

# 12 Sacred Keys to Sustainable Leadership

## How to Truly Thrive on Your Path of Service

### Limited Beliefs & Sacred Keys Chart

Limited Belief Thought		Impact	Sacred Key
1	I have to do it all alone. Creating a team of support for my vision seems impossible	Ungrounded - Spacey	Grounding
2	I feel triggered by all the problems in the world	Digestive Issues - Mensus pain	Feeling
3	I have different judgements/conflicting opinions (about sharing myself with others) within my mind	You have to be different with different people	Self Love
4	I am depleted from being around people	Carrying other's thoughts and beliefs	Clearing
5	It is challenging to stay focused on what I want. I get overwhelmed at the thought of making it happen	Distracted - Unfocused	Presence
6	I would rather (my life) just happen	Victim mentality. Disempowerment	Empowerment
7	I have issues with clients/people/family and find it awkward to be around people a lot	Self defeating - Self worth Issues	Gratitude
8	I seem to take on other people's energy and do not know where I begin and others end. I wish I was doing what others are doing with their offerings	Weak Boundaries - Immunity Issues	Boundaries
9	I give all the time but do not feel like others are really showing up for me the way I do for them. Leadership is tiring and depletes me	Exhaustion - Defensiveness	Receiving
10	I a feel a lot of people try to suck my energy	You may suck other's energy	Generosity
11	I am anxious to experience the future. My ideas and what is actually happening in the moment seem so far apart	Mental Body and Physical Body are not aligned	Balance
12	I feel stuck in doing things the way they already have been done and do not know how to do it differently	Blaming others or Universe actually keeps you stuck	Trust