

EXPANDING REALITY
28 DAY PROGRAM

Module 4:

Ascending to a Higher Vibration

It's time to release those heavy emotions and ascend to a frequency of unlimited possibility.

This is the final leap into the reality that surpasses your wildest dreams.

Module 4: Ascending

Confidence has three components and all three have to be present and aligned for you to feel and radiate confidence. It's important to identify your True Self. This is the part of you that is constant, it's the essence of who you are. To identify your True Self, you need to do some self discovery.

On the following pages write down the parts of you that have been constant throughout your life. The parts of you that are not swayed by people, trends, or expectation. Some ideas are: your interests, passions, likes/dislikes, personality traits, things/desires that you feel called to have/do. List as many as you can think of:

Module 4: Ascending

A series of 20 horizontal dashed lines for handwriting practice, arranged in 10 pairs. Each pair is separated by a small gap, providing a structured space for practicing ascending strokes.

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Once you're reminded who you really are, it's time to reflect that in your Identity . This is the fun part, and the part where your life begins to change. On the following pages, identify how you can begin to shift your Identity to match your True Self.

Some things to consider:

- What are some things I feel called to do?
- How can I begin to fill my life with things that I love?
- What things in my life do not align with my True Self that I can start saying no to?
- What are some things that do align with my True Self that I can start saying yes to?

This will essentially become a to-do list for you over the next few days, weeks and months as your life starts to come into alignment with who you really are.

Once you have aligned your Identity with your True Self, and Accepted yourself fully, you will experience a level of confidence far beyond your expectations.

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Use the following page to identify how you can begin to shift your Identity to match your True Self: