



SURVIVAL MODE

C H E C K L I S T

- You feel overwhelmed or on edge for no clear reason

- You're constantly overthinking or replaying situations

- You struggle to relax, even when things are 'good'

- Your body feels tense, exhausted or on high alert

- You react quickly and feel out of control

- You feel disconnected from yourself or your purpose

- You lack motivation or feel emotionally numb

- You're self-critical and never feel "enough"

- You experience anxiety, panic or dread regularly

- You push through but feel empty inside

- You feel stuck, like you can't create change



HOW MANY DID YOU CHECK?

Awareness is the first step.

The Shift is the next.

READY TO CHANGE YOUR STATE?

FOLLOW @THESHIFTONE





SOVEREIGN STATE CHECKLIST

- You feel calm, grounded and in control of yourself

- You think clearly and make decisions with confidence

- You feel safe in your body and your environment

- You respond intentionally, not react impulsively

- You feel deeply connected to yourself and your purpose

- You have energy, motivation and a sense of direction

- You trust yourself and believe in your abilities

- You experience peace, ease and inner trust

- You set boundaries and protect your energy

- You attract aligned opportunities and abundance

- You feel present, grateful and fully engaged in life

- You lead your life — not your triggers



HOW MANY DID YOU CHECK?

*Sovereignty is your natural state.
The Shift helps you return to it —
and expand from there.*