POWERSHIFT WITH RENÉE™

Sugah for Your Shift™

EPISODE 01 / THE AWAKENING

Wake Up, Sugah.

Pause. Breathe. Notice yourself.

01 / A LITTLE TRUTH

Where am I living on autopilot - and what am I noticing now?

One pattern I notice is…

What I need to acknowledge with love is…

02 / SAY IT LIKE YOU MEAN IT

I AM awake. I AM aware. I AM becoming.

03 / GIVE IT SOME LIFE

Take one intentional pause today. Before saying yes, ask: Does this choice honor me?

One choice I will make consciously today is…

A little lovin’ for your becoming.

Conquer. Elevate. Dominate.

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