



POWER LANGUAGE PROTOCOL

Words That Calibrate You Into A
Powerful Day

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A 60-second language reset for capable women who are done starting over.

You don't need another mindset reset.

You need language that lets your body, mind & spirit know, **YOU CAN HANDLE ANYTHING.**

Because when you're exhausted, your thoughts get dramatic.

And dramatic language creates dramatic days.

This is **practical spirituality** you can use in real life.

Words are spells.

The Protocol (60 Seconds)

1. Catch the sentence that's collapsing you.
2. Swap it for language that's accurate, supportive, and directional. ✨
3. Say it out loud.
4. Make one clean choice.

Collapsing Language » Calibrating Language

I need to figure this out right now. →

I make decisions from power, not pressure.

I don't know what to do. →

I can trust my first knowing.

I'm behind. →

I make the next best choice and trust the timing of my life.

Everything is going wrong. →

I can stay calm and handle anything that comes up.

I can't trust myself. →

I trust myself completely.

I'm overwhelmed. →

I can slow down, get clear, and handle what matters.

What if I choose wrong? →

I make the best choice I can, and I trust myself to adjust.

Collapsing Language ➤ Calibrating Language

I'm running out of time. →

I have time. I have power. I move with intention.

I keep messing this up. →

I recover fast. I learn fast. I move forward.

Nothing is changing. →

I am building my life, slow and steady.

I need someone to tell me what to do. →

I trust myself. I choose. I follow through.

I'm doing everything and getting nowhere. →

I stop coping and start choosing from power.



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Calibrate Yourself

Say this outloud to yourself each morning or listen to the audio. Let this calibrate your body, mind & spirit for powerful choices and a powerful day.

I breathe. I slow down. I come back to myself.

I make decisions from power, not pressure.

I trust my first knowing.

I make the next best choice and trust the timing of my life.

I stay calm and handle anything that comes up.

I trust myself completely. I lead myself with clarity.

I slow down, get clear, and handle what matters.

I choose wisely. I choose clean.

I make the best choice I can, and I trust myself to adjust.

I have time. I have power. I move with intention.

I recover fast. I learn fast. I move forward.

I am building my life, slow and steady.

I trust the process I'm in. I stay consistent.

I trust myself. I choose. I follow through.

I stop coping and start choosing from power.

I take one clean step. And I keep going.

I lead my life today. I move forward with certainty.

I am becoming the version of me who follows through.



Hi, I'm Alicia

Five years ago, my life and business came to a complete stop.

I went through an eight-week panic episode that took my confidence and my sense of direction with it.

I didn't feel like myself anymore.
Even simple ones felt overwhelming.

The tools I had relied on before stopped working.
Not willpower.
Not productivity.
Not positive thinking.

I had to slow down and rebuild from the inside out.
Not by becoming someone new,

But by learning how to re-center and reconnect, every day,
sometimes many times a day.

That process is where this work comes from.

This guide is a starting point.

The full course, Wild Rituals for Mornings That Change Your Life, is where these practices become a lived rhythm.

Learn more here:

<https://www.wildandsacredwithalicia.com/wildritualsformorningsthatchangeyourlife>

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