

How To

STEP INTO YOUR POWER

Starting today



WELCOME TO YOUR QUICK GUIDE

I know how it feels to be where you are. Because I've been there too, and this is why I've created this transformative guide for you to understand what you truly want, gain clarity, and finally step into your power. Each question will guide you closer to understanding how you can step into your feminine power and use that power to your advantage. So take a deep breath, grab a cup of coffee or glass of champagne and write without filtering. You are on the right path. - TarrynChristy xo



1 What does your life look like right now?

2 what do you wish your life could look like instead?

3 How committed are you to creating a true change?

DECIDE

There is tremendous power in making a decision. The moment you decide you want more for yourself, that's when the game changes. But you need to ask yourself some serious questions that will help you gain clarity and understand what you want for yourself and your future.

QUESTION #1: When you think about your life, what would you like to change the most?

QUESTION #2: Do you feel happy and fulfilled in your life and career?

QUESTION #3: When you think about starting to implement changes, how does that make you feel?



DECIDE

QUESTION #4: Do you try and move forward do you feel like you are held back by self-doubt and limiting beliefs?

QUESTION #5: If you had to make a decision today to completely go after your dreams and goals, how does that make you feel?

QUESTION #6: If you have the help and guidance to finally move in the direction you dream of, how would that make you feel?

UNDERSTAND

With a decision there comes an understand of what you need to work on, change and evolve as you go. The understanding phase helps you gain clarity on what is holding you back, why its holding you back and what needs to change to help you move in the direction of your dreams.

STEP #1: What holds you back? Really think about what you feel when you are about to make a move but are stopped in your tracks?

STEP #2: Do you find yourself feeling endless amounts of self-doubt or paralysis when you think about making moves?

STEP #3: Do you find yourself feeling extremely overwhelmed with no idea where to start or how to actually start moving in the direction you want to go in?



UNDERSTAND

STEP #4: When you have spoken about an idea, dream or goal, have you been told it is impossible and you shouldn't even bother trying?

STEP #5: If yes, how did this make you feel and did you listen to them?

STEP #6: Does the opinion of others stop you from moving in the direction of your dreams and goals?

IMPLEMENT

Implementation is the phase of putting everything into action. You have made the decision, you have worked through understanding what you fear, what is holding you back and what you need to work on. This phase is about taking the important steps every day to move you in the right direction.

STEP #1: What is one thing you have been putting off that you could start with today that would help you move in the direction of your dreams?

STEP #2: If you are worried that you do not have enough time or you feel as if you do not have time at all, but you started getting up an hour earlier or skipping Netflix, would would you use that time doing?

STEP #3: If you think about your evening routine or morning routine, what could change? Could you spend more time reading, marketing or content creating? What would help you build your ideal life?



IMPLEMENT

STEP #4: I want you to take a moment and write down a plan for yourself? What is your plan for the next two days to get everything off the ground? Elaborate and don't be afraid, to be honest with yourself.

STEP #5: Now that you have a plan, I want you to write down every reason why you are capable and read it back to yourself once you have done this?

POWER

The power stage is the final stage. You finally see yourself stepping into your power daily by making simple decisions and implementing them into your daily life to help you reach your goals. With a decision, understanding and implementation, anything is possible.

STEP #1: How has making a decision for yourself to be better, do better and achieve more made you feel?

STEP #2: When you think about your plan, do you feel more in control than you were before you started?

STEP #3: If you were told you cannot achieve something now or that you should "rather not" try something, what would you do?



POWER

STEP #5: What limiting beliefs were you told, but now realise that they were not your own? (Limiting beliefs are what others say is impossible for you)

STEP #5: Now that you have chosen to take the first step, trust your intuition and put in the work, how do you feel?

STEP #6: Starting today, what is one thing you commit to doing every day to ensure you stay on this path of creating your dreams?

A top-down view of a white ceramic coffee cup filled with a frothy beverage, topped with a dusting of brown powder. A wooden spoon rests on the white saucer. Several coffee beans are scattered on the white surface next to the cup. The background is a soft, out-of-focus light blue and white. The text is overlaid on a semi-transparent orange-red rectangular area.

DECIDE, UNDERSTAND, IMPLEMENT AND POWER

If there was ever a moment to celebrate your steps in the right direction, it's now.

Power comes from deciding you want more for yourself, understanding what needs to change, implementing the necessary changes, and stepping into that power.

It doesn't have to be complicated, drawn-out, stressful, or overwhelming. It can start with one simple decision to wake up one hour earlier in the morning to give yourself an extra hour to work on your side-hustle, or it's deciding to register your business and celebrate that achievement before moving forward.

The trick is to decide and never fault on what you know you deserve. Multiple small steps lead into quantum leaps, and that is what you need to focus on as you take the necessary steps every day.

Decide, Understand, Implement, and Power. If you incorporate these four steps into your daily routine and keep your vision clear, anything is possible for yourself.

Stop underestimating your ability and trust the process.

Cheers to you, Queen.

Love & Guidance - TarrynChristy xo

You have reached the end of your guide



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