
Reclaim Your Energy & Spirit!

Love-Driven Purpose-Driven Motivation!

Discovery: Articulating your WHY

Why do you want to live an healthy / empowered lifestyle _____

Why is this important to you? _____

What would this enable you to do? _____

Why is you being able to do this important to you? _____

How can you make these motivators even more love and purpose-driven?

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Now take a moment to imagine yourself feeling your absolute best. What do you feel like? What does your life look like? Do you have a big vision for your life or things you'd like to manifest more of in your life? Close your eyes and sit with your vision and feelings for a few moments. Then answer the following question with as much detail as you can.

How would living a healthy, empowered lifestyle support to achieve your vision, feelings, and things you'd like to manifest more of in your life? big vision for you life?

Living a healthy lifestyle doesn't need to feel like a chore that you need to do because you feel obligated to do it. It can feel exciting when you embrace that notion that it's the pathway to becoming your most empowered self!

~ Love, Pamela

Pamela Power
Inspired 

