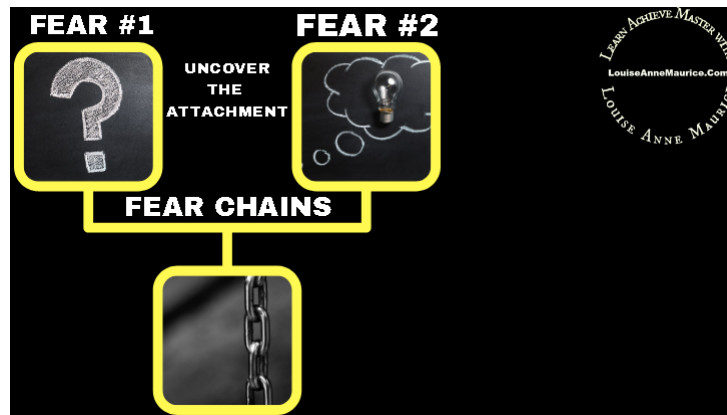


Empowered You Part 1

In our year in review video [CLICK HERE TO WATCH](#), I asked that question "How can you expand your inner world so that your outer world reflects back to you the best version of you this coming year?"

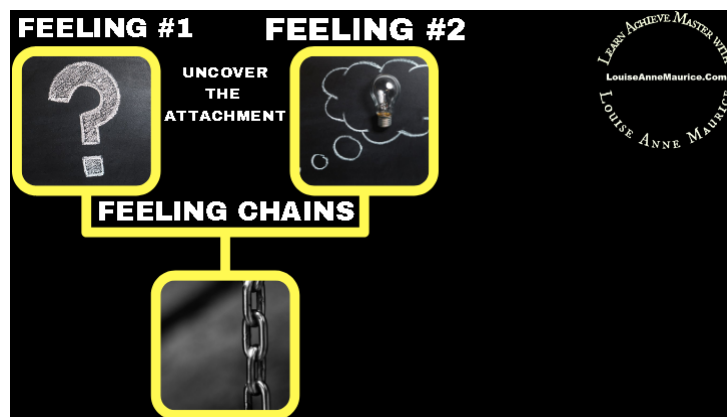
As we prepare for the Empowered You Series, taking stock of your current inner world is important to get you in the necessary preparatory state for long-term positive transformation to take hold. Here are some steps to guide you.

STEP #1



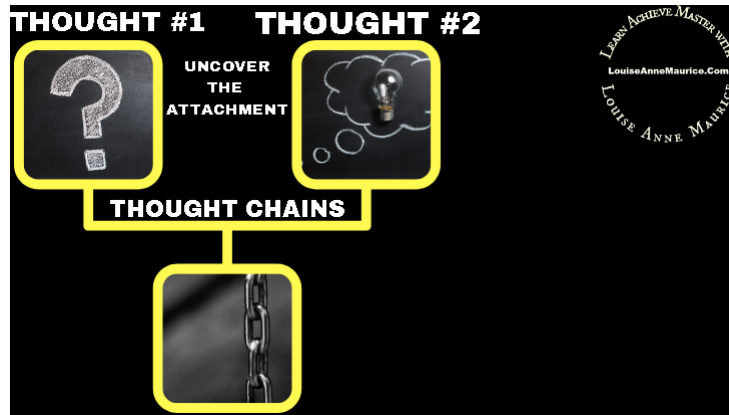
What 2 fears have you chained down and unable to achieve your goals?

STEP #2



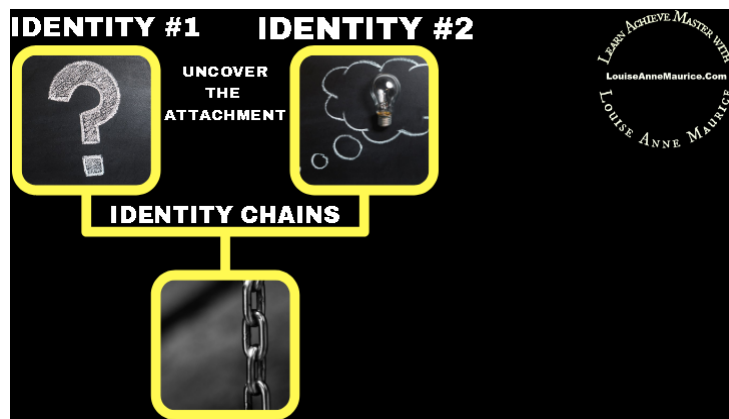
What 2 feelings have you chained down and unable to achieve your goals?

STEP #3



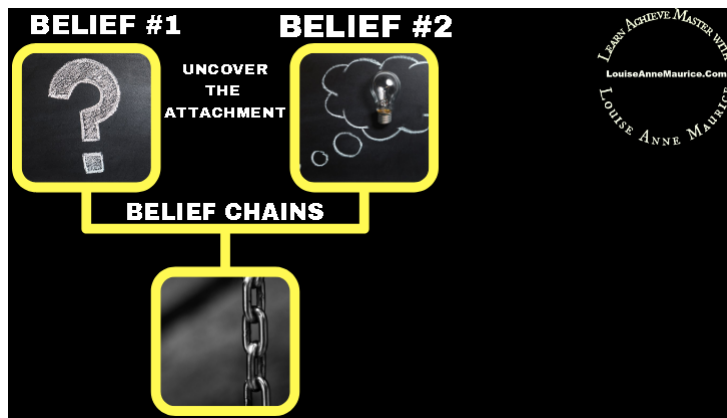
What 2 thoughts have you chained down and unable to achieve your goals?

STEP #4



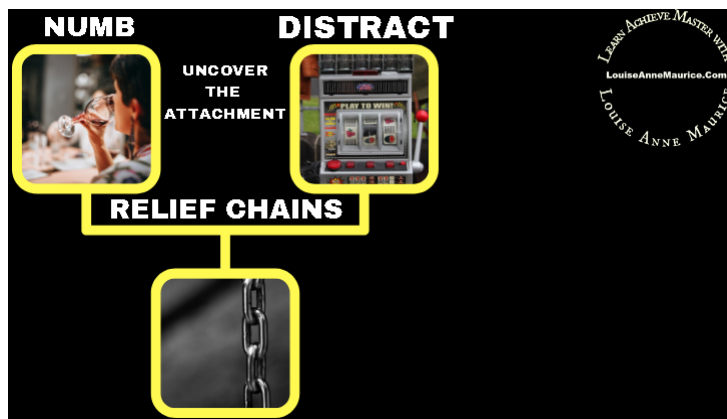
What 2 identities have you chained down and unable to achieve your goals?

STEP #5



What 2 beliefs have you chained down and unable to achieve your goals?

Step #6



What 2 relief behaviors have you chained down and unable to achieve your goals?



Over the next 12 videos in the Empowered You Series, we will unravel the chains and guide you to develop a new framework that empowers you!

Subscribe to the [Louise Anne Maurice YouTube Channel](#) so you don't miss any activity in the Empowered You Series.