



5 - DAY CHALLENGE WORKBOOK

# Release & Renew

You are a queen who will rise to the occasion.

WRITTEN BY

*Lisa Marie*

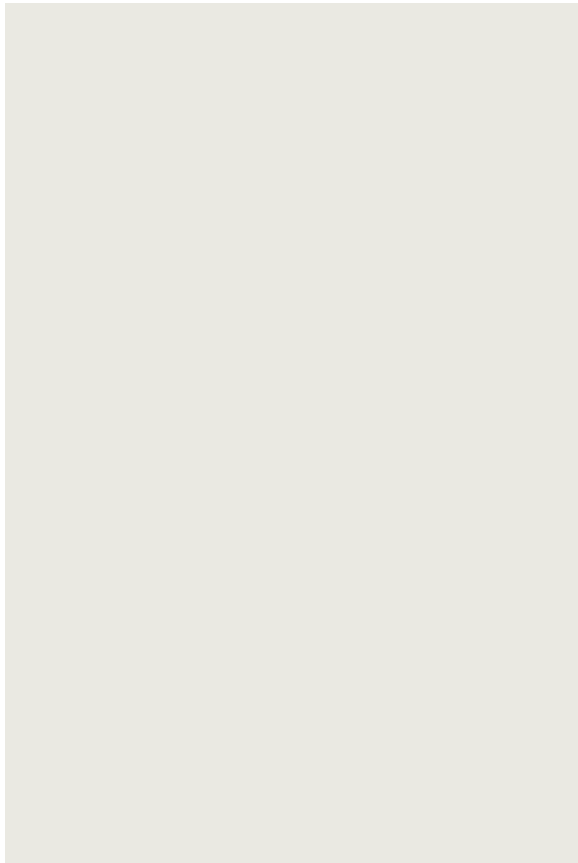
Day 1

# HABITS

IDENTIFY WHAT STRENGTHENS YOU AND WHAT WEAKENS YOU

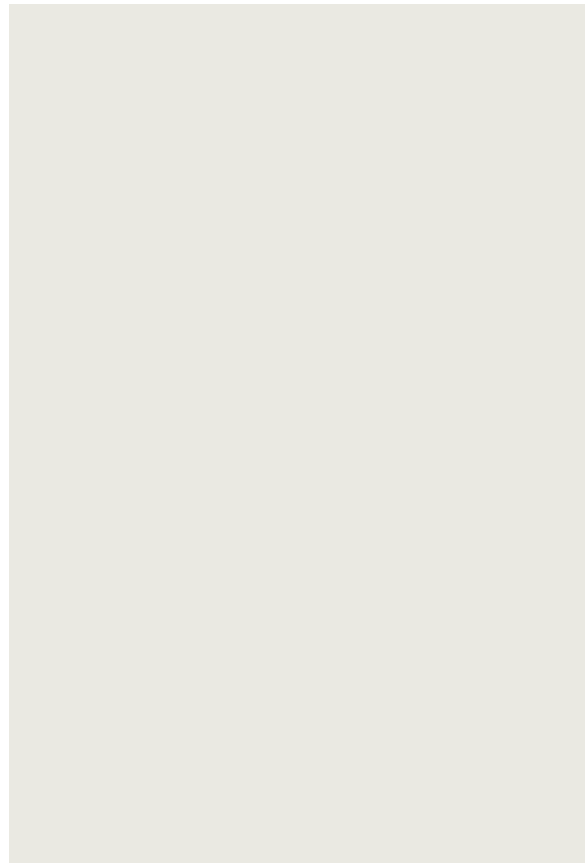
## VIYOGA

What are the behaviors that weaken me and keep me separated from my highest self?



## SAMYOGA

What are the behaviors that strengthen me and bring me closer to my highest self?



## NEXT

Choose one habit from the Samyoga column that you will commit to doing every day this week. Share it in the Facebook group!

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." ~ William Durrant

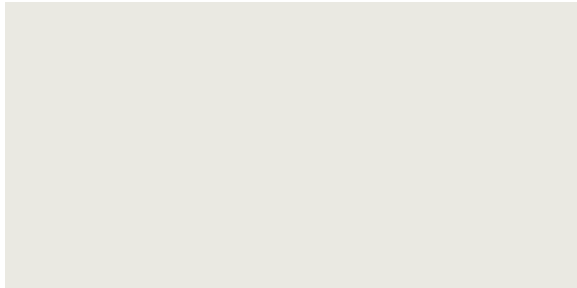
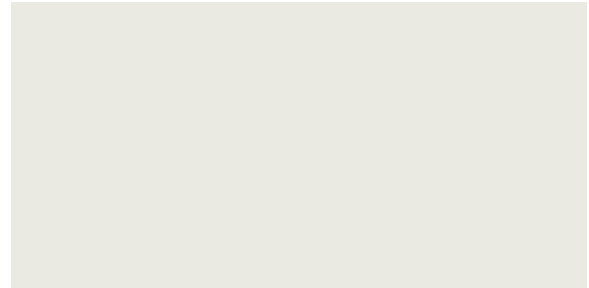
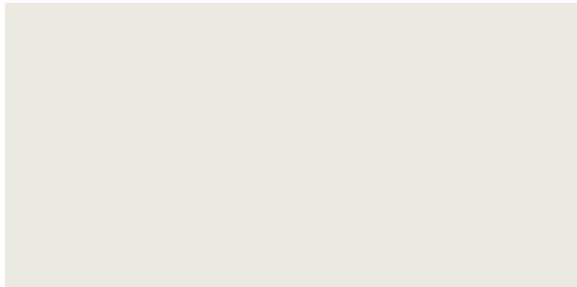
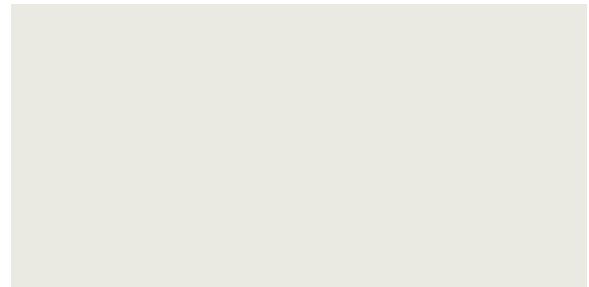
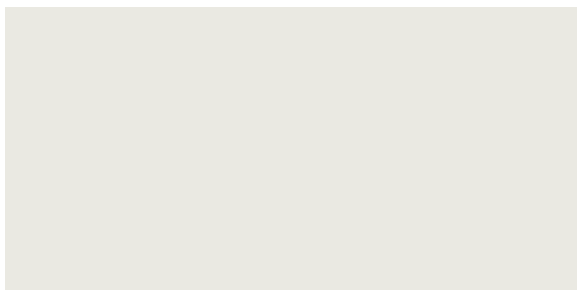
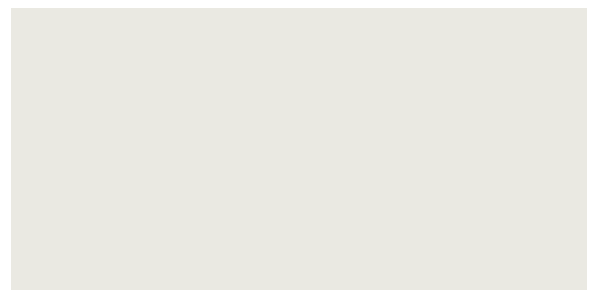
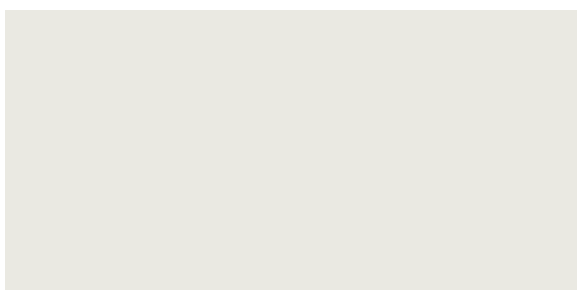
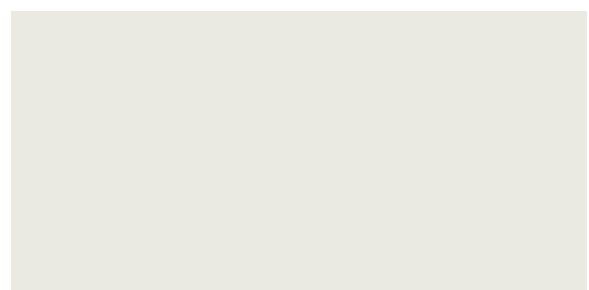
Day 2

# Limiting Beliefs

REWRITE THE BELIEFS THAT KEEP YOU PLAYING SMALL

LIMITING BELIEF

EMPOWERING BELIEF

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NEXT

Share a limiting belief and your new empowering belief in the Facebook group.

Day 3

# Energetic Cords

CUT NEGATIVE ATTACHMENTS THAT ARE KEEPING YOU STUCK

There are energetic cords that attach us to people, situations, experiences, and beliefs. As we go through life and embrace our goddess energy, we will want to free ourselves from the attachments that are draining our energy and no longer serving us, so that we can move on with light and love.

**Practice the cord-cutting meditation and then describe any feelings that arise.**

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**N E X T**

Share your experience with the cord-cutting meditation in the Facebook group. How did it go? How do you feel?

Day 4

# Sankalpa

CREATE AN INTENTION OF THE HEART

## What is a Sankalpa?

A sankalpa is a short, positive statement of intent. It could be something you want to heal, achieve, create, or transform. When your sankalpa is realized, not only may you have received material benefits, but you'll also be closer to your highest self. Your highest self is the part of you that wants to see you reach your full potential and share your gifts with the world. Because when you do that, you'll not only feel better, but you'll make the world better too (and we really need the world to be better).

A sankalpa is similar to an affirmation, but it goes much deeper. It's not something you can carelessly profess like a traditional New Year's resolution that is shared amongst your friends. It's specific to you. In fact, it already exists within you - it's an innate desire.

Once created, you can call upon your sankalpa to remind you of your heart's desires and use it to guide your thoughts and actions.

# Sankalpa

CREATE AN INTENTION OF THE HEART

A well-crafted sankalpa should have the following elements.

01.

It starts with an "I"

02.

It's written in the present tense

03.

It's achievable in 6-18 months.

04.

It's measurable either qualitatively or quantitatively

05.

It uses conversational language

06.

It describes how you feel when you achieve it

# Sankalpa

CREATE AN INTENTION OF THE HEART

Here are some examples of a well-crafted sankalpa.

01.

I make money doing work that inspires me and has a positive impact on others.

02.

I practice self-care and take care of my body, so I feel healthy and strong.

03.

I prioritize pleasure and my sexuality. I feel confident, sexy, and joyful.

04.

I give the love I want to receive, and my romantic relationship is thriving.

05.

I make empowering decisions for my family without second-guessing myself.

06.

I always speak my truth - even when it's scary.

D a y 4

# Sankalpa

CREATE AN INTENTION OF THE HEART

Craft your own Sankalp with these questions  
from Rod Stryker's book *The Four Desires*.

01. What do I want to achieve or become?

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02. What would having it look or feel like to me?

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03. Write out your sankalpa

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N E X T

Share your Sankalpa in the Facebook group.



# Imagine

Spend about 10 minutes describing what it will be like to have achieved your Sankalpa. Describe how you will feel, what you will do, who you'll be with, and any other details. Be as specific as possible. Once we can visualize it, we can achieve it.

[illegible]

Share your vision in the Facebook group.