

Personal Power Homework

What is one area of your life that you would like to create something new?

What is one thing you need to let go of in order to create that new thing?

Who do you need to forgive in order to fully let go and reclaim your power?

What is the risk in letting go of this story? Who would you be without this story?

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What new perspective can you have on yourself or your life that gives you freedom to grow?

What new attitude can you adopt that supports your best life?
