Antiqua Lisha
Visibility Coach, empowering women to stop hiding and be seen.

The 3 C's to leading with ease.

1) List the traits you admire in others own you recognize them because they ARE naturally YOU and list a few traits you KNOW you always are.

CLARITY

1.
2.
3.
4.
5.

Confidence begins when YOU HONOR YOU!

Freedom is starts with awareness. To end people pleasing, self-betrayal and co-dependency JUST BE YOU!

Creation Questions— when making decision to honor yourself and open to the freedom, love and connection that follows in all of your relationships.

1) Does (doing this or going there) allow me to share my personality and gifts with others? (Or will you be trying to push a round peg in a square hole.)

2) Am I (going there, or doing this,) for myself or because I have been told I should or to please someone else (including your community, parents or faith group)

3) Does this (person, thing) add to my happiness and help me honor who I choose to be?

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