

Stay

LIKE A
MOTHER

Workbook

**GETTING RID OF
YOUR DRAGON**
for Good.

Your Intuition

Found on Page 241 of Slay Like a Mother

Do you know the difference between the voice of your intuition and your dragon's echo? Here's a list to help you navigate the difference:

YOUR INTUITION:

Quiet
Compassionate
Supportive
Comes from Your Gut
Wise
Quick

YOUR DRAGON'S ECHO:

Annoyingly Loud
Cruel
Paranoid
Comes from Your Ego
Fearful
Obsessive

My intuition
convinced me to:

My dragon's voice
convinced me to:

How I felt after:

How I felt after:

IT'S
Bigger
THAN YOU

Defining Success

Found on Page 271 of Slay Like a Mother

Welcome to life without a dragon. Now that you're no longer under its influence, how will you define success for yourself? Take a minute to draft your definition, for life in general and for another area of your life.

My definition of success in life:

My definition of success in _____:

Slay On.

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