



## Transcend Your Story Process

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What story do you want to transcend?

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How is it holding you back?

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How is it serving you? What is it enabling you to do/be or not to do/be?

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How is it serving you? What is it enabling you to do/be or not to do/be?

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What is your biggest FEAR in letting go of this story and identification?

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TELL YOURSELF THE TRUTH: Who could/would you be without this story and identification?

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**(After Meditation Process)**

What is the Soul Gift you are being called to?

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What inspired action can you take to support yourself in living into the greatness that you are?

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