

WHAT IS THE PATH?

The Power Path is designed to give you a clear starting point on your journey toward feeling emotionally lighter, knowing exactly what you stand for, and setting healthy boundaries with yourself and others.

The Path is a tool for self-awareness and a road map for moving in a powerful direction: alignment.

We are all a work in progress, always growing, learning and expanding. What stage currently resonates with you?

2. THE POWER OF CURIOSITY

"I am looking for a better way to live."

I don't know what would make me happy right now but I'm ready to find out. I've heard about a positive mindset and manifestation working for other people. I wonder if they could work for me. I'm still worried people will judge me for wanting to change but I know I need this.

4. THE POWER OF INTENTION

"I am choosing to create a life I love."

Every day I'm making small choices towards my big vision. I try new things because I trust myself and my vision. Though I still get caught up in fear, doubt and resentment, they no longer hold me back. I feel healthier, emotionally lighter, and better able to love myself and those around me.

1. THE POWER OF AWARENESS

"I am not happy."

I find myself disappointed, anxious and overwhelmed on a daily basis but I don't know exactly why. Sometimes it feels like everyone else is living a great life and I'm not. I do a lot for other people so they will appreciate me but it's still not enough. Self-care? Are you kidding? I don't have the time and I don't know where to start.

3. THE POWER OF VISION

"I am seeing a brighter future!"

My mindset has shifted from scarcity and lack to creativity and abundance. There is a future where I'm happier, more fulfilled, grateful and joyful every day. I can see how making myself happy influences those around me, too. I take full responsibility for my feelings -- from painful to empowered -- and I'm ready to take action!

5. THE POWER OF ALIGNMENT

"I am aligned -- walking, talking and living my Truth."

My head, my heart and my gut are aligned and all shout "Heck yeah!" I am waking up comfortable and confident, living with purpose, manifesting desires, and maintaining boundaries. I love and respect myself, and understand that I am the creator of my reality. I have a lot to give in this lifetime and I'm just getting started!