Keys to Confidence

Voice **Power Engage Unique Gifts Engage Creative Intent Awareness** Conscious Release Negative Focus Release Obligation **Declare Your Intent Spiritual** Clarify Life Purpose Align Solution Vibration Speak Your Truth Mind Live from Heart Trust the Process **Presence Projection Engage Emotional Engage Physical** Resources **Energy Physical** Release Nervous Energy Release Limiting Beliefs **Body Ground Your Body** Clear Heavy Energy **Clarify Perceptions Breathe Fully** Be Loud **Accept Reality**