



the Workbook

PERMISSION FOR MORE CHALLENGE!

#MOREMOMSQUAD



Step 1: Permission to let go

Mental Detox

As a man thinks so is he! what toxic, negative or limiting beliefs have been holding you back from getting everything you want in life? Use the "Harmony Wheel" as a guide! This is for your eyes only so be completely open, honest and transparent with yourself! Get it all out! Set aside some uninterupted time to do this! Scream, cry, yell if you must! But get it all out on paper!



Step 1:

Permission to let it go!

Mental Detox

Now cross everything out, and think of what thoughts will replace that negativity. Use bible verses, affirmations, and TRUTH to replace and combat that old mindset. Literally WRITE IT OUT! "I AM" and fill in the blank! What does GOD say... what does HIS word say?

Be mindful of what you think and say throughout the day! Be mindful of what others are speaking over their lives and over yours! You'll be surprised at how intentional you have to be to combat and replace thinking that doesn't position you for MORE! But be encouraged, it's 100% possible to shift and reshape your mindset