



## Step 5:

# Permission to S.H.I.F.T

*Get what you desire*

Over the past few days I've shared in detail the steps you needed to align your life in such a way to **Manifest Overflow and Results in Every Area of your life!** Now it's time to **SHIFT!**

**S: Show up**

**H: Honoring Him**

**I: Intentionally in**

**F: Faith with works and**

**T: Total Surrender**

**Your Confidence comes from your SHIFT! The Influence, Impact, Income.... literally the M.O.R.E. you desire are directly connected to the S.H.I.F.T!**

What to do: Review what we've done and use it as your blueprint! Read your goals (promises) daily, document your process and progress, PIVOT when needed, and always exercise gratitude! Remain open and willing to see and do things differently than you've ever done before! It will only work if you work it! You can see this as a cute exercise and fun time, or you can use this as a blueprint for transformation, and literally MANIFEST the OVERFLOW and RESULTS you desire for your life! The Choice is yours! Decide today!





# Bonus:

## Permission for Self Care

### *Fill Your Cup!*

You cannot pour from an empty up. What are the things you can do to care fo yourself! It's okay to be selfish! Identify the major things that may require child care or time away... and identify the smaller things that you can do daily to ensure your cup is full!

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Further more nothing good can come from a cup filled with mess! What are you feeding yourself? Who are the people who add value to your life? Identify these people, and take a moment to send them a "thank you" text this week! For the people who don't add value, what needs to change? Write it down, and begin ask God how to shift in those relationships!

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**Bonus: Set the date! Identify 1 new way you can and will incorporate self care into your WEEKLY routine... to further keep your cup filld! Set the date/block off the time in your calendar or on your phone!**



# YOU WILL HAVE WHAT YOU **BELIEVE** YOU DESERVE!

**Listen, whatever you believe to be true... guess what... it is! If you continue to say what you "can't do" or can't have" well then that WILL be true for you! But if you put in the mental work to shift your mindset, knowing that God's word is true and that His absolute best is waiting for you, you will MANIFEST OVERFLOW and RESULTS that you desire in Every Area of your life! You will have what you say and believe! So why not say, believe and manifest all that God has for you! It's your choice!**