3 SECRETS INTEGRATION GUIDE
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Come EXPLORE...

The 3 Most Important Secrets To Powerful & Effective Communication That Inspires Purposeful Action

Your...

3 Secrets Integration Guide
Is a tool and reminder to support your discovery and integration process.
1. YOU Create As You Speak.

As you communicate, you are literally speaking your intentions (and vibration) into existence.

Activation: Say this secret out loud as a declaration of intent. Say it with purpose, power and poise.

I Create As I Speak. My Words Have That Much Power. When I Speak, Every Cell In My Body Aligns With What I Declare.

Inspired Question: Look back on your week. Make notes about what you’ve created. What energetic states were you in? What did you say, and how did you say it? How can you shift your vibration and communication to fully support and empower YOU and everyone around you?

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2. The 4 Ingredients to Call Forth an Empowered State of Being

1) **Words** - The words you choose matter, literally
2) **Physiology** - Your body communicates a message to your brain, and to others
3) **Focus** - What you focus on expands
4) **Belief** - Your beliefs shape your reality, and what is possible for you

Activation: Check in with your words. Be aware of your body. Consider, what do you believe? What have you been focusing on? Be cognizant of the wisdom of your body. Tune into the realization of what you’ve discovered.

Inspired Question: How do you want to show up in the world? Set a clear intention, vividly envision, and speak it into existence.

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3. **Empowering Questions..**

*Every question you ask presupposes the existence of something.*

1) State your question in the affirmative to be inspired towards your genuine desires.

2) Tune into how you ask your questions
   - Questions that start with “how” elicit a process
   - Questions that start with “what” give you content and focus
   - Questions that start with “why” evoke a sense of purpose or problem
   - Questions that start with “who” give you support and resources

Create your most powerful questions by beginning with “how”, “what” or “who.” Ask in a way that creates energy and momentum.

Examples:
- How can I be even more focused right now?
- How can I be even more aware of the unlimited opportunities surrounding me in my life right now?

**Activation:** Write your own empowering questions right now.

HOW______________________________________________________________
WHAT____________________________________________________________
WHY______________________________________________________________
WHO______________________________________________________________

**Inspired question:** What’s the most intelligent action you can take right now to fulfill your empowering question? Why is it important to create empowering questions? What question haven’t you asked yet...that by asking, would open new doors of opportunity?
THE SECRETS

BONUS SECRET

Whatever you speak after the words “I AM” you will Create and you will Become.

Activation: The Vibrational frequency of the intentions you Declare after the words “I AM” = your new reality

Inspired question: What do you most want to do, be and create?

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Enjoy applying these secrets. When implemented, they will empower you to create your most magnificent life.

You’ll receive even more inspiration and insights via email, and my blog.

Let’s also be connected on Social Media and keep our conversation flowing :)

We have many exciting events and experiences coming up!

Visit NiurkaInc.com/courses for more information

To your success, and with LOVE,