

Alpha Females

Clearance

2

Clarity

Module Two

Anel Bester

Clearing Check-list

Hey Gorgeous

Now that we've started the life-long journey of increasing confidence, it's time to make some space by clearing that which no longer brings you joy.

This module is probably the most physical work. This process will be done again and again so don't stress if it's not completed 'perfectly'. We both know perfection is complete bullshit and an excuse for procrastination.

Above all, remember to have FUN with this otherwise I can guarantee you won't want to make this a regular part of your thrive-style.

Step Eight - Clearing your Wardrobe

Mischief

Managed

- Clear out and organise your wardrobe
- Complete Journaling Prompts
- Complete: Today I acknowledge myself for (and name THREE things)
- Drink a cup of bone broth
- Drink minimum 1.5 liters of water



Step Nine - Clearing your Wardrobe

Mischief

Managed

- Clear out and organise your home
- Complete Journaling Prompts
- Complete: Today I acknowledge myself for (and name THREE things)
- Drink a cup of bone broth
- Drink minimum 1.5 liters of water



Step Ten - Clearing your Empire

Mischief

- Make a copy of your C2C Online Account Management File and complete.
- Clear out your inbox
- Create a filing system for your empire.
- All financial sheets get actioned and filed.
- Schedule in a “Money date” into your calendar on a weekly basis.
- Schedule 30 minute Email Clearing into your calendar on a daily basis and clear them.
- Complete Journaling Prompts
- Complete: Today I acknowledge myself for (and name THREE things)
- Drink a cup of bone broth
- Drink minimum 1.5 liters of water

Managed



Step Eleven - Clearing your Relationships

Mischief

Managed

- Categorise relationships into FAB, DRAB and RELEASE
- For your FAB - Write them a message of appreciation.
- For your DRAB - Do THE WORK from Byron Katie.
- For your RELEASE - Do the Forgiveness Ceremony
- Complete: Today I acknowledge myself for (and name THREE things)
- Drink a cup of bone broth
- Drink minimum 1.5 liters of water



Step Twelve - Clearing your Beliefs

Mischief

Managed

- Write down all your ‘wish’ beliefs and affirm these daily.



Why the fuck not? You keep telling yourself a new story, you’ll start creating new evidence and you know it!

- Complete Journaling Prompts



- Complete: Today I acknowledge myself for (and name THREE things)



- Drink a cup of bone broth



- Drink minimum 1.5 liters of water



Step Thirteen - Breathe

Mischief

Managed

- Read your new beliefs before going to sleep
- Complete: Today I acknowledge myself for (and name THREE things)
- Drink a cup of bone broth
- Drink minimum 1.5 liters of water



Step Fourteen - Pamper

Mischief

Managed

- Have a fabulous 'spa' day.
- Complete Journaling Prompts
- Read your new beliefs before going to sleep
- Complete: Today I acknowledge myself for (and name THREE things)
- Drink a cup of bone broth
- Drink minimum 1.5 liters of water

