

YOU MATTER!

A 4-day Engagement with Ra Shawn-Renée

RELEASE : MOVING FORWARD

List 4 ways you can celebrate yourself for choosing to commit to You:

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

Acknowledge at least four new thoughts and/or actions that you've experienced while making the shift and choosing to be committed to your happiness:

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



*When you made the choice to commit to shift and eradicate habits and behaviors
that don't add happiness nor contribute to your vision....*

You were making a Self-Honoring Choice.

What are you willing to do to change (uplevel) your thinking to allow yourself to honor You more?

Say this often and embody it, to support you in moving forward as you continue to create a life of happiness and fulfillment:

*Every experience of my life is for my learning and contributes
to me learning to love myself more and live with
Whole Self-Acceptance*

