



**I RELEASE
EVERYTHING
THAT FAILS
TO SERVE MY
GREATEST
GOOD**

**A 6 PAGE, MINI AFFIRMATION JOURNAL
TO TRANSFORM YOUR MIND & YOUR LIFE**

CREATED BY DR. FRANTONIA POLLINS

I RELEASE EVERYTHING THAT FAILS TO SERVE MY GREATEST GOOD

Powerful Affirmations to Transform Your Mind
Dr. Frantonia Pollins

Now is the time for me to surrender to my Higher Power. I release **everything** that fails to serve my greatest good.

I allow my Divine Self to be in charge, rather than my ego-self.

Once I have done all that I can, it is time to let it go. Just like a child on the “monkey bars”, I have to let go of the last bar in order to reach out and trust that I will grasp the next one.

I reach, with faith, and trust, that by faith, all of my desires are attained.

Once I have let go, it is time to let it be. Just as when I plant a seed, I need to let it be. I am not to disturb the seed. I must trust that it knows what to do. I release my need to bother it. In that exercise, I gain trust.

When I learn to be with what is, I find peace. When I am present with what is, I experience calm. Then, all is well in my world.

In this practice, I am also learning patience with Divine timing.

Now is the time for me to accept what is and be okay with that.

It is prudent not to rush the process, but to wait and be patient. I am learning patience. I am practicing patience. I am patient.

Today, I release my attachments to the idea of “predestined” outcomes. I accept things the way they are and take action towards what I can control. And within it all, I learn faith, hope, and patience

QUESTIONS FOR SELF-REFLECTION

1. List 8 things, relationships, or beliefs that you need to release, that are no longer serving you. Be specific.
2. List 8 ways that you recognize the difference between your Divine Self and your ego-self?
3. What new things are you making space to accept?

@DrFrantonia



ABOUT DR. FRANTONIA



The unapologetic voice for feminine leadership and entrepreneurial success,

Dr. Frantonia teaches extraordinary women how to UNLEARN playing small in life, business, wealth, and womanhood.

Dr. Frantonia Pollins is the Leading Lifestyle & Business Design Mentor behind some of the world's top women executives, changemakers, and transformational leaders.

Her TEDx talk has been hailed as ***"powerfully thought-provoking... with a transparency that is absolutely riveting...a paradigm-shifting conversation on women's empowerment and feminine leadership, whose time has come."***



A once homeless, single mother, Dr. Frantonia gives us all a front-row seat at how she uses her own captivating life story of surviving a tragic medical catastrophe and overcoming unimaginable adversity, as a compelling example of how her commitment to personal, spiritual, professional, and psycho-sexual development, transformed every area of her life; empowering her to go from zero clients to six figures, in 1 year.

Since then, she has built several successful businesses, and for the past 18 years, she been on a **BIG** mission to **empower** 1,000,000 Women Worldwide to conquer their fears about Money & Wealth; **inspire** them to discover their own uniquely Divine & powerful purpose on the planet and guide them as they create successful businesses that **transform** the world and leave a Multi-generational Legacy of Wealth.

From free live stream trainings and Masterclasses to group coaching and private mentorship, Dr. Frantonia offers a variety of ways to work with her to create the life and business of your dreams.

Click here to download my **FREE** training **"From Frazzled to Fantastic: 5 Surefire ways to Avoid Burnout in Your Life and Business."**