**Transform: Become Who You Were Meant to Be **

**Introduction**:

Transformation is messy, beautiful, and sacred. It requires releasing what no longer fits so you can rise into your true form. This guide invites you to reflect, reset, and rebuild from a place of truth and purpose.

**Theme: Change • Courage • Becoming**

**Transformation Includes:**

 • Letting go of roles and identities that no longer serve you 

• Rewriting old narratives 

• Embracing discomfort as a sign of growth 

• Moving through fear with faith 

**Coaching Prompts:**

 What am I ready to release so I can rise?

 What recurring patterns in my life are asking for attention and healing?  Where have I been performing instead of showing up authentically?

 What does the highest version of me believe — about love, success, and self-worth?

 What bold step can I take this week to signal I’m ready for transformation?

**Transformation Exercise:**

  Create a “Before & Becoming” list. List who you’ve been and who you’re becoming side-by-side. Name it. Honor it.

**Affirmation: "I embrace change as evidence that I’m growing. I am becoming more of who I truly am."**