

YOU MATTER!

A 4-day Engagement with Ra Shawn-Renée

RELEASE

WHAT IS AN AREA IN YOUR LIFE THAT YOU WOULD LIKE TO SHIFT AND BY DOING-SO, YOU KNOW IT WILL ADD HAPPINESS TO YOUR LIFE:

List the behaviors and habits you can let go of, that will support your choice to shift

Are you ready to commit to yourself and do what is necessary to add happiness to your life

Yes

No

List 4 things (external) that will confirm to you, you're evolving and making new choices:

1. _____
2. _____
3. _____
4. _____

List 4 thoughts/feelings that would reveal you're committed to your happiness and a shift is happening:

1. _____
2. _____
3. _____
4. _____

