

# unlock your *hidden* power

Dissolve the obstacles in your path and bring success TO YOU!

*Rémy Chausse*



## “The Best Test of Your True Self” — Worksheet —

Have you ever felt like you're having a breakdown?  
Not a mental breakdown, but the kind of breakdown  
where all the pieces of life are breaking down?

In this episode, we'll be talking about the breakdown  
of our spiritual integrity ... how it happens ... and  
how to find your True Self again. Tune in to  
understand why everything sometimes feels like it's  
falling apart, and what to do when you want it to fit  
together like you'd envisioned.

### 3 Takeaways

- 1) Our spiritual integrity breaks down after a trauma and we lose our True Self. But when we understand the three parts of spiritual integrity, we can begin to restore our wholeness.
- 2) When our moral compass becomes corrupted, re-building a strong foundation of integrity can help us easily dissolve life's obstacles
- 3) We CAN change the energy of a situation, even if our spiritual integrity has gone out the window

### Biggest Mistake to Avoid

Our mind chatter is 10 times faster than our listening abilities. It takes practice and discipline to calm the chatter so we can hear our guidance.

### Recommended Action

In a challenging life situation, we can lose our center  
There are three parts to spiritual integrity, and ONE  
or more of them can help resolve the situation.



Join us every Thursday  
at 10am PST

<http://unlockyourhiddenpower.com/>

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