

THE LIMITLESS MOTHER

Scale of Energy



LEVEL:
LOW ENERGY

"It will never happen"



BELIEFS

I am not worthy of my desires
Nothing good ever happens to me
There's never enough money
It's wrong to want more
Life sucks, that's just how it is for me



FEELINGS

Fear
Guilt
Shame
Overwhelm
Stress
Envy
Apathy



ENERGETIC QUALITIES

Stuck, stagnant energy
Inertia



Closed to receiving
Lack of focus

ACTIONS

Avoiding action
Prolonged periods of procrastination
Frequent self sabotage
Hard work



OUTCOMES

Lurching from one undesirable event or circumstance to the next
Little or no achievement
Scarcity of abundance and opportunities



EXPERIENCE



Drudgery & Lack

LEVEL:
EFFORTING ENERGY

"Maybe I can make it happen if I try harder"



BELIEFS

I need to work harder to achieve more
Making money = long hours, hustle and sacrifice
I must compromise between motherhood and success
If I could just achieve X, then I'll feel Y



FEELINGS

Occasional excitement
Mama guilt
Overwhelm
Anxiety
Stress
Worry
Doubt



ENERGETIC QUALITIES

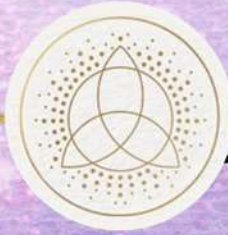
Oscillating energy
High energetic peaks and low energetic troughs



Occasionally open but often closed to receiving
Attached to outcomes

ACTIONS

Bursts of action
Periods of procrastination
Buffering
Busy work
Hustle
Shiny object syndrome



OUTCOMES

Unpredictable results
Sporadic achievement
Periods of burnout
Inconsistent income



EXPERIENCE



Struggle

LEVEL:
EXPANDED ENERGY

"I can and am making it happen"



BELIEFS

I am choosing to believe I am worthy
I am building trust in myself
I am believing in abundance



FEELINGS

Excitement
Surprise
Anticipation
Motivated



ENERGETIC QUALITIES

Often high vibe
Often open to receive



Sometimes surrendered
Often magnetic

ACTIONS

Focused, productive action taking
Celebrating after achieving



OUTCOMES

Results equalling action taken
Expanding abundance
Increasing achievements & success
More intentional manifestation
Increasing abundance



EXPERIENCE



Expanding Joy

LEVEL:

ELEVATED ENERGY

"It's all happening for me"



BELIEFS

I am worthy
I trust myself
I trust the Universe
I am abundant
Everything is always working out for me
The better it gets, the better it gets



FEELINGS

Content
Calm
Blissful
Trust
Limitless



ENERGETIC QUALITIES

High Vibe
Fully Open
to Receive



Surrendered
Detached
Magnetic

ACTIONS

Aligned, inspired action
Ease and enjoyment
Quantum leaps



OUTCOMES

Success
Fulfilment
Achievement
Abundance
Synchronicities
Fully aligned manifestations



EXPERIENCE



Magical