

# **GODDESS BY DESIGN > *The Blueprint for Reclaiming Your Lead***

**"I created these exercises because I know what it's like to live in a reality designed by others. I spent decades in the 'Exhaustion Trap' before I realized I was the architect, not the asset. Use these prompts to audit your own foundation and begin your Great Decentralization."**

## **Sovereign Reflection Exercises**

### **1. The Shadow Audit**

Identify which era from the timeline most closely mirrors the "scripts" you were taught as a child. Did you learn that you were a custodian, an asset, or a secondary character? How has that specific shadow influenced your adult decisions?

### **2. The Energy Leak**

In what areas of your life are you currently "wearing yourself out" to meet the perceived needs of others? List the specific activities or relationships that are draining your resources with zero return on investment.

### **3. The Portal Reality**

If you truly accepted today that you are the **Divine Portal**—the very source through which your world is created—what is the first "unnatural idea" or toxic behavior you would immediately stop tolerating.

#### 4. The Architectural Standard

Thinking of your life as a professional-grade environment, what is one "House Rule" you can implement this week to protect your time, your energy, or your **Financial Fortress**?

#### 5. The Visionary Command

If the shadows were completely removed, and you knew you were the sole architect of your future, what is the one reality you have been "afraid" to imagine for yourself? Write it down as a command, not a wish.

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### Next Steps on The Quest

This reflection is the cornerstone of your new foundation. To move from reflection to execution, visit **GoddessByDesign.com** to access *The Tactical Guides* and begin the 90-day protocol for reclaiming your sovereignty.

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