

Saying Yes

LEARN HOW TO TRUST THE PROCESS AND
STOP QUITTING HALF WAY

girltribe →



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Hey Spirit Sister,

By now you are getting a clear picture of what our tribe embodies. We are all about taking care of ourselves from the inside out - meaning we FUEL OUR BODIES with the good stuff. We create CLEAR visions for our lives. We set GOALS and crush them. We CONNECT with the UNIVERSE and BELIEVE the Universe truly has our back. We DREAM BIG And we expect MAGIC + MIRACLES!

This week you will receive all the tools you need to stay on course, to rock the path of a SPIRITUAL WARRIOR. It's easy to sign up for a course like this, rush through the material and then get sidetracked by all the little life things. We don't want this to be your story. We want you to step into your power. We want you to have the life you dream of! So this chapter is all about making it stick. Becoming the heroine of your life! Getting into a long, term committed relationship with yourself. It's about pushing your limits and stepping outside your comfort zone. It's finding YOUR WHY - your purpose, as this is what will get you through the emotional roller coaster that lies ahead. This journey you are embarking on is not easy, you will be tested, you will want to throw in the towel but you won't - you know it is worth it, YOU ARE WORTH IT!

This week you are going to learn how to connect with your heart centre, how to create from the heart, and how to clear energetic blocks. You don't want to focus your energy and become a manifesting queen only to realize you have created a life you don't actually love... a life you thought you "should" live. You want to ensure that all the work you're doing is aligned with your heart!

That all of your actions are motivated by LOVE after all love makes the world go round.

**So are you ready? Are you ready to commit to this journey?
Are you ready to take control of your destiny?
Are you ready to say YES?**



Notes from Catie Fenn
Founder of Love Warrior

I am Catie Fenn and I am a writer, mentor, speaker and meditation junkie. I am also a goal crusher and manifestation queen. I'm here to help support you in the final step of this program to say yes to the journey and stay the course! My mission is to empower, inspire and light the fire for you to boldly step into your power. I believe that we are here to live in a way that feels exciting, magical, and deeply fulfilling, where our legacies are coloured by how deeply we loved and how many lives we impacted. I truly care about you, and all of us in the GirlTribe community, owning our power as change-makers by realizing our potential to awaken to our true purpose: to be love and spread love. It's nice to meet you.

I've manifested everything from the job I always wanted, to friends committed to growth that support and uplift me, to going to incredible restaurants and taking amazing trips around the world, to attracting a number of guys who met the exact description I wrote out for what I was looking for in a partner, to more trivial things like getting a free green smoothie when I felt thirsty, the perfect tailored jacket, a purse I had been eyeing for years, and subway money when I was all out of change! I truly believe that everything we want in our lives is possible. Just like we learned in the course last week, the more energy we put out to the universe and into our goals and making our life better, the more that will flow back to us. Everything we need will be provided for us as we need it, BUT it's not always on our timeline.



Here are a few things to keep in mind as you begin to connect with your heart centre and pour your energy into creating a life you love:

1. Everything will unfold perfectly, but it might not be on your timeline. Rather than throwing in the towel when you think you've had enough, TRUST that the universe has a smarter plan than you!!

TIP: Remember when we taught you to add "this or something better" to the end of anything you ask for from the Universe? Don't forget that you are only INVITING your dreams to come true, the Universe is working with you to create your reality. Don't be afraid to ask for your wildest dreams!!

2. The Universe will call you to LEVEL UP once you've mastered the game! There's always a new possibility waiting for you. Get committed to the process. Once you feel like you have solid understanding of the manifesting process, and you start to see your dreams coming to fruition (with little effort and grunt work involved), your journey has just begun. Living your dreams is a sign that you are IN FLOW, but don't be alarmed when the universe tests you to DO MORE. This is the name of the game, spirit sister! Climb one ladder, you're at the bottom of the next.

DON'T TAKE TOUGH LESSONS OR TESTS AS A SIGN OF FAILURE. THESE ARE SIMPLY PROGRESSIONS. YOU MUST START IN ELEMENTARY SCHOOL BEFORE YOU GET TO UNIVERSITY, AND THE SAME DEVELOPMENT CAN BE SAID OF GETTING TO KNOW YOUR PURPOSE + FINDING YOUR PATH.

3. If your vision doesn't give you the butterflies, it's not big enough. The Universe always wants us to be playing at our highest level. Create an epic vision for your life and COMMIT to the journey. You've spent all this time dreaming of your IDEAL life, feeling all the feelings, visualizing all the beauty, getting clear on your truest desires...now take a moment here to pause and commit to yourself! Say out loud, **"I am ready to commit to creating the life of my dreams. Even when I feel challenged and blocked, I know that I am on the journey to co-creating the life of my wildest dreams!"** Keep taking small, actionable steps each month to get you closer to where/ who you desire to be.

4. Small hinges swing big doors. Set small, baby sized goals each month or every four months to keep you motivated and moving in the direction you want to go. Setting large, oversized goals will only overwhelm you and set the bar super high for failure and lost expectations. The goal here is NOT to add guilt or shame to your list of limiting self beliefs (ie. "I forgot to do my meditation today, I failed again" or "I am two weeks behind on the Spirit Course, I can't even keep up with a simple daily practice") - don't get mad at yourself when life gets in the way. Simply START AGAIN. These tools we are giving you are always in your back pocket waiting for you to use them. There is no expiration date, no point of no return, no failure!!! When you fall off track, simply start again.

TIP: Need help getting back on track? Reach out to your tribe in our [Facebook GirlTribe Community](#) group!! Chances are, one of your spirit sisters could use a nudge too.

5. It's okay to "screw up" along the journey. Mistakes are natural. Habits are called habits for a reason, they don't quit easily. That's the whole name of the spirit game! When you find yourself slipped up, ask yourself "what is this experience teaching me?" Get back on the Goddess horse.

6. Being committed to the overall vision is more important than specific goals. Stay aligned + intentional about your vision but allow your goals to shift and change as your gut dictates how things feel, the next move, etc. Follow your intuition towards the end goal and allow for twists + turns in the road towards your ultimate dream life. **TIP:** You can never "get off track" in the journey of your own life. You are here to learn the lesson presented at each fork in the road.

Along the journey, the Universe will test you, and like the WARRIOR GODDESS that you are, it's up to you to slay whatever it throws at you to show just how committed you are to living your most amazing life + achieving your vision and crushing your goals. The key is to make sure you have support in place for when you fall off course or you feel like you're trapped in your head, or are feeling sad, stressed or unmotivated.

7. You can't do it all alone. Call upon the support of your friends, family, your [GirlTribe](#), and other personal inspirations to help keep you inspired and on track.

8. When the Universe throws you a curveball, make sure you have self love practices in place to keep yourself anchored and reconnect you with your soul/love warrior. When in doubt, turn back to your Spirit Course material and open your journal/notebook. Use the tools we have shared with you to refill your love tank and get back on the super highway to loving self care + making magic.

TIP: After a series of curveballs, you might also feel like it is taking forever for you to create a new habit successfully or for what you want to materialize. When that happens, be gentle on yourself, but also take inventory to see whether there are any blocks you might still be holding onto. It's time to let that shit go. By releasing your limiting thoughts about what is possible for you, and releasing grudges and forgiving others, including yourself, you free up space in your life for new, amazing things to come in.

9. If things aren't flowing, you're probably blocked. See above. Release. Release, release some more! Go back to the breathing exercise where you focused on LETTING GO. Surrender yourself to the current of the Universe and TRUST. Release fear. Let go of doubt. Surrender to the curiosity of your own life and allow yourself to GO BIG. Give yourself permission to love.

10. You don't know what you don't know. You don't always know where you're blocked until you do the work to get real about it. If ever you don't know where you're blocked, ask the Universe for guidance! Ask **"Dear universe, things aren't flowing. Please show me where I am blocking love, abundance and unconditional support so I can achieve my goals and manifest my vision."**

Eventually, when you make it through the hurdles, you reach the end of the journey and you can look back at all that you learned and how incredible it all was. You'll bask in the glory of it all for a while until, you'll feel the universal call to recreate a NEW vision for your life that's even more incredible than the one you dreamt up before. Life becomes the most magical game of constant levelling up - are you ready to play?

You've got this, goddess!!
Love Catie

"YOUR TIME IS LIMITED, SO DON'T WASTE IT LIVING SOMEONE ELSE'S LIFE. DON'T BE TRAPPED BY DOGMA - WHICH IS LIVING WITH THE RESULTS OF OTHER PEOPLE'S THINKING. DON'T LET THE NOISE OF OTHERS' OPINIONS DROWN OUT YOUR OWN INNER VOICE. AND MOST IMPORTANT, HAVE THE COURAGE TO FOLLOW YOUR HEART AND INTUITION."

- Steve jobs

What is my ego?

Before we get started, let's address a BIG elephant in the room. Your EGO. We've all heard this word before, but let's dive into it. What is your ego? Well, simply put, it's the little (okay, BIG) voice in your head that separates your spirit (soul/being/purpose) from your identified 'SELF' (your job, your personality traits, your accomplishments, your appearance.) Your ego is your conscious mind. It is the part of you that recognizes your own existence, the awareness of your individual identity. In theory, there is nothing wrong with your ego...with knowing you are YOU! But the problem arises when our EGO starts to speak louder than our SPIRIT and we get lost in the verbiage of our conscious mind. The endless chit chat of who we think we should be v. who we truly are. There is a time and place for your ego, and

eventually (not right away) you will learn to ignore your ego and focus on your heart voice, your inner voice, your true voice. This is when you will cry a happy tear and feel like you have arrived. You will be home, spirit sister. You will be YOU.

May this journey guide you closer the truest, most joyful, authentic you.



DATE :

TODAY'S FOCUS :

SELF LOVE AND SURRENDER

TODAY'S MANTRA :

"EVERYTHING IS HAPPENING AROUND ME. I AM FULLY TAKEN CARE OF."



TODAY'S TASK :

Write yourself a love letter.

Self-love is really about learning how to find your centre, and anchoring your connection to your heart on a daily basis. If you are scattered, so is your energy, which makes it difficult to focus on intentionally achieving your goals.

Today, you will connect back to the anchor (your 'She', your soul) It's when you are in a high vibe, loving state, anchored deeply within yourself that magic happens! Once you are anchored, there is more of a gentle approach to achieving your goals and following your dreams. You will feel like you are in a state of flow towards them, instead of swimming against the current. You will remember that as long as you are keeping yourself in a loving and open place, the Universe will deliver everything that you need, as you need it! This ensures that you will never quit, but endure and carry on your path. Rather than recognizing challenges and obstacles as signs to QUIT, you will begin to accept them as lessons to learn and choose to GROW. Are you able to see the difference here? The old you finds challenges daunting + ruthless. The new you finds challenges exciting + rewarding!

Task: Love letter.

In this journaling exercise, you are going to write a letter to yourself in THIS MOMENT telling you all the things that you love about yourself and how proud you are of all the things you have accomplished in your life, big and small, up until now.

It can be difficult to give and receive love to and from yourself. You might forget to give yourself love just because you are always too busy giving love away and focusing on others. It's also likely that you don't always give yourself the time and space you need to reflect upon and feel PROUD about what you have achieved and experienced thus far on your journey.

By writing a love letter to yourself, you are opening up your capacity to receive! This, in turn, opens up your capacity to receive in all ways, which includes our capacity to receive abundance and blessings from the Universe.

So, here you go! Grab a glass of wine, or a beautiful cup of tea, and write. Write to yourself with joy, love and compassion. Write with pride, light, and pure acceptance.

Journal Day One

DATE:

"EVERYTHING IS HAPPENING AROUND ME.
I AM FULLY TAKEN CARE OF."

My energy level today is 1 2 3 4 5 6 7 8 9 10

My stress level today is 1 2 3 4 5 6 7 8 9 10

Did I take my vitamins Y / N

Did I have my shake Y / N

I am excited for _____ today!

I love myself 1 2 3 4 5 6 7 8 9 10 today

I woke up feeling _____ .

Today I feel _____ in my body.

I am proud of myself for _____
_____ .

Notes from Day One :

DATE :

TODAY'S FOCUS :

THE BIGGER PICTURE - FINDING THE WAY

TODAY'S MANTRA :

"ANYTHING I WANT FOR MYSELF IN MY LIFE IS
POSSIBLE."



TODAY'S TASK :

Finding your way and making it stick.

By this point in the course, you should be starting to understand there are INFINITE possibilities for what you can create for yourself. **The world is your oyster lady love.** One of the biggest barriers to actually achieving your goals or having your visions manifest is - YOURSELF! In order to prevent yourself from becoming your biggest BLOCK, you must truly believe you are worthy of your goals, that your goals are actually possible; and you must also remind yourself WHY you want these things to happen in the first place. Sometimes, especially at the beginning, you need to fake it before you make it. One of the best ways to do this is to reprogram your brain through repetition to CHOOSE (and truly believe) to think that anything is possible for you. In other words, get badass and reframe your THOUGHTS!

TIP: No matter what, there will be obstacles in the way as you move forward. The key is to develop resilience by being gentle with yourself when you fall off course, and reconnecting to your 'She' (your "home") when you do. Forgive yourself for being human and hop back on the love train, sister!

SUCCESSFUL PEOPLE ARE DETERMINED BY HOW QUICKLY THEY PICK THEMSELVES UP AFTER THEY DROP THE BALL OR FAIL.

One of the best ways to develop resilience and the ability to persevere is to have clarity on your WHY. This is a short statement that helps trigger you to remember why you are doing what you are doing. While your mind might trick you into thinking that your goals aren't possible, you can retrain it through daily repetition to believe that anything you want is actually possible. Your WHY statement can also be triggered whenever you have lost motivation or been led astray. HOW AMAZING IS THIS? What a beautiful tool to have stored in your back pocket all the time, whenever you need it, simply accessed by closing your eyes and remembering WHY you started this journey. You got this, spirit sister!

During this task, reflect upon your why and put reminders in place to ensure you program your mind to actually believe your dreams are possible. Use your WHY as back up inspiration to pick yourself up when you are feeling unmotivated. In other words, when you are having one of "THOSE DAZE."

Write out a personal mission statement that outlines WHY you desire the life that you want to live.

Here is a breakdown of steps on how to write your personal WHY statement!

1. Grab your journal and start writing "Anything that I want for myself in my life is possible."

2. Write your goals, dreams and desires as if they have already happened: "I will live a life of..."

3. Take your core desired feelings and add them in "I will live a life of ... where I feel _____ and _____ .

4. Add in your WHY: "So that I can..."

5. Keep it short! Let your pen free flow without putting too much strategic thought behind each word.

Example:

"Anything I want for myself in my life is possible! I will live a life where I feel loving, beautiful and abundant so that I can make a massive impact on the world and inspire others."

1. Take this statement and put it as a reminder in your cell phone. This way it will go off daily and you will remember your why! It will get lodged in your subconscious through daily reminders.

2. Take this statement and write it on a business card and keep it in your wallet. If ever you are feeling unmotivated, look back at the card and remember your why!

3. Take this statement and write it on a cue card or post-it, and have it somewhere near the place you get ready in the morning. This way, when you see it you will remember to read it and the message will become further sunk into your subconscious. Or if you're feeling saucy, write this memo on your mirror in lipstick so you are sure not to miss it ;)

Journal Day Two

DATE:

"ANYTHING I WANT FOR MYSELF IN MY LIFE
IS POSSIBLE."

My energy level today is 1 2 3 4 5 6 7 8 9 10

My stress level today is 1 2 3 4 5 6 7 8 9 10

Did I take my vitamins Y / N

Did I have my shake Y / N

I am excited for _____ today!

I love myself 1 2 3 4 5 6 7 8 9 10 today

I woke up feeling _____ .

Today I feel _____ in my body.

I am proud of myself for _____
_____ .

I am determined to accomplish my goals so that I can
_____ .

Notes from Day Two :

DATE :

TODAY'S FOCUS :

FINDING THE BUTTERFLIES : PUSHING YOUR EDGE

TODAY'S MANTRA :

"EVERYTHING YOU WANT IS ON THE OTHERSIDE
OF FEAR."



TODAY'S TASK :

Learning to push past your comfort zone in order
to live the life you've always dreamed of.

In order to have the life you have always dreamed of, you have to push yourself outside of your comfort zone to do things you wouldn't normally do! The Universe is always listening to you, but it needs you to pay attention to the opportunities and signs it sends to you as well...it's a two way street! Some of your goals + visions will require greater commitment and energy from you, and you need to be committed to constantly leveling yourself UP so that you are ready, willing and able to receive all that you have asked for.

You know that incredibly excited, nervous, anxious, happy, scared shitless feeling you get in your stomach when you're about to do something BIG!? The belly flip when you reach the top of the roller coaster. The breath you hold before you take the leap. Closing your eyes and cringing your brow right before saying YES! That's the one! Even though your heart + soul are both screaming "GO FOR IT!!", your mind will give you one million excuses about why you shouldn't do it. Safe to say...this is where your "comfort zone" ends. **Your mind (EGO) is always trying to keep you small and safe.**

TIP: Whenever you start to feel the butterflies, you know it's time to reconnect to your heart and push through all the doubt and excuses your mind is giving you. It's only by a constant commitment to growth that the Universe can commit to bringing you more epic things!

YOU MUST CROSS THE THRESHOLD, BUTTERFLIES AND ALL.

Sometimes you need to follow the butterflies by taking small, actionable steps in a new direction. No doubt, this can feel uncomfortable at first, but soon it becomes easy...we promise! Once you start to be intentional about pushing your edge a little bit each day, the Universe will respond by sending you more opportunities to amplify your growth. The real question is - will you say YES and follow the butterflies?



Task:

What is one thing you can commit to doing today that would be outside of your comfort zone?

1. It could be reaching out to someone who you don't know well but who you want to know better.
2. It could be deciding to take the stairs instead of the elevator.
3. It could be committing to trying a new recipe.

BONUS:

What is one event you can attend this month that is in line with your goals but super outside your comfort zone? ie. a networking event with people in an industry you want to explore, a social gathering, a running club, etc. You aren't meant to achieve all of your goals + visions alone! By pushing yourself to attend events that are connected to your goals + dreams, you will open yourself up to receiving the support and inspiration you need to achieve our goals + visions.



Journal Day Three

DATE:

"EVERYTHING YOU WANT IS ON THE
OTHERSIDE OF FEAR."

My energy level today is 1 2 3 4 5 6 7 8 9 10

My stress level today is 1 2 3 4 5 6 7 8 9 10

Did I take my vitamins Y / N

Did I have my shake Y / N

I am excited for _____ today!

I love myself 1 2 3 4 5 6 7 8 9 10 today

I woke up feeling _____ .

Today I feel _____ in my body.

I am proud of myself for _____
_____ .

I am determined to accomplish my goals so that I can
_____ .

Today I will step out of my comfort zone by
_____ .

Journal Day Three

DATE:

"EVERYTHING YOU WANT IS ON THE
OTHERSIDE OF FEAR."

Notes from Day Three :

DATE :

TODAY'S FOCUS :

BALANCING YIN AND YANG

TODAY'S MANTRA :

"I DEEPLY AND COMPLETELY LOVE AND
ACCEPT MYSELF."



TODAY'S TASK :

Yin Activity - to balance that Yang!

Here's the thing sister, goals are action oriented! If you are doing so much to push forward and achieve, it's equally as important to carve out time to receive, be patient with the process, and be gentle with yourself. As an action-oriented, badass babe, it's important for you to ensure you are also taking time to nurture yourself! Today you are going to do a super simple and accessible exercise that you can do at home to balance your fiery YANG with a little sweet YIN.

First off, think of the yin yang symbol, it is completely balanced. Similarly, consider the example of a pendulum. It will swing far forward one way, but then it always needs to swing back equally in the other direction. The same thing goes with your energy when you are looking to achieve your goals and create magic in your life.

As much as you need to be a badass babe taking on the world, you ALSO need to carve out time to RECEIVE love from yourself and remember to be gentle throughout the process. You have already begun this process simply by showing up to this course with your TRIBE :)

Task 1:

The yin energy is all about the senses. Buy a treat that is sensual for you, and be mindful of it as you eat it. How does it taste? How does it feel in your mouth and in your body as you eat it? What is the texture like? What does it look like? Allow yourself to delight in a mindful break to nourish your soul with a healthy treat. Say to yourself: "I deserve pleasure."

Task 2:

The yin energy is also about receiving, and the energy of it can often get trapped in our hip area if we don't take time to honour it. Bring your feet together in a butterfly position with your knees pointed out, otherwise known as cobbler's pose in yoga. Get cushions and rest them under your back. Lie on the cushions while your legs remain still in the diamond position. Set your alarm for a minimum of 5 minutes (all the way up to 15 minutes), and focus on your breath, inhaling and exhaling, quieting your mind (try counting your breath to direct your focus and quiet your thoughts). Sometimes really great instrumental or meditation music can be just the right touch to really help you LET GO and sink into this posture.

Journal Day Four

DATE:

"I DEEPLY AND COMPLETELY LOVE AND
ACCEPT MYSELF."

My energy level today is 1 2 3 4 5 6 7 8 9 10

My stress level today is 1 2 3 4 5 6 7 8 9 10

Did I take my vitamins Y / N

Did I have my shake Y / N

I am excited for _____ today!

I love myself 1 2 3 4 5 6 7 8 9 10 today

I woke up feeling _____ .

Today I feel _____ in my body.

I am proud of myself for _____
_____ .

I am determined to accomplish my goals so that I can
_____ .

Today I will step out of my comfort zone by
_____ .

Journal Day Four

DATE:

"I DEEPLY AND COMPLETELY LOVE AND
ACCEPT MYSELF."

Today I did _____

for sheer pleasure, to nurture myself.

I DESERVE IT!

Notes from Day Four :

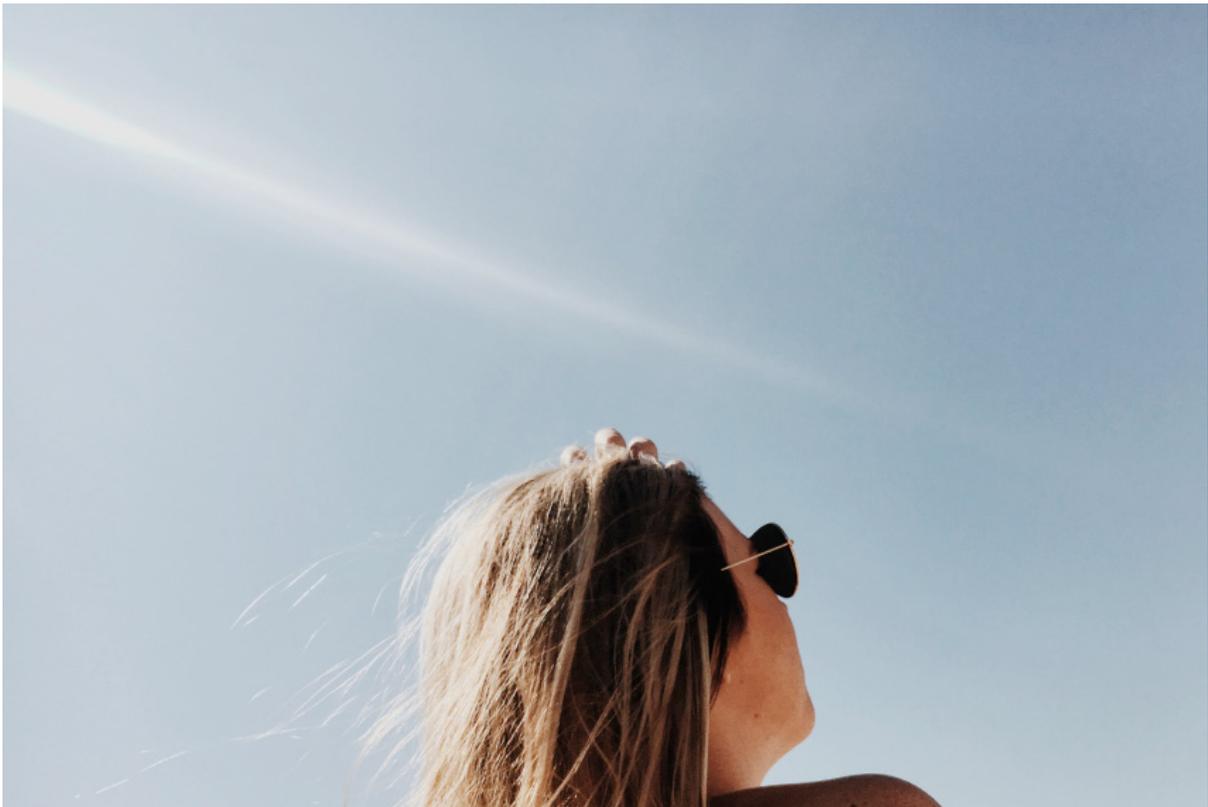
DATE :

TODAY'S FOCUS :

LETTING IT BE EASY

TODAY'S MANTRA :

"EVERYTHING FLOWS WITH EASE."



TODAY'S TASK :

Implement EASY BUTTONS as you enter into the journey.

Most of you have been taught your whole lives that life is hard, making money is hard, relationships are hard ... but what if it wasn't? What if you CHOOSE to let it be easy? Now don't get us wrong, YOU MUST SHOW UP and DO THE WORK, but know that you have a purpose, and when you are aligned with that purpose - everything will flow with ease.

This journey isn't for the faint at heart. You are establishing a life-long commitment with your SHE. But when you get clear on your goals, when you are emotionally attached to the outcome and connected to your why, when you've learned how to communicate with the universe, when you've paid attention to the signs and when you've taken inspired action - it's time to LET GO. YES, you have permission to LET IT BE EASY!

So how do you do this? Simple, you choose to drop the "struggle is real" mentality. Replace it with this attitude and thought pattern: "the universe is guiding me, therefore it is done". This helps you to transition from the "fight for your right" to the attraction mode, "I deserve this", "I am worthy", "my skills are valued", "I am in my flow".

A little GirlTribe tip is to start implementing 'EASY BUTTONS' into your life so things just start flowing naturally. This also helps to reconnect you when you fall off track, and trust us!! There will be times you will start to slip, times your mind takes over your heart, times you feel like giving up, and/or times you are just so damn busy rocking the world that you forget to take care of YOU! This is when you will learn to slow down, re-read the Eat for Fuel chapter to connect with your body, do some exercises from Personal Road Mapping to re-establish clarity in your vision, and STOP, DROP, and MEDITATE!

WHEN YOUR ENERGY YOUR LIFE STOPS FLOWING
NATURALLY IN THE DIRECTION OF YOUR DREAMS,
SOMETHING IS OUT OF ALIGNMENT. THE SPIRIT COURSE IS
TO HELP YOU IDENTIFY CUES AND UNDERSTAND WHEN YOU
ARE OUT OF UNIVERSAL FLOW, SO THAT YOU CAN
REGROUP, RETHINK, AND RE-ESTABLISH YOUR
AUTHENTICITY.

Ever notice how sometimes it's hard to practice what you preach? When you get consumed with living big and chasing your dreams, life can move fast and feel chaotic and often this is when eating habits, self-love habits, mindfulness habits get put on the back burner. Sound familiar? But man these are the times that we actually need to dive deeper into these grounding practices.

This is why GirlTribe is such a huge fan of implementing EASY BUTTONS into our daily lives. So we can be proactive before the chaos rolls in.

TASK:

Set up 3-4 easy buttons in your life, and really, why stop at 3 or 4? Make life as easy as possible for yourself. Give up the "life is hard" mentality and substitute with high vibes and a strong belief system that you are worthy of an easy, abundant, beautiful life! Remove these blocks and life will start to flow naturally for you.

Here are some of our favourite Easy Buttons:

1. Get your FEEL GOOD products shipped directly to your door! Whatever these are for you - organic veggie boxes, supplements, skin care, etc.

This is one of the reasons why GirlTribe Goddesses are in love with our Usana products - our holistic supplements, protein shakes, and natural skincare arrive at our doorstep every month without even touching a button!

2. Make it Easy to GET HEALTHY!

Meal prep once a week, menu plan, take the stairs, have some fave "go to" (20 min or less) workout videos you can do from home, keep healthy snacks in your purse (check out the GirlTribe faves - Usana's MySmart bars! SO yummy and convenient!) Become an advocate for fueling your body with love, don't let being too busy become an excuse to let your body become a dumpster. It will have negative effects on every aspect of your life.

Meal Delivery - Check out the latest companies popping up in your neighbourhood that deliver fully prepared meals, or ingredients & recipes you can prepare on your own (pre-portioned), and even detoxes and juice companies will deliver to you these days!

Are you starting to see a theme here? CONNECTION is at your fingertips. If your goal is to get connected with new women but you're too tired to attend events, or too shy to network in person, use your smart phone for more than just stalking social media feeds, use it to join + ENGAGE in online communities!! Find your people via accessible tools that you already have and use in your daily life. Start by joining the GirlTribe Community online!! Bonus: you don't even have to get out of your pjs.

Lastly, what about finances? This is likely a chore you don't love, but it can be easy too. Automate your bill payments, switch to all online banking, start paying employees via email money transfer, download your bank's app so you can easily stay up to date with your bills, balances, and debts! This is a great Easy Button that will free up mental clutter, paper litter, and money blocks.

MAKE YOUR LIFE EASY, SO THAT YOU CAN FOCUS MORE
TIME AND ENERGY ON CREATING A LIFE YOU LOVE.



Journal Day Five

DATE:

"IMPLEMENT EASY BUTTONS AS YOU ENTER INTO THE JOURNEY."

My energy level today is 1 2 3 4 5 6 7 8 9 10

My stress level today is 1 2 3 4 5 6 7 8 9 10

Did I take my vitamins Y / N

Did I have my shake Y / N

I am excited for _____ today!

I love myself 1 2 3 4 5 6 7 8 9 10 today

I woke up feeling _____ .

Today I feel _____ in my body.

I am proud of myself for _____
_____ .

I am determined to accomplish my goals so that I can
_____ .

Today I will step out of my comfort zone by
_____ .

Journal Day Five

DATE:

"IMPLEMENT EASY BUTTONS AS YOU ENTER INTO THE JOURNEY."

Today I did _____
for sheer pleasure, to nurture myself.
I DESERVE IT!

My biggest fear is _____ .
I will LET IT GO by doing the following _____
_____ .

Notes from Day Five :

DATE :

TODAY'S FOCUS :

RELEASING FEARS

TODAY'S MANTRA :

"I ACKNOWLEDGE MY FEARS AND I WALK THROUGH THEM WITH CONFIDENCE AND EASE."



TODAY'S TASK :

Write down a list of your fears. Then flush it down the toilet, burn it, throw it in the ocean, let it go!

It's time to make the commitment to enter a long-term relationship yourself! Today is the day you promise to SAY YES and remain faithful to your personal goals and desires, even when the going gets tough. You make promises to everyone else, why not do the same for YOU? Throughout this chapter you have learned that by letting go and staying in your flow - connected to your heart centre following the guidance of your She - you will walk gracefully towards a life you love. **You will create the life of your dreams when the vision comes from your heart and you learn to stay in sync with the Universe.** This takes ongoing practice and commitment, so let the journey begin!

So what's the big deal about making a long-term commitment to your goals and desires? Here's the thing, it's going to get tough! And this promise isn't flakey. It's the real deal. No divorce papers. No lawyer fees. No settlement. The promise you're making to yourself today is about a lifetime of saying yes to your authentic Self.

SO, ARE YOU READY TO STEP FULLY INTO YOUR MOST JOYFUL AND LOVING LIFE FOR THE REST OF TIME? YES, YOU ARE HERE, AND THAT'S ALL IT TAKES TO PROVE YOU ARE READY.

Goals are a wonderful benchmark and check-in to ensure that we are moving forward in our lives, but if we are always looking forward to the goal, we miss the joy of the present moment. It is the collection of our present moments that make up the journey of our exciting lives! The thing is, the journey toward living the most exciting, empowered, magical version of our lives can be riddled with difficulties, twists, turns, and setbacks. You will soon learn that is the fun in it! The Universe gives you lessons that are specifically designed just for YOU. To test your determination and force you to grow along the way. This path is for true warriors of LOVE committed to living their best lives - this path is for you.

In order to make this promise to yourself, you have to be willing to get out of your own way. Your desires are waiting for you on the other side of your fears. So today, you are going to let those fears go and commit to a longterm YES! Are you ready?

Write down the answer to the following question: My biggest fear with pursuing my goals and vision is _____

_____ .

Once you have answered this question (you can take some time to think about it), repeat this statement out loud, **"I choose to release my fears and see this differently. Please, Universe, help support me in manifesting all that I want for myself in my life."**

You will continually have to work on letting your fears go. As you get closer to achieving your goals, new fears will arise. They will be bigger than before, with louder voices and harsher outcomes. As you step closer towards your desires, your fears will begin to shadow the quest. This is when you will look back on TODAY and say to yourself, **"Today I choose to walk in the direction of my goals and desires knowing that the Universe has my back and I am living my authentic truth."**

From this day on, every time you get blocked by your own self-limiting beliefs (fear, doubt, guilt, shame, self-judgement, etc) you will return to this page of the GirlTribe Spirit Course and choose your path again. **Time and time again, you must continue to nurture your relationship with your goals and desires to reaffirm your commitment to creating your best life.** You will return to your self-love practices and get down + dirty with your spirit loving SELF! This is how you can guarantee a lifetime of authentic joy.



Journal Day Six

DATE:

"I ACKNOWLEDGE MY FEARS AND I WALK THROUGH THEM WITH CONFIDENCE AND EASE."

My energy level today is 1 2 3 4 5 6 7 8 9 10

My stress level today is 1 2 3 4 5 6 7 8 9 10

Did I take my vitamins Y / N

Did I have my shake Y / N

I am excited for _____ today!

I love myself 1 2 3 4 5 6 7 8 9 10 today

I woke up feeling _____ .

Today I feel _____ in my body.

I am proud of myself for _____
_____ .

I am determined to accomplish my goals so that I can
_____ .

Today I will step out of my comfort zone by
_____ .

Journal Day Six

DATE:

"I ACKNOWLEDGE MY FEARS AND I WALK THROUGH THEM WITH CONFIDENCE AND EASE."

Today I did _____
for sheer pleasure, to nurture myself.
I DESERVE IT!

My biggest fear is _____ .
I will LET IT GO by doing the following _____
_____ .

Letting go of my fears makes me feel _____
_____ .

Notes from Day Six :

DATE :

TODAY' S FOCUS :

MAKE A UNIVERSAL PROMISE TO NEVER QUIT.

TODAY' S MANTRA :

FUCK YES!



TODAY' S TASK :

Saying YES to one thing that will move you toward your BIG, BOLD Dream.

This is it, this is where it all comes together. This is where the universe will test you to see how committed you are to creating the life of your dreams. Sure putting yourself out there and playing BIG feels scary . . . staying small might seem easier in this moment but long-term it is much easier to pull up your big girl panties now then to live a life of . . .

So if you are sitting there thinking ok I get it, but now is not the right time. I am going to wait till x,y or z is in the right place, I'm going to wait for the perfect moment, the perfect scenario before I go all in we have a final secret to let you in on. There will never be the perfect time. Why? Because every time you go to take a step, big or small, your ego is going to want to resist, and the universe is going to test you to see how committed you are to your new path.

A test might look something like this:

You are just about to put a good chunk of money down for that coaching program you have been dying to take, when out of nowhere you get hit with some unexpected bill. What are you going to do? Are you going to tell yourself one of your stories ie. "I don't have the money" so that you can stay in your comfort zone and stay small or are you going to throw that money down and figure it out.

Or maybe you have decided to move across the country, you have found the perfect home for your family, but gulp, your kids are waitlisted at the school there. Are you going to throw in the towel on your dreams or are you going to forge ahead, find an alternative for your kids.

Basically this is the universe asking you if you are willing to do whatever it takes to live the life you dream of. This is the universe challenging you to level up. When you hit a bump in the road or get a huge fucking curve ball thrown at you you have 2 choices, are you going to turn around and give the Universe the middle finger OR are you going to rise up and stay the course? Are you willing to dive a little deeper, surrender a little more and have complete faith that the Universe has got this. Are you going to truly believe the Universe loves you and is working for your higher good. That all is working out in divine timing. This is where most people give up, but you won't. You are committed to living your truth.

Write it down:

I am committed to _____ .

Wanna hear something cool? Once you say YES and stay committed the universe is able to step-in to conspire on your behalf. Suddenly an unexpected spot opens up at the school, you receive a check from overpaying on your taxes for the exact amount that the coaching program costs. It really is cool to see the awesome shit the universe can pull off once you commit to rocking the journey no matter what. The universe is often waiting for YOU, and often your manifestations come into fruition the moment after you were about to throw in the towel. After the moment you almost said F* this and almost slipped back into your old patterns. But you don't - you keep the faith!!

Don't give up 5 min before your wildest dream is about to come to you!!



Journal Day Seven

DATE:

"FUCK YES!"

My energy level today is 1 2 3 4 5 6 7 8 9 10

My stress level today is 1 2 3 4 5 6 7 8 9 10

Did I take my vitamins Y / N

Did I have my shake Y / N

I am excited for _____ today!

I love myself 1 2 3 4 5 6 7 8 9 10 today

I woke up feeling _____ .

Today I feel _____ in my body.

I am proud of myself for _____
_____ .

I am determined to accomplish my goals so that I can
_____ .

Today I will step out of my comfort zone by
_____ .

Journal Day Seven

DATE:

"FUCK YES!"

Today I did _____
for sheer pleasure, to nurture myself.
I DESERVE IT!

My biggest fear is _____ .
I will LET IT GO by doing the following _____
_____ .

Letting go of my fears makes me feel _____
_____ .

Now that I have let go of my fears I feel _____
_____ .

Notes from Day Seven :

This chapter of The GirlTribe Spirit Course is helping you make an honest commitment to yourSELF to carry on loving and working on your spirit to ensure magic + miracles continue to enter your life. This week is your life long practice - staying committed to the dreams + desires that will guide you down a path you LOVE and assist you in living the life of your wildest dreams! Just when you think you've hit a roadblock, remember this is a time for growth and learn to jump hurdles with a heart full of love. This is your time to SHINE spirit sister! Thank you for including us on your journey and taking the leap into the driver's seat of your own life. Becoming the maker of miracles will be the best thing you have EVER done for yourSELF, we can promise you this.

Cheers to one million beautiful moments + a life of magic,
Your GirlTribe Crew
XO

