

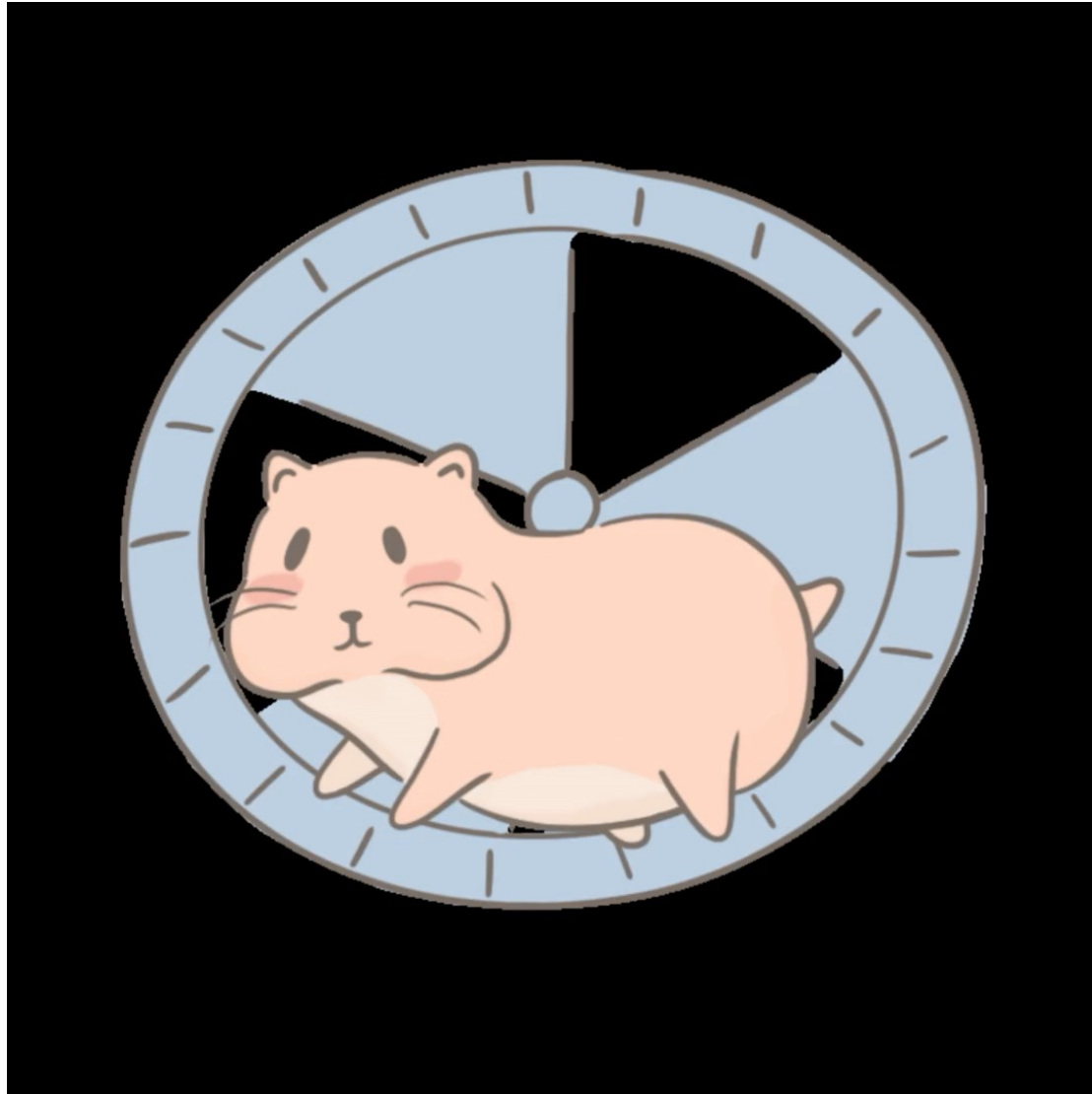
# Igniting Your SHE™

Transcendence

Copyright © 2022, 2023 by Renii Modisette

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means—electronic, mechanical, photocopying, recording or used in any manner without written permission of the copyright owner except for the use of quotations in a book review.

To request permission, contact [renii@mindescapevibe.com](mailto:renii@mindescapevibe.com)



## MENTAL VICTORY VIBE CONVERSATION TODAY

- Transcendence

IGNITING YOUR SHE STRATEGY™

# Setting an intention



Found in the  
Intention Setting  
Portion of the  
Course

## What do you need?

- ★ Open mind
- ★ Comfortable Position
- ★ Soles of your feet flat on the floor or foot rest.





*Virtue of*

# **Transcendence**



Gratitude

Hope

Humor

Spirituality

Appreciation of Beauty &  
Excellence



# Best Self Exercise #2

Smiling Practice  
Guided Meditation



**I am**  
grateful for all  
that has  
blessed my life.

MIND ESCAPE VIBE