



Releasing Words That No Longer Serve You

**PERFECTLY IMPERFECT**

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Have you ever found yourself in the cycle of trying to please people by being perfect, but then you're not perfect. so you just try harder? It's a crushing cycle and it leaves up with just so much guilt and doubt. Here's the truth: The imperfect you is more than enough! So how do you break the cycle? Go through these questions, reflect and journal, release what needs releasing and take in what you need.

## What words no longer serve you?

1

What stories have you told yourself or allowed others to tell you that don't serve you? What words and stories are hindering you keeping you stuck in your past and preventing you from your future? Write, reflect and then release.

2

## What are you called to do?

What is it that you KNOW that you're called to do? Not what you think you're capable of doing . . . but what do you know deep down inside, when you get quiet and honest with yourself? Who are you called to impact? What is your impact?

3

## How do you need to show up?

In order to do what you are called to do, how do you have to show up? Who do you need to become? What do you have to believe about yourself? What practices do you have to establish? What routines do you have to be consistent with? ?

4

## Set your goals

Now, let's get it to stick! What 2 - 3 things are you going to do every day to ensure that you don't go back to your former mindset and that you keep pressing forward towards your purpose? Is it journaling? reading affirmations? checking in with an accountability partner? read for personal development? meditate? Make mindset goals so you can get to work on purpose goals!