



# Journey to Self Power

FOR THE WOMAN WHO WANTS TO MAKE A TRANSFORMATIONAL CHANGE IN HER LIFE.

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**LET'S LIVE NOW.** LEAVE NOTHING FOR LATER.  
LATER NEVER COMES.

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Never put yourself down.  
Not even in jest.



My inner being wants me to fulfill my every wish.

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*I forgive myself  
for hanging on.*

**I HAVE STOPPED**  
GIVING AWAY PIECES OF MYSELF TO PLEASE OTHERS.

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**What if we're all diamonds in a rhinestone world?**

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There is only **ONE THING** you and I have  
control over. And that is how we think.

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**AFFIRMATIONS WORK ONLY WHEN OUR CONSCIOUS AND UNCONSCIOUS MIND ARE IN ALIGNMENT.**

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**My playing small benefits no one.**

**MY EVERY THOUGHT EITHER  
TAKES ME TOWARD OR AWAY FROM WHAT I WANT.**

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**NOT FORGIVING MEANS I'M THE ONE LEFT DRAGGING AROUND THE LOAD OF GARBAGE.**

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*Thinking the same thoughts gets us the same results.*

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