

# CLEARING THE CRAP

What are you avoiding?

What do you need to STOP doing?

What are you being called to unplug from?

What do you want to change?

Why should it change?

What are you being called to heal?

What are you doing that no longer feels authentic?

Where in your life are you hiding?

Give gratitude for this challenge as it is your teacher.



*"No makes way for yes" - Rebecca Campbell*