



THE BEGINNING (INTRODUCTION)

THINGS TO REMEMBER/DO: Here you see a few “post it” notes for you to utilize for the duration of this course. You can print this page out, cut out the notes and post them all over your house. Even pin it to your computer, the mirror, refrigerator. Everywhere that you know you will see these little reminders of your beautiful Freedom Journey™. I have left a few empty spaces for you, so that you can write down your own message to yourself if you like.

You are a sovereign Being of Light	You are Powerful	You CAN CHANGE your life at any moment in time!	Each moment presents you the opportunity to make a decision to experience what you want!
Nothing is stopping you from achieving that which you wish to experience	You are AMAZING!	You are BRAVE!	You are LOVED beyond measure by ALL that is!
You have a huge support team, cheering you on!	YOU ARE THE CREATOR OF YOUR JOURNEY!	YOU ARE PERFECT THE WAY YOU ARE!	You have the power to FREE yourself!

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