

# Sovereign Self Cycle

## 1. Truth & Authenticity

*This phase is about getting to know and understand yourself deeply, including the elements you may have been a little unsure about. In this phase you explore how the events in your life shaped the person you have become, and the person you can grow into. Sovereign leadership requires taking full ownership of your life's story, both its past and its future.*

## 4. Personal Presence & Power

*From this deep connection to yourself, you can step out into the world and build equally deep connections to others. Speaking and living your truth, while being open, sincere, and curious. Your presence reflects this, as you know that how are is even more important than what you do.*

*Your energy, intention, and mindset creates your daily reality, and you know how to actively influences all three.*

## 2. Passion & Purpose

*Knowing what it is you really want to do and how you can use that to positively impact the world. This has everything to do with discovering Why you do what you do, the driving force underneath your actions and choices, and discovering how you can incorporate that in living the life you would like to live.*

## 3. Letting Go & Resilience

*To create the life you want, you'll have to let go of the things that are no longer serving you. This phase is about letting go and letting come, it's about self care and about the self love to have an honest look at everything you surround yourself with. Only if you are healthy and whole, you will have a life that mirrors that in all aspects.*

