

*Set your Intentions*  
*Lava Lily Lifestyle*



*The stories we tell ourselves*

Write your limiting thoughts that keep you from showing up... the What If's

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*Just because you think it... Doesn' t mean it' s true.*  
*We can rewrite our stories!!*



*We have the Power to Manifest Anything*

How do you want to *feel*?

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AFFIRMATIONS that *create* and  
*support* these feelings....the action  
steps

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