Your Kick Ass Guide For Slaying Dragons

A SELF-REALIZATION AUDIT FOR THE FEARLESS

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Welcome Dragon Slayer!

CONGRATULATIONS FOR HAVING THE COURAGE TO SLAY A DRAGON!!

This guide is going to help you slay fear, doubt and many other dragons, by giving you some mental tools for doing a self audit. The purpose of doing a self audit is to expose unconscious thought patterns & plan a course of correction. You'll expose yourself by asking yourself a series of hard questions.

Without asking yourself hard questions you'll never get to the root of why experiences manifest in your life in the manner that they do. You'll never slay the dragon because you can't see it within yourself.

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Who Am I?

There is a library of information about you stored within your cells. The spiritual term for this is called akashic records.

Akashic records are cosmic memories. You have access to them. You can learn anything about yourself by going within.

You are whomever you say you are in the moment that you decide to be that expression of God.

However, you can get to know your character traits, past life lessons, and akashic records by looking inside of your name and astrology chart.

Knowing the meaning of your name is a major key in unlocking the story of you and slaying every dragon that attempts to distract you from your mission. .

It is one of the BEST steps in getting to know yourself.

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Who Am I?

Your name has a sacred meaning and you should know it. The meaning of your name helps you stay in algnment with your true self. It helps you remember who you are when a dragon tries to defeat you.

LOOK UP THE MEANING OF YOUR NAME AND WRITE IT AFTER THE WORDS I AM.

I Am :

CLICK HERE

Wanna go deeper? Book 4 one hour sessions of akashic record reading and an activation plan.

What is My Vision/Mission?

Manifestation is seeing or realizing your internal visions playing out in the physical realm. For you to do this intentionally, first you have to create a mission & vision for yourself.

NAME 3 MAIN EXPERIENCES YOU WOULD LIKE TO SEE MANIFESTED IN THIS LIFE.

THESE EXPERIENCES SHOULD BE PART OF YOUR PERSONAL MISSION & VISION GOALS YOU HAVE FOR YOURSELF.

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God's Limitless Bank Account

Your imagination is what is creating your reality. But when you allow it to run wild without a pilot, you risk allowing others or "the dragon" to control it.

Because of this, you *MUST* have a mission and vision for your life. Without a mission, there is omission or no mission.

omission: neglect or failure to do what one has the power to do or ought to do.

There are a few reasons why you might neglect your own power. One of them is that you have a dragon called ***fear of failure*** casting a spell on you.

The akashic library within your imagination provides a massive storehouse or story house of visions for you.

Akashic records has the word kash (cash) in it because it's the money needed to buy the experience you want.

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Who's Leading Me?

If you do not create daily rituals for yourself, then someone else will. When other people dictate your daily rituals they can mislead you and cast spells on you. Here, you will examine your daily rituals.

NAME 3 ACTIVITIES THAT YOU DO DAILY BUT YOU ARE UNHAPPY WITH. SELF REALIZATION TIP: BE HONEST

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Questions Slay Dragons

The question mark is a hook. Use the hook to slay dragons.

Did you have a hard time naming 3 activities that you do daily that you dislike?

Great! That means you are extremely happy with your life and you have very little dragons to slay.

Did you come up with 3 things, but dismissed it because you think you're supposed to like it? For example, going to a job, cooking, cleaning or just being responsible.

In order for you to uncover the dragon within yourself, you must be very real with yourself. It is said that the devil aka the dragon is a liar. But this is actually because we lie to ourselves.

After you name the things that you don't like to do, you should ask yourself why. Ask, "Why don't I like this? Then ask, "why do I do it"?

Keep asking why. Ask why until you uncover a dragon. It might be due to fear, guilt, shame, lack mentality, or many others. Find the dragon.

Who's Leading Me Now?

Now that you have pinpointed a dragon, you need to create a spell and/or ritual to overcome it!

NAME 3 DRAGON-SLAYING ACTIVITIES THAT YOU WILL DO DAILY. THESE CAN BE ANYTHING YOU WANT BUT MAKE SURE THEY ARE IN ALIGNMENT WITH YOUR MISSION AND YOUR NAME.

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Dragons Come From Within

Almost every day you get up and you invest your time, attention, and energy on things that don't fulfill you. Most people live this story. This is usually due to a program of fear that was given to you early in life.

Fear runs so deep within the program, that it has become the "norm".

What I mean is, we can attract certain experiences and people to us because we carry a vibration of fear.

It is very "normal" to look outside of yourself and think your energy has nothing to do with your experience. But denying this is also because of fear.

The denial is due to fear of exposing your secret thoughts, fear of feeling ashamed, fear of ignorance, fear of failure, and fear of being judged.

Keep this in mind as you ask yourself the next question.

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What Do I Attract To Me?

AS WATER REFLECTS THE FACE, SO ONE'S LIFE REFLECTS THE HEART. ~ PROVERBS 27:19

USE THIS SPACE TO REFLECT ON NEGATIVE EXPERIENCES OR PEOPLE THAT YOU ATTRACT TO YOU.WHY DO YOU THINK THIS HAPPENS?

Question yourself. What are you afraid of?

How Do I Talk To Myself?

Carefully monitoring how you talk to yourself is how you catch the internal dragon. Talking to yourself is the same as casting a spell on yourself.

MONITOR YOUR WORDS FOR THE NEXT 3 DAYS. DOCUMENT SENTENCES THAT YOU HAVE USED NEGATIVELY AGAINST YOURSELF.

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Let Go Or Get Dragged!

When you are unaware of your own magic, the dragon can be your enemy.

Mastery of your words is how you slay or rather subdue the dragon. If you do not let go or restructure certain words and thought patterns, you *WILL* be dragged by them.

The etymology of the *Old English* word dragan means to **draw.** *You draw (attract) experiences to you, good and bad, because you wrote* **(drew)** *it somewhere in your subconscious.*

As taught in the Self Realization of a Goddess course, it takes a lot of self awareness to not only catch your own internal words, but to also get to the root why you even think this way. And then on top of that, you must change your inner narrative.

Therefore, the dragon is not your enemy. It is simply a tool that we use in magic.

BUT! When you make this a daily habit, the dragon works for you instead of against you.

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How Do I Value Myself?

Dragons called lack of self acceptance, excessive need for external validation, and fear of being alone are a few of the big monsters that wreak havoc in our lives. These dragons are slayed by casting spells of value on yourself.

CREATE A STRONG, ONE SENTENCE, VALUE STATEMENT ABOUT YOURSELF.

I Am valuable because ...

Did you struggle to answer this?
Ask yourself why. Be honest.

Reword And Reward

That is not how you should handle a self audit. If you open the door for self victimization just a little bit, the dragon might bust it wide open.

Use these moments of self reflection for forgiveness of self (and possibly those who hurt you too).You did not know better. You have learned. You are more spiritually mature now.

Now that you are more self aware, you deserve to reward yourself. When you uncover a "why", you must reward yourself by rewording how you speak to yourself and treat yourself.

This is the time to be the most kind and gentle towards yourself.

Be mindful that the dragon within you can be very tricky and deceitful. It is very likely that you have trained it to self sabatoge.

Because of this, it might take opportunities for self reflection and self accountability and turn them into judging and criticizing yourself.

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How Do I Reward Myself?

The danger of doing a self audit is that you can become overly critical of yourself if you are not careful. You can become the same enemy that you're working to defeat. Take this time to think about ways that you can reward yourself for the mental work you are doing. Reward yourself instead of judging yourself.

NAME 3 ACTIVITIES THAT YOU CAN DO DAILY OR WEEKLY WHICH ALLOWS YOU TO REWARD YOURSELF. EXAMPLES: MANICURE, NEW PERFUME, NATURE WALK

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What Are My Emotions Teaching Me?

The purpose of your emotions is for you to know yourself. Whether you think you are feeling other people's emotions or yours, it is all for you to experience yourself. If you take the time to converse with your emotions, you will learn to have mastery over them.

PICK 3 EMOTIONS THAT YOU FELT THIS WEEK AND MONITOR WHAT YOU FELT, WHY YOU FELT IT, AND WHERE YOU FELT IT IN YOUR BODY.

FILL IN THE BLANK.

1. **Today I felt _____ because _____.**

I felt the emotions in my _____.

I asked _____ (what you felt) what it came to teach me and it said _____.

What Are My Emotions Teaching Me?

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PICK 3 EMOTIONS THAT YOU FELT THIS WEEK AND MONITOR WHAT YOU FELT, WHY YOU FELT IT, AND WHERE YOU FELT IT IN YOUR BODY.

FILL IN THE BLANK.

2. Today I felt _____ because _____.

I felt the emotions in my _____.

I asked _____ (what you felt) what it came to teach me and it said _____.

What Are My Emotions Teaching Me?

The purpose of your emotions is for you to know yourself. Whether you think you are feeling other people's emotions or yours, it is all for you to experience yourself. If you take the time converse with your emotions, you will learn to have mastery over them.

PICK 3 EMOTIONS THAT YOU FELT THIS WEEK AND MONITOR WHAT YOU FELT, WHY YOU FELT IT, AND WHERE YOU FELT IT IN YOUR BODY.

FILL IN THE BLANK.

3. Today I felt _____ because _____.

I felt the emotions in my _____.

I asked _____ (what you felt) what it came to teach me and it said _____.

Emotions Are Master Teachers

Emotions play the biggest role in the experiences that you create for yourself. Your emotions are your unseen master teachers of mastery over self.

With mastery over self, you have a greater chance of creating the experiences you want vs the experiences you don't.

Did you realize that the main places we feel our emotions are in our chakra centers? The head, throat, heart, belly, and sacral area.

Our chakra system is relative to our aura which also plays a role in attracting experiences to us.

When you asked the emotion what it came to teach you, did you allow your intuition to speak? Your intuition is usually the FIRST response that pops into your mind.

Did you give yourself space to be vulnerable with yourself about your emotions?

Vulnerability with self is how you seize the dragon's sword.

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How Do I govern myself?

The students in my Self Realization of a Goddess course are asked to write at least ONE self governing law. The purpose of creating a self governing law is to make sure that you are always being sovereign over yourself. It's something that you say to yourself which gives you immediate remembrance that you are creating your own reality. Example: I always do what I want.

WRITE SOMETHING THAT YOU CAN SAY TO THE DRAGON IN YOUR MIND WHEN IT IS TRYING TO CONVINCE YOU THAT YOU HAVE NO POWER OR AUTHORITY.

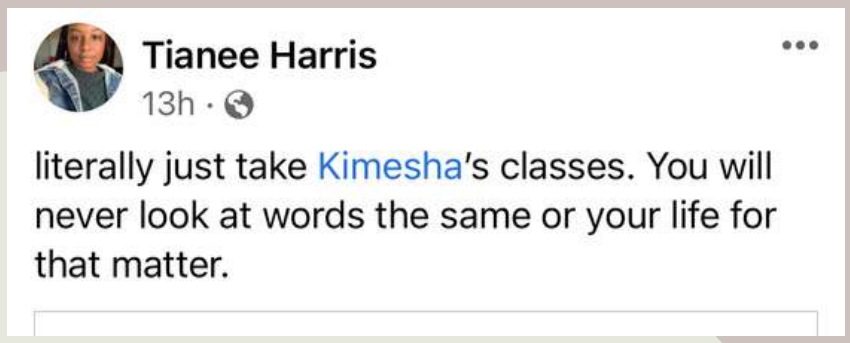
My self governing law is :

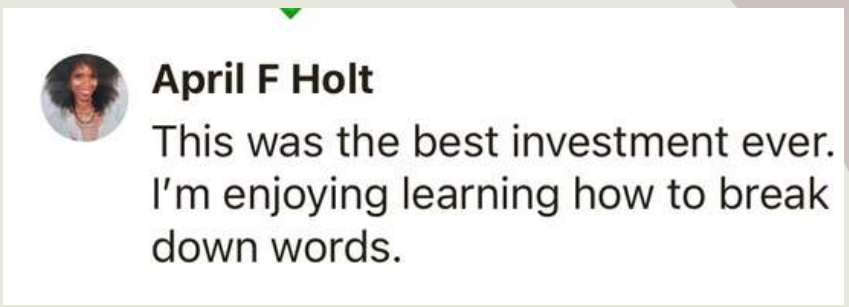
What Will You Change?

We are near the end of the workbook and at the beginning of a new way to think. Hopefully, you were able to pinpoint a dragon and know exactly how to slay it.
Let's practice changing our langauge. Choose the best way to slay a dragon.

☐	I AM	or	I'M TRYING TO ☐
☐	I ALWAYS (NEGATIVE WORDS)	or	I ALWAYS (POSITIVE WORDS) ☐
☐	I DID IT BECAUSE HE/SHE	or	I DID WHAT I WANTED TO DO ☐
☐	I CAN DO IT BECAUSE	or	I CAN'T DO IT BECAUSE ☐
☐	YOU'RE MAKING ME FEEL	or	I'VE ALLOWED YOU TO MAKE ME FEEL ☐
☐	IT'S HAPPENING NOW	or	WHEN WILL IT HAPPEN? ☐
☐	I'M GRATEFUL FOR ...	or	I ONLY HAVE .... ☐
☐	I BLAME MYSELF	or	I FORGIVE MYSELF ☐
☐	I WANT...	or	I'M CREATING .... ☐

There is no shame asking for help.





If you would like some handholding through your self realization journey, scroll to the last page. There, you can join my private community, book a 1:1 session, purchase a class, or invest in the Self Realization of a Goddess Journal.

You are not alone. Many women have benefited greatly from Self Realization of a Goddess.

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CLICK ANY OF THESE TO TAKE A NEXT STEP

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Start Self Realization Course

Purchase a Self Realization Book

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