POWERSHIFT WITH RENÉE™

Sugah for Your Shift™

EPISODE 02 / THE MIRROR NEVER LIES

Tell It Sweet. Tell It True.

Look with honesty. Speak with love.

01 / A LITTLE TRUTH

What do my repeated choices reveal about what I believe I deserve?

A choice I keep repeating is…

What that choice may say about my beliefs is…

02 / SAY IT LIKE YOU MEAN IT

I AM willing to see myself clearly and treat myself kindly.

03 / GIVE IT SOME LIFE

Choose one small action that reflects the care or respect you want to give yourself.

Today, I will honor myself by…

A little lovin’ for your becoming.

Conquer. Elevate. Dominate.

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