

THE ART OF *Surrender*



STUDY GUIDE



SOUL JOURNEY
CREATE A LIFE YOU LOVE

LET GO. TRUST



Hey

I know it feels hard to let go when life goes sideways & not what we planned. We feel safe when we can control the outcome, yet life is filled with uncertain experiences and the better we can be at letting go and trusting what is unfolding, the more peace we will experience.

This was hard for me to learn, so I GET IT! When I finally got it, there's so much more ease & flow when I trust what is.

Michelle Bateman

ARE YOU READY TO SURRENDER?

Thank you for participating in The Art of Surrender. Integrating this was life-changing for me and I know it will be for you!. This worksheet will give you insight into where you need to let go and can be used for many different situations in your life.

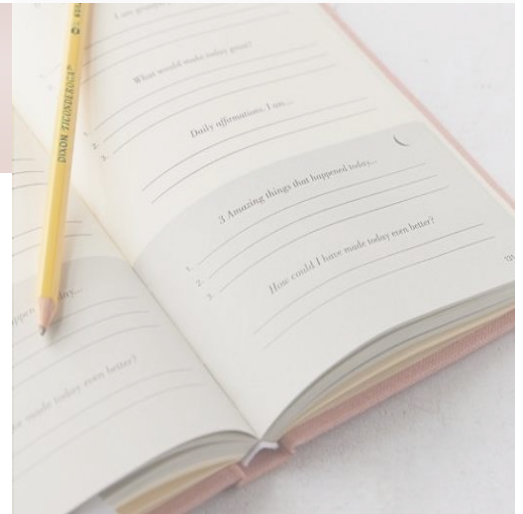
So let's dig in!

Is there something in your life that you need to surrender to? Something you need more trust and acceptance around?

What are you afraid of happening? What are you afraid to admit, loose or gain?

**Can you see where you try to control things to feel safe?
How does it show up?** What strategies do you use to control

What would trust, surrender and acceptance look like in this situation?



What actions can you take to let go while trusting everything is as it needs to be? What would living from Love do? That's it's happening for your highest good.

How will you feel when you do that?

COMMIT TO PUTTING THIS INTO ACTION, CONTINUE TO SURRENDER & SURRENDER AGAIN



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WHO'S READY FOR *More*

My Gift to You

TRANSFORMATION IS A JOURNEY

It's not in the destination that we learn & grow, it's the journey that our SOUL takes to remove what's in the way of our magnificence

Michelle

Complimentary Session

Join me for a private session to unleash Your Confidence & Become Unstoppable! **Value \$197**

- Identify Blocks
- Learn Practical Tools
- Gain Clarity & take action

SIGN ME UP



CONFIDENCE & *Clarity*