The Year That Dreams *Built*

BY SMART COOKIES

OWNING YOUR *POWER*

SURRENDERING TO *RECEIVE*







THE PRACTICE OF SURRENDER

What does a state of non-surrender look and feel like for me?

What does a state of surrender look and feeling like for me?

When have I been in a state of surrender? (Describe in as much detail as possible, who was around you, what was happening in your life, date, time of year).

Think about your vision and manifestations you're most excited about.

Now ask yourself - what am I afraid will happen if I let go?

When you pinpoint the fear, question its validity.

Ask yourself, Is it true, would it really be that bad?

What am I trying to control that I really have no control over?

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