

A sunburst pattern of thin, light-colored lines radiating from the center of the page, set against a solid orange background.

Story *of the* Light

WRITTEN & RECORDED BY

Laura Lee

HELLO, BEAUTIFUL FRIEND.

I have a story to share with you.

It's a story about transformation. It's my story, but it's also your story, if you want it to be. I invite you to sit quietly, close your eyes and just listen.

LISTEN FIRST TO START



When you are done listening, open your eyes. I invite you to journal for 5 minutes allowing whatever came forward for you to flow onto the page.

Laura Lee



REFLECTION WORKSHEET

Day 1

In the story, a woman comes to a wall and can't go any farther. She tries over and over, but still comes to this place.

JOURNAL

Where in your life have you tried over and over to move ahead or stop feeling what you're feeling, but you kept coming back to the same place again and again? Never moving forward or through, but stuck once again in the same cycle of fixing, fear, shame or doubt?

What is the thought that goes along with this feeling?

What happens when the thought comes in?

Laura Lee



REFLECTION WORKSHEET

Day 2

The woman finds 3 things in her pack that cover up her light and prevent her from finding the key to unlock the door to freedom.

JOURNAL

The Heavy Item: What in your life has been the heaviest?

*What weighs you down more than anything else? Is it a fear?
A thought? A responsibility?
A belief? Comparison?*



Take 5 minutes to journal what comes to you. Notice any feelings or sensations in your body as you journal.

Laura Lee



REFLECTION WORKSHEET

Day 3

The woman finds 3 things in her pack that cover up her light and prevent her from finding the key to unlock the door to freedom.

JOURNAL

The Elixir: What have you used to not feel the pain in your life?

What do you use to numb out when life feels uncomfortable or painful?

Overexercising? Alcohol? Overeating? Busyness? Overscheduling? Overachieving?



Take 5 minutes to journal what comes to you. Notice any feelings or sensations in your body as you journal.

Laura Lee



REFLECTION WORKSHEET

Day 4

The woman finds 3 things in her pack that cover up her light and prevent her from finding the key to unlock the door to freedom.

JOURNAL

The Mask: What is the mask in your life?

What do you show to others, so you will be loved, accepted or admired, but inside feel completely different?

What fears do you have about showing the YOU behind the mask?

When do you put on the mask?

Is there an energy you take on as you wear the mask?

Laura Lee



LET YOUR LIGHT SHINE

I want you to know that the soul work you are uncovering is crucial to clearing the way **for you to know yourself, love yourself and BE yourself**. The you, you came into the world as, not you with the heavy untruth that lies to you or the you that takes in the elixirs to shove down the feelings or the you that hides behind the mask. The YOU you are here to unleash never left. She's just gotten covered up with untruths.

Together, if you're ready, we will begin this holy and healing journey back to you so you can unleash what gifts you hold inside. There are many! A part of you knows this. Together, we will take this journey to listen deeply to the longings of your heart, heal the wounds that keep you stuck and unleash the longings of your heart into the world. You will do this in your voice, your body, your gifts and your truth.

I'm here for you.



Love,

Laura Lee

*Transformational Life
Coaching for Women*

NEXT STEPS

Are you ready to uncover your truth?

I would love to be with you every step of the way. I invite you to schedule a **FREE** call with me. I look forward to hearing your story!

[BOOK YOUR CALL HERE →](#)