE TIME FOR YOURSELF?

DO YOU LET YOURSELF SAVOR THE LITTLE SHT-GOOD FOOD, MUSIC, ART, NATURE, SEX, OR A FUCKING NAP?

WHEN WAS THE LAST TIME YOU JUST LAID IN THE SUN, BLASTED YOUR FAVORITE SONG, OR DANCED IN YOUR UNDERWEAR FOR NO REASON?

# **FUN, LEISURE & RECREATION**

**STOP ACTING LIKE A BORING FUCKING ADULT**

**WHAT'S SOMETHING RIDICULOUSLY FUN AND  
IMPULSIVE YOU'VE BEEN WANTING TO DO?**

A TRIP? A CLASS? A WEIRD, SILLY EXPERIENCE?  
WHY THE FCK HAVEN'T YOU DONE IT YET?\*

**PLAY IS MAGIC – FUN IS A SPELL, JOY IS A  
RITUAL**

LISTEN, FUN ISN'T JUST "NICE TO HAVE." IT'S A F\*CKING  
MANIFESTATION TOOL.

**★THE HAPPIER YOU ARE, THE MORE MAGNETIC YOU BECOME.**

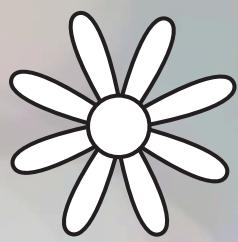
**★THE MORE FUN YOU HAVE, THE MORE ABUNDANCE FLOWS TO YOU.**

**★THE MORE PLAYFUL YOUR ENERGY, THE MORE THE UNIVERSE THROWS  
GOOD SH\*T YOUR WAY.**

**EVERY TIME YOU DO SOMETHING FOR PURE JOY, YOU RAISE  
YOUR VIBRATION. THAT IS MAGIC.**

**★CREATIVITY IS A SPELL. WHEN YOU PAINT, WRITE, DANCE, OR MAKE  
SHIT JUST BECAUSE IT EXCITES YOU, YOU'RE LITERALLY CHANNELING  
UNIVERSAL ENERGY.**

**★ADVENTURE IS A RITUAL. WHEN YOU SAY YES TO NEW EXPERIENCES,  
YOU EXPAND YOUR REALITY.**



# **FUN, LEISURE & RECREATION**

**STOP ACTING LIKE A BORING FUCKING ADULT**

★**PLEASURE IS A MANIFESTATION PRACTICE. WHEN YOU PRIORITISE JOY, YOU ARE TELLING THE UNIVERSE, "THIS IS MY NATURAL STATE—GIVE ME MORE OF THIS."**

★**STOP TREATING FUN LIKE IT'S SOMETHING EXTRA. IT'S FUCKING ESSENTIAL.**

**NOW, LET'S FUCK OFF WHAT'S BLOCKING YOUR  
JOY & BURN IT**

**WRITE DOWN EVERY FUCKING EXCUSE YOU'VE  
MADE FOR NOT HAVING FUN.**

**THE GUILT, THE "I DON'T HAVE TIME," THE "I'M TOO TIRED," THE "I HAVE RESPONSIBILITIES."**

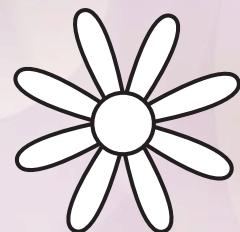
**THE BELIEF THAT YOU HAVE TO EARN JOY BEFORE YOU CAN HAVE IT.**

**BURN IT, RIP IT, FLUSH IT—WHATEVER FEELS  
RIGHT.**

**FIRE = TRANSFORMATION. BURN IT AND MAKE ROOM FOR JOY.**

**BURYING IT = RETURNING THE OLD VERSION OF YOU TO THE EARTH.**

**RIPPING IT = RECLAIMING YOUR RIGHT TO PLAY, ADVENTURE,  
AND F\*CKING FUN.**



# **FUN, LEISURE & RECREATION**

**STOP ACTING LIKE A BORING FUCKING ADULT  
EXAMPLE REWRITES:**

**🚫 OLD BELIEF:** "I DON'T HAVE TIME FOR FUN."

**⭐ NEW TRUTH:** "FUN IS A FCKING PRIORITY. IT MAKES ME MORE CREATIVE, MAGNETIC, AND ALIVE."

**🚫 OLD BELIEF:** "I'LL RELAX WHEN I'VE EARNED IT."

**⭐ NEW TRUTH:** "I DESERVE JOY NOW. I DON'T NEED A FCKING REASON."\*

**🚫 OLD BELIEF:** "I SHOULD BE PRODUCTIVE ALL THE TIME."

**⭐ NEW TRUTH:** "LIFE ISN'T ABOUT PRODUCTIVITY. IT'S ABOUT FCKING LIVING."

**FINAL STEP: GO DO SOME DUMB, RECKLESS,  
RIDICULOUS SH\*T THAT MAKES YOU HAPPY**

**WHAT'S ONE FUN THING YOU CAN DO TODAY, JUST FOR THE F\*CK OF IT?**

**WHAT'S ONE WEIRD HOBBY YOU'VE BEEN WANTING TO TRY?**

**WHAT'S ONE IMPULSIVE, JOYFUL, RIDICULOUS THING YOU'VE BEEN PUTTING OFF?**

**DO IT. RIGHT NOW.**

**MAKE FUN A FUCKING PRIORITY.**

**MAKE JOY NON-NEGOTIABLE.**

**MAKE YOUR LIFE SOMETHING THAT ACTUALLY EXCITES YOU.**

**NOW GO HAVE SOME F\*CKING FUN. YOU DESERVE IT.**

# **ENVIRONMENT & HOME**

## **YOUR SPACE IS A FUCKING PORTAL**

**YOUR HOME ISN'T JUST A PLACE WHERE YOU EAT SNACKS AND PASS OUT WATCHING NETFLIX. IT'S AN ENERGETIC EXTENSION OF YOU.**

**IF YOUR SPACE IS A F\*CKING DISASTER, YOUR ENERGY IS PROBABLY JUST AS CLUTTERED, CHAOTIC, AND HEAVY AS YOUR OVERFLOWING LAUNDRY PILE.**

**ON THE FLIP SIDE, WHEN YOUR ENVIRONMENT FEELS LIKE A F\*CKING SANCTUARY—CLEAN, INTENTIONAL, AND ALIGNED—YOU FEEL MORE POWERFUL, FOCUSED, AND AT PEACE.**

**YOUR HOME EITHER FEEDS YOUR ENERGY OR DRAINS THE F\*CK OUT OF IT.**

**YOUR ENVIRONMENT REFLECTS YOUR MENTAL STATE—CHANGE ONE, AND THE OTHER SHIFTS TOO.**

**IF YOUR SPACE IS CHAOTIC, DON'T BE SURPRISED IF YOUR LIFE FEELS LIKE AN UNHINGED SH\*TSHOW.**

**SO LET'S TAKE A BRUTALLY HONEST LOOK AT YOUR SPACE, CLEAR OUT THE ENERGETIC GARBAGE, AND TURN YOUR HOME INTO A F\*CKING MANIFESTATION PORTAL.**



# **ENVIRONMENT & HOME**

**YOUR SPACE IS A FUCKING PORTAL**

**DEEP-DIVE QUESTIONS: IS YOUR ENVIRONMENT SUPPORTING YOU OR SABOTAGING YOU?**

**HOW DOES YOUR SPACE ACTUALLY MAKE YOU FEEL?**

**DO YOU WALK IN AND FEEL CALM, ENERGISED, AND INSPIRED?**

**OR DOES IT IMMEDIATELY MAKE YOU FEEL OVERWHELMED, EXHAUSTED, AND UNMOTIVATED?**

**WHAT IN YOUR HOME IS HOLDING STALE, SH\*TTY ENERGY?**

**CLOTHES YOU HAVEN'T WORN IN YEARS? (GOODBYE.)**

**BROKEN SH\*T YOU "KEEP MEANING TO FIX"? (TRASH IT.)**

**GIFTS FROM PEOPLE WHO HURT YOU? (BURN IT, BABE.)**

**ARE YOU KEEPING THINGS OUT OF OBLIGATION INSTEAD OF LOVE?  
WOULD YOU ACTUALLY BUY THAT ITEM AGAIN TODAY?**

**DO YOU FUCKING LOVE IT, OR IS IT JUST TAKING UP SPACE?**

**IF IT DOESN'T MAKE YOU FEEL AMAZING—WHY IS IT STILL IN YOUR LIFE?**

# **ENVIRONMENT & HOME**

**YOUR SPACE IS A FUCKING PORTAL**

**DO YOU FEEL SAFE AND POWERFUL IN YOUR SPACE?**

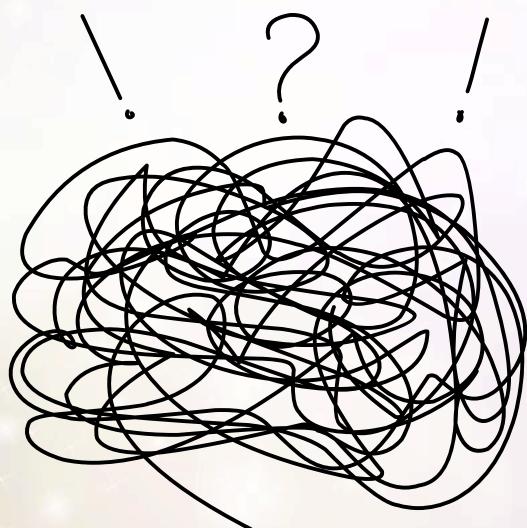
**IS YOUR HOME A PLACE OF PEACE, CREATIVITY, AND RECHARGING?**

**OR DOES IT JUST FEEL LIKE A STRESS-FILLED DUMPING GROUND?**

**ARE YOU TREATING YOUR HOME LIKE A SACRED SPACE OR A STORAGE UNIT?**

**DO YOU TAKE CARE OF IT, OR DO YOU JUST EXIST IN IT?**

**IS IT A REFLECTION OF YOUR HIGHEST SELF, OR JUST A COLLECTION OF SH\*T YOU'VE ACCUMULATED?**





# **ENVIRONMENT & HOME**



**YOUR SPACE IS A FUCKING PORTAL**

## **FENG SHUI & ENERGY MAGIC – TURN YOUR HOME INTO A MANIFESTATION PORTAL**

**YOUR HOME IS A LIVING, BREATHING ENERGY FIELD. FENG SHUI ISN'T JUST ABOUT MOVING FURNITURE AROUND–IT'S ABOUT FLOWING ENERGY, CLEARING STAGNANT SHT, AND MAKING SURE YOUR SPACE ACTUALLY SUPPORTS YOUR FUCKING LIFE.**

### **BASIC FENG SHUI HACKS TO TRANSFORM YOUR ENERGY**

**CLEAN THE ENTRYWAY = OPEN THE DOOR TO NEW OPPORTUNITIES  
YOUR FRONT DOOR IS WHERE ENERGY ENTERS YOUR LIFE.**

**IF YOUR ENTRYWAY IS CLUTTERED, BLOCKED, OR DEPRESSING, YOU'RE LITERALLY BLOCKING NEW BLESSINGS FROM COMING IN.**

**MAKE IT BRIGHT, CLEAN, AND INVITING. ADD A PLANT, A MIRROR, OR A POP OF COLOR.**

### **DECLUTTER LIKE YOUR LIFE DEPENDS ON IT (BECAUSE IT FUCKING DOES)**

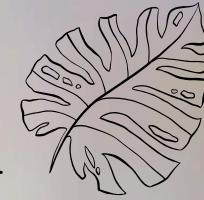
**CLUTTER ISN'T JUST STUFF. IT'S STAGNANT ENERGY. IT'S STUCK EMOTIONS. IT'S PROCRASTINATION IN PHYSICAL FORM.**

**IF IT'S BROKEN, TOSS IT. IF IT DOESN'T BRING JOY, DONATE IT.**

**IF IT BELONGS TO AN EX, BURN IT WITH FIRE. (OR, YOU KNOW, RESPONSIBLY DISPOSE OF IT.)**



# ENVIRONMENT & HOME



YOUR SPACE IS A FUCKING PORTAL

KEEP YOUR BED IN THE “POWER POSITION”

YOU SHOULD BE ABLE TO SEE THE DOOR FROM YOUR BED WITHOUT BEING DIRECTLY IN LINE WITH IT.

IF YOUR BED IS PUSHED AGAINST A WALL ON ONE SIDE, YOU'RE BLOCKING RELATIONSHIP ENERGY. (MAKE SPACE FOR LOVE, BABE.)

YOUR BEDROOM SHOULD FEEL LIKE A SENSUAL AF SANCTUARY, NOT A STORAGE CLOSET.

**PLANTS = LIFE FORCE ENERGY. GET SOME.**

DEAD PLANTS = DEAD ENERGY. GET RID OF THEM.

VIBRANT, LIVING PLANTS = FRESH, ABUNDANT ENERGY. BRING THEM IN.

BEST FENG SHUI PLANTS: MONEY TREE, SNAKE PLANT, PEACE LILY, BAMBOO.

**MIRRORS: USE WISELY (BECAUSE THEY'RE BASICALLY ENERGY PORTALS)**

NEVER PUT A MIRROR FACING YOUR BED (UNLESS YOU WANT RESTLESS SLEEP AND THIRD-EYE PARANOIA).

USE MIRRORS TO REFLECT LIGHT, ENERGY, AND ABUNDANCE—BUT DON'T PUT THEM WHERE THEY REFLECT CLUTTER OR STRESS.

BONUS: PUT A MIRROR NEAR YOUR ENTRYWAY TO BOUNCE POSITIVE ENERGY INSIDE.

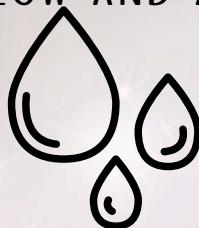
# **ENVIRONMENT & HOME**

**YOUR SPACE IS A FUCKING PORTAL**

**WATER = WEALTH. FIX ANY LEAKS.**

**DRIPTING FAUCETS = LEAKING MONEY. FIX THAT SH\*T.**

**ADD A SMALL FOUNTAIN OR A BOWL OF WATER WITH FLOATING FLOWERS  
TO BRING FLOW AND ABUNDANCE.**



**USE CRYSTALS LIKE THE MAGICAL B\*TCH YOU  
ARE**

**BLACK TOURMALINE & OBSIDIAN → PROTECTION (KEEP BY YOUR DOOR)**

**CITRINE & PYRITE → ABUNDANCE & WEALTH (PUT IN YOUR WORKSPACE)**

**ROSE QUARTZ & AMETHYST → LOVE & PEACE (BEDROOM, DUH)**

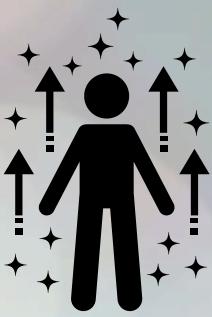


**NOW, LET'S F\*CK OFF THE ENERGY THAT'S  
HOLDING YOU BACK & BURN IT**

**WRITE DOWN EVERYTHING IN YOUR ENVIRONMENT THAT'S DRAINING YOUR  
ENERGY.**

**THE CLUTTER, THE OLD SH\*T, THE THINGS THAT MAKE YOU FEEL HEAVY.  
THE ITEMS THAT BELONG TO PAST RELATIONSHIPS OR PAST VERSIONS OF  
YOURSELF.**

**GO ROOM BY ROOM AND MAKE ONE F\*CKING CHANGE TODAY.  
THROW OUT THE SH\*T THAT NEEDS TO GO.**



# ENVIRONMENT & HOME



YOUR SPACE IS A FUCKING PORTAL

## EXAMPLE REWRITES:

🚫 OLD BELIEF: "I DON'T HAVE TIME TO CLEAN AND ORGANISE."

⭐ NEW TRUTH: "MY SPACE REFLECTS MY ENERGY. WHEN I TAKE CARE OF IT, I TAKE CARE OF MYSELF."

🚫 OLD BELIEF: "I DON'T NEED A BEAUTIFUL HOME TO BE HAPPY."

⭐ NEW TRUTH: "I DESERVE A HOME THAT SUPPORTS, NOURISHES, AND INSPIRES ME."

🚫 OLD BELIEF: "IT'S JUST A HOUSE, IT DOESN'T MATTER."

⭐ NEW TRUTH: "MY HOME IS A SACRED SPACE. IT IS A PORTAL FOR MANIFESTATION AND MAGIC."

## FINAL STEP: TAKE ONE ALIGNED ACTION TO UPGRADE YOUR SPACE

YOUR ENVIRONMENT ISN'T JUST SOME RANDOM BACKDROP TO YOUR LIFE. IT'S AN ENERGETIC CONTAINER FOR YOUR EVOLUTION.

WHAT'S ONE THING YOU CAN DO TODAY TO MAKE YOUR SPACE FEEL AMAZING?

WHAT'S ONE THING YOU'VE BEEN MEANING TO FIX, CLEAR, OR REARRANGE?

WHAT'S ONE UPGRADE YOU CAN MAKE THAT MAKES YOUR HOME FEEL F\*CKING MAGICAL?

THROW OUT THE OLD SHIT. SHIFT THE ENERGY. MAKE YOUR HOME A PORTAL FOR YOUR NEXT-LEVEL SELF.

NOW GO CLEANSE YOUR SPACE, CHARGE YOUR CRYSTALS, AND MAKE YOUR HOME A FUCKING MASTERPIECE.

# **HEALTH & WELLBEING**

**ARE YOU THRIVING OR JUST RUNNING ON CAFFEINE  
& SHEER FUCKING WILLPOWER?**

LET'S BE REAL FOR A SECOND—YOUR BODY IS THE VESSEL CARRYING YOUR BADASS SOUL THROUGH THIS HUMAN EXPERIENCE. AND YET, MOST PEOPLE TREAT THEIR CAR BETTER THAN THEIR FUCKING BODY.

YOU WOULDN'T RUN YOUR CAR ON SHTTY FUEL, NEVER CHANGE THE OIL, AND THEN WONDER WHY IT BREAKS DOWN ON THE SIDE OF THE ROAD.

**\*SO WHY THE FUCK ARE YOU DOING THAT TO YOURSELF?\***

YOUR ENERGY, CLARITY, CONFIDENCE, AND ABILITY TO MANIFEST YOUR DREAM LIFE ALL START WITH YOUR PHYSICAL AND MENTAL HEALTH. IF YOUR BODY FEELS LIKE TRASH, YOUR VIBE IS TRASH. PERIOD.

LET'S DIVE INTO WHERE YOU'VE BEEN SLACKING, WHAT NEEDS TO BE HEALED, AND HOW TO FUCKING THRIVE.



**DEEP-DIVE QUESTIONS: ARE YOU TAKING CARE OF YOUR HUMAN VESSEL OR SLOWLY SELF-DESTRUCTING?**

**HOW DO YOU ACTUALLY FEEL IN YOUR BODY EVERY DAY?  
DO YOU WAKE UP ENERGISED OR EXHAUSTED?**

**DO YOU FEEL STRONG AND POWERFUL, OR LIKE A WALKING CORPSE?  
ARE YOU CONSTANTLY BLOATED, SLUGGISH, OR DEALING WITH RANDOM ACHE AND PAINS?**

# **HEALTH & WELLBEING**

**ARE YOU THRIVING OR JUST RUNNING ON CAFFEINE  
& SHEER FUCKING WILLPOWER?**



**WHAT'S YOUR RELATIONSHIP WITH FOOD?**

**DO YOU EAT FOODS THAT ACTUALLY FUEL YOUR BODY, OR JUST  
WHATEVER'S CONVENIENT?**

**DO YOU EAT MINDFULLY, OR ARE YOU SCROLLING ON YOUR PHONE AND  
INHALING FOOD LIKE A VACUUM?**

**DO YOU EAT FOR NOURISHMENT OR TO NUMB YOUR EMOTIONS?**

**HOW OFTEN DO YOU MOVE YOUR BODY LIKE A FUCKING WARRIOR?**

**DO YOU STRETCH? WALK? LIFT? DANCE? DO SOMETHING THAT MAKES  
YOU SWEAT?**

**OR DO YOU SPEND MOST OF YOUR TIME STIFF AS FUCK AND SLOUCHING  
LIKE A GREMLIN?**

**MOVEMENT ISN'T PUNISHMENT-IT'S FUCKING MEDICINE.  
ARE YOU ACTUALLY SLEEPING, OR JUST SURVIVING ON VIBES AND  
CAFFEINE?**

**DO YOU GET 7+ HOURS OF DEEP, RESTORATIVE SLEEP?**

**OR DO YOU STAY UP LATE SCROLLING, WAKE UP FEELING LIKE DEATH,  
AND SLAP YOURSELF AWAKE WITH CAFFEINE?**

**SLEEP IS WHERE YOUR BODY HEALS, YOUR MIND RESETS, AND YOUR  
SOUL RECHARGES. WHY ARE YOU FCKING YOURSELF OVER?\***

**WHAT'S YOUR RELATIONSHIP WITH STRESS?**

# **HEALTH & WELLBEING**

**ARE YOU THRIVING OR JUST RUNNING ON CAFFEINE  
& SHEER FUCKING WILLPOWER?**

**DO YOU ACTUALLY MANAGE STRESS, OR JUST IGNORE IT UNTIL YOU HAVE A BREAKDOWN?**

**DO YOU HAVE ACTUAL COPING TOOLS, OR DO YOU JUST PUSH THROUGH AND HOPE FOR THE BEST?**

**IS YOUR BODY CONSTANTLY IN FIGHT-OR-FLIGHT MODE, OR DO YOU KNOW HOW TO FUCKING RELAX?**

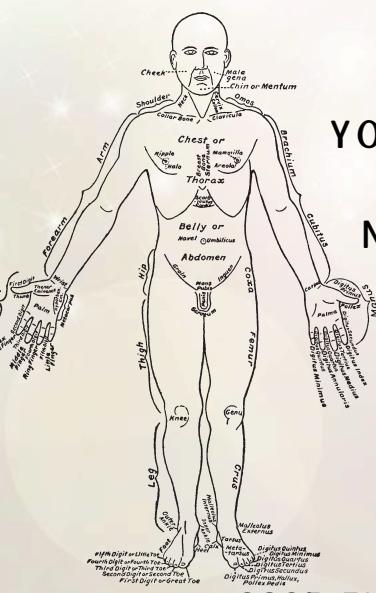
**DO YOU LISTEN TO YOUR BODY, OR DO YOU JUST IGNORE THE WARNING SIGNS?**

**ARE YOU GETTING RANDOM HEADACHES, BACK PAIN, FATIGUE? THAT'S NOT NORMAL.**

**ARE YOU PUSHING THROUGH EXHAUSTION INSTEAD OF RESTING WHEN YOU NEED TO?**

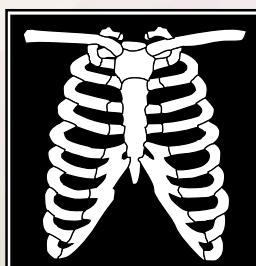
**YOUR BODY IS ALWAYS TALKING TO YOU—ARE YOU LISTENING?**

**WHAT'S ONE SELF-DESTRUCTIVE HABIT YOU KNOW IS F\*CKING YOU UP, BUT YOU KEEP DOING IT?**



**YOU KNOW THE ANSWER. WRITE IT DOWN. OWN IT.**

**NOW LET'S FIGURE OUT HOW TO FUCKING CHANGE IT.**



# **HEALTH & WELLBEING**

**ARE YOU THRIVING OR JUST RUNNING ON CAFFEINE  
& SHEER FUCKING WILLPOWER?**

**THE BODY-MIND-SPIRIT CONNECTION – YOUR  
HEALTH IS YOUR FUCKING POWER**

**YOUR PHYSICAL, MENTAL, AND SPIRITUAL HEALTH ARE ONE F\*CKING  
ECOSYSTEM.**

**IF YOUR BODY FEELS LIKE SHIT, YOUR ENERGY IS OFF.**

**IF YOUR MIND IS OVERWHELMED, YOUR BODY SUFFERS.**

**IF YOU'RE DISCONNECTED FROM YOUR SOUL, YOUR MOTIVATION AND  
VITALITY DISAPPEAR.**

**IF YOU TRULY WANT TO STEP INTO YOUR POWER, MANIFEST ABUNDANCE,  
AND FEEL LIKE A FUCKING GODDESS OR WARRIOR, YOU HAVE TO TAKE  
CARE OF ALL THREE.**



# **HEALTH & WELLBEING**

**ARE YOU THRIVING OR JUST RUNNING ON CAFFEINE  
& SHEER FUCKING WILLPOWER?**

**HOW TO ACTUALLY START TAKING CARE OF  
YOURSELF LIKE A BADASS**

**FUEL YOUR BODY LIKE YOU GIVE A FUCK**



**EAT WHOLE, REAL FOODS THAT ACTUALLY NOURISH YOU.**

**DRINK MORE FUCKING WATER. YOUR ORGANS ARE BEGGING.**

**CUT OUT (OR AT LEAST REDUCE) THE PROCESSED GARBAGE THAT MAKES  
YOU FEEL LIKE SHIT.**

**IF YOUR FOOD ISN'T GIVING YOU ENERGY, IT'S STEALING IT.**

**MOVE YOUR BODY EVERY. SINGLE. DAY.**



**LIFT WEIGHTS, DO YOGA, RUN, FUCKING DANCE.  
YOUR BODY WAS MADE TO MOVE.**

**IT DOESN'T HAVE TO BE INTENSE OR PERFECT—JUST DO SOMETHING.**

**GET F\*CKING SLEEP – NO MORE ZOMBIE MODE**



**NO MORE SCROLLING AT MIDNIGHT.**

**NO MORE “JUST ONE MORE EPISODE.”**

**FIX YOUR SLEEP SCHEDULE, AND WATCH YOUR ENTIRE LIFE CHANGE.**

# **HEALTH & WELLBEING**

**ARE YOU THRIVING OR JUST RUNNING ON CAFFEINE  
& SHEER FUCKING WILLPOWER?**

**STRESS MANAGEMENT = MAGIC FOR YOUR BODY**

MEDITATE, JOURNAL, BREATHE—FIND SOMETHING THAT CALMS YOUR NERVOUS SYSTEM.

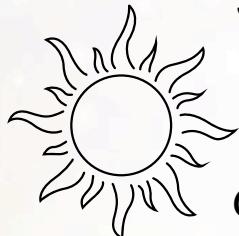


TAKE MAGNESIUM, DRINK TEA, TOUCH SOME FUCKING GRASS.

YOUR BODY CAN'T HEAL IF IT'S CONSTANTLY IN SURVIVAL MODE.

**GET OUTSIDE & ABSORB SOME DAMN SUNLIGHT**

SUNLIGHT = LIFE FORCE ENERGY. GET OUT THERE.



WALK BAREFOOT ON THE EARTH.

OPEN YOUR F\*CKING WINDOWS. LET FRESH AIR IN.

**START LISTENING TO YOUR BODY INSTEAD OF  
ABUSING IT**

PAIN? IT'S TELLING YOU SOMETHING.

EXHAUSTION? YOU NEED REST, NOT ANOTHER COFFEE.

CRAVINGS? YOUR BODY IS MISSING SOMETHING—FIND OUT WHAT.

YOUR BODY IS A FUCKING GENIUS. TRUST IT.\*

# **HEALTH & WELLBEING**

**ARE YOU THRIVING OR JUST RUNNING ON CAFFEINE  
& SHEER FUCKING WILLPOWER?**

**NOW, LET'S FUCK OFF WHAT'S HOLDING YOU  
BACK & BURN IT**

**WRITE DOWN EVERY SELF-DESTRUCTIVE HABIT, TOXIC BELIEF, AND  
SH\*TTY PATTERN YOU HAVE AROUND HEALTH AND WELL-BEING.**



**THE WAYS YOU IGNORE YOUR BODY.**



**THE WAYS YOU NUMB INSTEAD OF HEAL.**

**THE WAYS YOU SABOTAGE YOUR OWN F\*CKING ENERGY.**

**BURN IT, RIP IT, FLUSH IT—WHATEVER FEELS RIGHT.**

**FIRE = TRANSFORMATION. BURN IT AND REBIRTH YOURSELF.**

**BURYING IT = RETURNING IT TO THE EARTH FOR HEALING.**

**RIPPING IT = RECLAIMING YOUR POWER, ONE SHREDDED PAGE AT A  
TIME.**

**WRITE YOUR NEW HEALTH & WELLBEING MANIFESTO.**

**WHAT DO YOU NOW CHOOSE TO BELIEVE ABOUT YOUR BODY, HEALTH,  
AND ENERGY?**

**HOW DO YOU NOW CHOOSE TO TREAT YOURSELF?**

**WHAT'S ONE ACTION YOU WILL TAKE THIS WEEK TO F\*CKING THRIVE?**

# **HEALTH & WELLBEING**

**ARE YOU THRIVING OR JUST RUNNING ON CAFFEINE  
& SHEER FUCKING WILLPOWER?**

## **EXAMPLE REWRITES:**

**🚫 OLD BELIEF:** "I DON'T HAVE TIME TO BE HEALTHY."

**⭐ NEW TRUTH:** "MY HEALTH IS THE FOUNDATION OF EVERYTHING. I MAKE TIME FOR IT."

**🚫 OLD BELIEF:** "I'LL START TAKING CARE OF MYSELF WHEN I'M LESS BUSY."

**⭐ NEW TRUTH:** "I PRIORITISE MY HEALTH NOW, BECAUSE MY FUTURE SELF FCKING DESERVES IT."

**🚫 OLD BELIEF:** "I HAVE TO PUSH THROUGH EXHAUSTION."

**⭐ NEW TRUTH:** "REST IS PRODUCTIVE. MY BODY HEALS WHEN I LET IT RECOVER."

## **FINAL STEP: TAKE ONE ACTION TO LEVEL UP YOUR HEALTH TODAY**

**WHAT'S ONE THING YOU CAN DO TODAY THAT YOUR FUTURE, THRIVING SELF WILL FUCKING THANK YOU FOR?**

**WHAT'S ONE HABIT YOU'RE DONE MAKING EXCUSES FOR?**

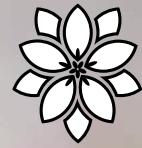
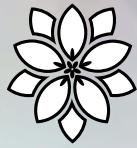
**WHAT'S ONE SHIFT YOU CAN MAKE RIGHT NOW THAT SUPPORTS YOUR HEALTH?**

**DRINK THE WATER. MOVE YOUR BODY. GET SOME FUCKING SLEEP. TREAT YOURSELF LIKE THE DIVINE BEING YOU ARE.**

**NOW GO BE THE HEALTHIEST, MOST POWERFUL FUCKING VERSION OF YOURSELF.**

# **HEALTH & WELLBEING**

**ARE YOU THRIVING OR JUST RUNNING ON CAFFEINE  
& SHEER FUCKING WILLPOWER?**



**BEAUTY, BODY MAGIC & THE ULTIMATE WIZARD-  
LEVEL FUCKING POWER MOVE**

ALRIGHT, LET'S FUCKING TALK ABOUT IT. YOUR BODY IS MAGIC. YOUR BEAUTY IS MAGIC. AND YET, SOCIETY HAS DONE EVERYTHING IN ITS POWER TO MAKE YOU FORGET THAT.

FROM THE SECOND YOU WERE BORN, YOU WERE FED THE LIE THAT YOUR BODY ISN'T GOOD ENOUGH.

EVERY AD, EVERY MAGAZINE, EVERY INFLUENCER FILTERS THE SHIT OUT OF REALITY.

THE BEAUTY INDUSTRY MAKES BILLIONS OFF OF YOUR INSECURITIES.

THE WEIGHT LOSS INDUSTRY SURVIVES ON YOU HATING YOURSELF.

TRENDS CHANGE EVERY FIVE F\*CKING MINUTES JUST TO KEEP YOU CHASING THE NEXT "IDEAL."

WHY? BECAUSE IF YOU ACTUALLY LOVED YOUR BODY, YOU'D BE UNSTOPPABLE.

IF YOU FULLY OWNED YOUR POWER, YOUR BEAUTY, YOUR SEXUALITY, YOUR DIVINE FUCKING PRESENCE–YOU WOULD BE UNTOUCHABLE. AND THEY CAN'T HAVE THAT.

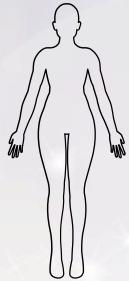
SO, ARE YOU GONNA KEEP PLAYING THEIR GAME? OR ARE YOU ABOUT TO STEP INTO YOUR FINAL FORM AND RECLAIM YOUR FUCKING POWER?

# **HEALTH & WELLBEING**

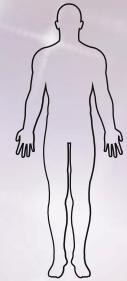
**ARE YOU THRIVING OR JUST RUNNING ON CAFFEINE  
& SHEER FUCKING WILLPOWER?**

**YOU CHOSE THIS BODY – STOP FIGHTING YOUR  
OWN FUCKING VESSEL**

**BEFORE YOU EVEN LANDED ON THIS PLANET, YOU PICKED THIS BODY.  
YES, YOU.**



**NOT SOME COSMIC MISTAKE.**



**NOT A CRUEL JOKE FROM THE UNIVERSE.**

**YOU CHOSE THIS SPECIFIC BODY, WITH ITS SHAPE, ITS HEIGHT, ITS  
CURVES, ITS SCARS, ITS FEATURES—BECAUSE IT WAS THE PERFECT  
F\*CKING TOOL FOR YOUR SOUL'S JOURNEY.**

**THIS BODY ISN'T IN YOUR WAY. IT IS THE WAY.**

**AND YET, INSTEAD OF HONORING IT, LOVING IT, AND TREATING IT LIKE  
THE F\*CKING SACRED TEMPLE THAT IT IS, YOU SPEND ALL THIS ENERGY  
FIGHTING IT, HATING IT, AND TRYING TO CHANGE IT.**

**HOW MUCH OF YOUR LIFE HAVE YOU WASTED FEELING UNWORTHY  
BECAUSE OF A NUMBER ON A SCALE OR A SKIN TEXTURE THAT  
LITERALLY NO ONE F\*CKING CARES ABOUT?**

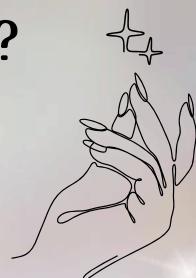
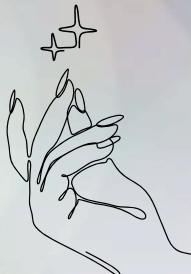
**IMAGINE IF YOU USED ALL THAT ENERGY FOR ACTUAL MAGIC, POWER,  
AND CREATION INSTEAD.**

**WHAT IF YOUR BODY ISN'T THE PROBLEM?**

**WHAT IF THE BELIEF THAT IT'S A PROBLEM IS THE REAL F\*CKING  
ILLUSION?**

# **HEALTH & WELLBEING**

**ARE YOU THRIVING OR JUST RUNNING ON CAFFEINE  
& SHEER FUCKING WILLPOWER?**



**BEAUTY IS MAGIC - THE MORE YOU LOVE  
YOURSELF, THE MORE POWERFUL YOU BECOME**

**LISTEN UP, BECAUSE THIS IS SOME REAL WIZARD-LEVEL SHIT:**

**WHEN YOU OWN YOUR BEAUTY, YOU LITERALLY SHIFT YOUR FREQUENCY.**

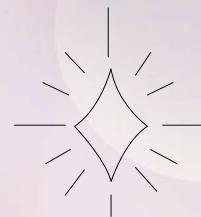
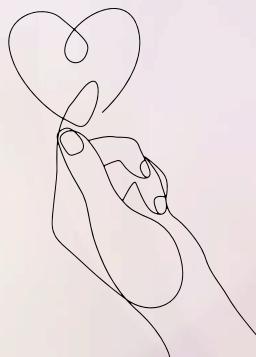
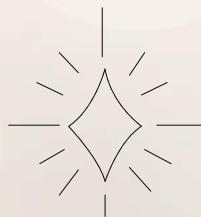
**WHEN YOU FEEL BEAUTIFUL, YOU BECOME MAGNETIC.**

**WHEN YOU STOP GIVING A FUCK ABOUT "PERFECTION," YOU RADIATE  
SOMETHING THAT CAN'T BE FADED.**

**EVER NOTICE HOW SOME PEOPLE AREN'T "CONVENTIONALLY  
ATTRACTIVE" BUT THEY STILL F\*CKING TURN HEADS WHEN THEY WALK  
INTO A ROOM?**

**EVER SEE SOMEONE GLOWING IN THEIR CONFIDENCE, AND YOU CAN'T  
HELP BUT BE DRAWN TO THEM?**

**EVER MEET SOMEONE WHO HAS THAT "I-DON'T-GIVE-A-FUCK-I-KNOW-  
I'M-A-GODDESS" ENERGY, AND SUDDENLY THEY'RE THE HOTTEST  
PERSON YOU'VE EVER SEEN?**



# **HEALTH & WELLBEING**

**ARE YOU THRIVING OR JUST RUNNING ON CAFFEINE  
& SHEER FUCKING WILLPOWER?**

## **HOW TO ACTIVATE BEAUTY MAGIC & SHIFT YOUR REALITY**



**STOP TALKING SH\*T ABOUT YOUR BODY.**

**WORDS ARE SPELLS. EVERY TIME YOU CALL YOURSELF UGLY, FAT,  
UNWORTHY–YOU ARE LITERALLY CURSING YOURSELF.**

**YOU WOULDN'T TALK TO A LOVED ONE LIKE THAT, SO WHY THE FUCK  
ARE YOU DOING IT TO YOURSELF?**

**MIRROR WORK: STARE INTO YOUR OWN FUCKING POWER**

**STAND IN FRONT OF A MIRROR, LOOK YOURSELF IN THE EYES, AND SAY:**

**"I AM A FCKING MASTERPIECE. I AM DIVINE. I AM PERFECT IN MY  
IMPERFECTION."**

**FEEL CRINGE? GOOD. THAT MEANS YOU'VE BEEN PROGRAMMED AGAINST  
SELF-LOVE. KEEP DOING IT.**

**GET NAKED & WORSHIP YOURSELF LIKE A FUCKING GODDESS  
PUT ON MUSIC.**

**GET IN FRONT OF A MIRROR.**

**LOOK AT YOUR BODY WITH LOVE, NOT CRITICISM.**



**TOUCH YOUR SKIN, ADMIRE YOUR CURVES, SEE THE MAGIC IN EVERY  
INCH OF YOU.**

# **HEALTH & WELLBEING**

**ARE YOU THRIVING OR JUST RUNNING ON CAFFEINE  
& SHEER FUCKING WILLPOWER?**

DRESS LIKE YOU'RE THE MAIN FUCKING CHARACTER.

STOP SAVING YOUR BEST SH\*T FOR "SPECIAL OCCASIONS."

WEAR THE OUTFIT THAT MAKES YOU FEEL HOT.

IF YOU LIKE MAKEUP? WEAR IT. IF YOU DON'T? DON'T.  
BEAUTY MAGIC IS ABOUT YOU FEELING LIKE A F\*CKING POWERHOUSE—  
NOT PLEASING ANYONE ELSE.

TAKE UP SPACE. OWN THE ROOM. COMMAND ENERGY.



WALK LIKE YOU BELONG EVERYWHERE.



TAKE UP SPACE-PHYSICALLY, ENERGETICALLY, VOCALLY.

YOU ARE NOT SMALL. YOU WERE NEVER MEANT TO BE SMALL. STOP  
SHRINKING.

RECLAIM PLEASURE & SENSUALITY AS YOUR BIRTHRIGHT

PLEASURE IS NOT JUST FOR LOOKING SEXY FOR OTHER PEOPLE.

INDULGE IN THINGS THAT MAKE YOU FEEL DELICIOUS—GOOD FOOD, SOFT  
FABRICS, BEAUTIFUL SCENTS, MUSIC THAT MAKES YOU F\*CKING FEEL  
SOMETHING.

EVERY TIME YOU ALLOW YOURSELF PLEASURE, YOU ARE TELLING THE  
UNIVERSE, "I AM WORTHY OF FEELING GOOD."

# **HEALTH & WELLBEING**

**ARE YOU THRIVING OR JUST RUNNING ON CAFFEINE  
& SHEER FUCKING WILLPOWER?**

**NOW, LET'S FCK OFF THE BULLSHT & BURN IT**

**WRITE DOWN EVERY INSECURITY, SELF-HATING BELIEF, AND BEAUTY STANDARD THAT HAS EVER MADE YOU FEEL SMALL.**

**EVERY TIME YOU'VE COMPARED YOURSELF.**

**EVERY TIME YOU'VE FELT UNWORTHY BECAUSE OF SOME DUMB SOCIETAL STANDARD.**

**EVERY TIME YOU'VE APOLOGISED FOR TAKING UP SPACE.**

**BURN IT, RIP IT, BURY IT—WHATEVER FEELS RIGHT.**

**FIRE = TRANSFORMATION. BURN IT AND BECOME A NEW F\*CKING BEING.**

**BURYING IT = RETURNING THE OLD VERSION OF YOU TO THE EARTH.**

**RIPPING IT = BREAKING THE SPELL OF SELF-HATE, PIECE BY PIECE.**

**WRITE YOUR NEW BEAUTY & BODY MANIFESTO.**

**WHAT DO YOU NOW CHOOSE TO BELIEVE ABOUT YOUR BODY?**

**HOW DO YOU NOW CHOOSE TO TREAT YOURSELF?**

**WHAT'S ONE ACTION YOU WILL TAKE THIS WEEK TO F\*CKING LOVE YOURSELF UNAPOLOGETICALLY?**

# **HEALTH & WELLBEING**

**ARE YOU THRIVING OR JUST RUNNING ON CAFFEINE  
& SHEER FUCKING WILLPOWER?**

## **EXAMPLE REWRITES:**

**🚫 OLD BELIEF:** "I NEED TO BE THINNER/PRETTIER/WHATEVER TO BE WORTHY."

**⭐ NEW TRUTH:** "MY BEAUTY IS NOT UP FOR DEBATE. I RADIATE CONFIDENCE, POWER, AND FCKING MAGIC."

**🚫 OLD BELIEF:** "I HATE MY BODY."

**⭐ NEW TRUTH:** "I LOVE AND HONOR THIS BODY FOR ALL IT DOES FOR ME. I WORSHIP IT LIKE THE DIVINE VESSEL IT IS."

**🚫 OLD BELIEF:** "I'LL BE CONFIDENT WHEN I LOOK DIFFERENT."

**⭐ NEW TRUTH:** "I CHOOSE CONFIDENCE NOW. MY BEAUTY IS ALREADY HERE."

## **FINAL STEP: TAKE ONE ACTION TO WORSHIP YOUR FUCKING SELF TODAY**

**WHAT'S ONE THING YOU CAN DO TODAY TO LOVE YOUR BODY EXACTLY AS IT IS?**

**WHAT'S ONE WAY YOU WILL FUCKING HONOR YOUR BEAUTY?**

**WHAT'S ONE SHIFT YOU CAN MAKE RIGHT NOW TO OWN YOUR FUCKING POWER?**

**LOOK IN THE MIRROR AND ADMIRE YOURSELF. WEAR THE OUTFIT. WALK LIKE A GODDESS. TAKE THE FUCKING SELFIE. OWN YOUR MAGIC.**

**NOW GO BE THE HOTTEST, MOST POWERFUL, MOST UNTOUCHABLE FUCKING VERSION OF YOURSELF.**

# THE FUCK IT LETTER - A RITUAL OF RELEASE & REBIRTH

THIS IS NOT JUST A LETTER. THIS IS A RITUAL. A SPELL. A PORTAL TO YOUR NEXT FUCKING LEVEL.

YOU ARE NOT JUST WRITING WORDS.

YOU ARE NOT JUST LETTING GO.

YOU ARE PERFORMING FUCKING MAGIC.

STEP ONE: GO OUTSIDE & CALL UPON NATURE  
FIND A SPOT IN NATURE-A TREE, A RIVER, A MOUNTAIN, A FIELD.

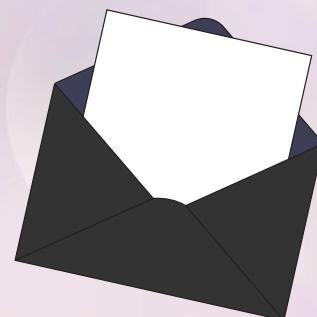
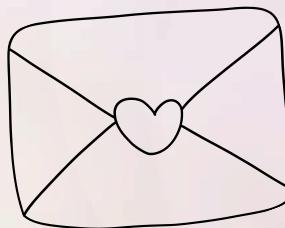
SOMEWHERE THAT FEELS STILL, POWERFUL, ANCIENT. SOMEWHERE THAT FEELS LIKE IT CAN HOLD YOUR TRUTH.

BEFORE YOU BEGIN, TAKE A DEEP BREATH. ASK POLITELY IF NATURE WILL HEAR YOUR STORY.

SAY, "I COME WITH RESPECT, AND I ASK FOR THIS SPACE TO WITNESS MY RELEASE."

NATURE WILL ANSWER. MAYBE IN THE WIND. MAYBE IN THE RUSTLING OF LEAVES. MAYBE IN THE QUIET KNOWING THAT YOU ARE EXACTLY WHERE YOU NEED TO BE.

WHEN YOU FEEL READY, START WRITING.



# THE FUCK IT LETTER

DEAR PAST BULLSHIT, OUTDATED BELIEFS, AND EVERY LIMITING  
THOUGHT THAT HAS HELD ME BACK,  
IT'S FUCKING OVER.

I HAVE CARRIED YOU LONG ENOUGH.

I HAVE LET YOU WEIGH ME DOWN.

I HAVE LET YOU TELL ME I WASN'T ENOUGH, THAT I WASN'T WORTHY,  
THAT I HAD TO SHRINK TO BE LOVED.

I HAVE STAYED SILENT WHEN I SHOULD HAVE SPOKEN.

I HAVE PLAYED SMALL WHEN I SHOULD HAVE EXPANDED.

I HAVE IGNORED MY INTUITION, SWALLOWED MY NEEDS, AND  
PRETENDED I WAS FINE.

I RELEASE THE NEED TO BE LIKED OVER THE NEED TO BE TRUE TO  
MYSELF.

I RELEASE THE GUILT THAT HAS KEPT ME AFRAID OF PUTTING  
MYSELF FIRST.

I RELEASE THE BELIEF THAT MY WORTH IS TIED TO HOW MUCH I DO  
FOR OTHERS.

I RELEASE EVERY EXCUSE, EVERY TOXIC CYCLE, EVERY SELF-  
DESTRUCTIVE PATTERN.

I RELEASE THE BELIEF THAT LOVE HAS TO BE EARNED.

I RELEASE THE SHAME THAT HAS MADE ME HIDE MY BODY, MY VOICE,  
MY FUCKING MAGIC.

I RELEASE THE PEOPLE, PLACES, AND THOUGHTS THAT NO LONGER FIT  
THE PERSON I AM BECOMING.

I DO NOT CHASE. I ATTRACT.

I DO NOT WAIT. I ACT.

I DO NOT SETTLE. I FUCKING RISE.  
TODAY, I CHOOSE MYSELF.

I CHOOSE JOY, PLEASURE, AND FUCKING FREEDOM.

I CHOOSE TO STEP INTO MY POWER, FULLY AND UNAPOLOGETICALLY.  
AND AS I BURN THIS LETTER, BURY IT IN THE EARTH, OR SEND IT TO  
THE WIND, I LET THE OLD VERSION OF ME DIE.

I AM DONE.

I AM FREE.

I AM FUCKING REBORN.

SIGNED,

THE LIMITLESS, UNTOUCHABLE, UNSTOPPABLE VERSION OF ME

# THE FUCK IT LETTER

DEAR PAST BULLSHIT, OUTDATED BELIEFS, AND EVERY LIMITING  
THOUGHT THAT HAS HELD ME BACK,  
IT'S FUCKING OVER.

I HAVE CARRIED YOU LONG ENOUGH.

I HAVE LET YOU WEIGH ME DOWN.

I HAVE LET YOU TELL ME I WASN'T ENOUGH, THAT I WASN'T WORTHY,  
THAT I HAD TO SHRINK TO BE LOVED.

I HAVE STAYED SILENT WHEN I SHOULD HAVE SPOKEN.

I HAVE PLAYED SMALL WHEN I SHOULD HAVE EXPANDED.

I HAVE IGNORED MY INTUITION, SWALLOWED MY NEEDS, AND  
PRETENDED I WAS FINE.

I RELEASE THE NEED TO BE LIKED OVER THE NEED TO BE TRUE TO  
MYSELF.

I RELEASE THE GUILT THAT HAS KEPT ME AFRAID OF PUTTING  
MYSELF FIRST.

I RELEASE THE BELIEF THAT MY WORTH IS TIED TO HOW MUCH I DO  
FOR OTHERS.

I RELEASE EVERY EXCUSE, EVERY TOXIC CYCLE, EVERY SELF-  
DESTRUCTIVE PATTERN.

I RELEASE THE BELIEF THAT LOVE HAS TO BE EARNED.

I RELEASE THE SHAME THAT HAS MADE ME HIDE MY BODY, MY VOICE,  
MY FUCKING MAGIC.

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I CHOOSE TO STEP INTO MY POWER, FULLY AND UNAPOLOGETICALLY.  
AND AS I BURN THIS LETTER, BURY IT IN THE EARTH, OR SEND IT TO  
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I AM DONE.

I AM FREE.

I AM FUCKING REBORN.

SIGNED,

THE LIMITLESS, UNTOUCHABLE, UNSTOPPABLE VERSION OF ME

# THE F\*CK IT LETTER



## STEP TWO: OFFER YOUR STORY TO THE ELEMENTS

NOW THAT YOUR TRUTH IS WRITTEN, LET NATURE TAKE IT.  
IF FIRE CALLS TO YOU—BURN THE LETTER AND WATCH THE SMOKE  
CARRY YOUR PAST AWAY.

IF THE EARTH CALLS TO YOU—BURY THE LETTER, LETTING IT  
DECOMPOSE AND BE REBORN.

IF THE WIND CALLS TO YOU—RIP THE LETTER AND SCATTER THE  
PIECES INTO THE AIR, LETTING THEM BE CARRIED FAR FROM YOU.  
IF WATER CALLS TO YOU—RELEASE THE PAPER INTO A FLOWING RIVER  
OR THE OCEAN (ETHICALLY, SO NATURE DOESN'T HATE YOU).

AS YOU DO THIS, SAY:

"THANK YOU FOR WHAT YOU HAVE TAUGHT ME. I NO LONGER NEED  
THIS. I WALK FORWARD FREE."

STAND STILL FOR A MOMENT.

FEEL THE WEIGHT LIFT.

BREATHE IN YOUR NEW FUCKING BEGINNING.

THIS IS MAGIC. THIS IS ALCHEMY. THIS IS YOUR F\*CKING REBIRTH.

NOW GO. LIVE. BE F\*CKING UNSTOPPABLE.