



SPRING 2026 -- PILLAR ONE -- FREE GUIDE

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# Spring Identity

## *Reset*

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*She does not start over. She steps into the woman she has already decided to be.*



THE INVITATION

# She Already Has It

Spring does not ask you to become someone new. It asks you to confirm who you already are. Every season is an invitation to decide -- again -- who you are becoming. This one is yours.

*"She doesn't need a new life. She needs a new decision. And spring is the season she finally makes it."*

## What To Release This Season

- The belief that you are not ready yet
- The habit of waiting for permission to begin
- Any version of "when I have X, then I'll be her"
- The identity that was built around old limitations
- Relationships or routines that drain rather than fill

## What To Step Into

- She begins before she is ready -- because readiness is built, not found
- She regulates first, then acts -- she does not act from chaos
- She treats this season as a beginning, not a continuation
- She creates beauty in her environment, even in small ways

THE 5-STEP SPRING IDENTITY RITUAL

## Your Morning Practice

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01

### Clear the Space

Light your palo santo. Let the smoke move through your space. Breathe slowly. This is a signal to your nervous system that something intentional is beginning.

02

### Hold the Crystal

Rose quartz in your left hand. Eyes closed. Ask: who have I already decided to be? Feel the answer before you find the words.

03

### Script Her Morning

Three sentences in present tense as the woman you have decided to be. Not "I want" -- "I am." Not "one day" -- "today." Write slowly. Mean every word.

04

### Read One Page

Open your Neville Goddard. One page. Let one sentence land. Write it at the bottom of your entry. This is your anchor for the day.

05

### Close With Gratitude

Three things you are grateful for -- written as if they have already arrived. The body cannot distinguish imagination from reality. Use this. Close the journal. The ritual is complete.

YOUR SPRING IDENTITY DECLARATION

## Read This Every Morning

*I am not starting over. I am stepping forward. The woman I am becoming has already arrived -- I am simply allowing her to be seen. This spring, I choose her. I dress like her, speak like her, rest like her. I do not wait for evidence. I am the evidence.*

### Journal Prompts -- One Per Day for Five Days

- Day 1: What version of myself am I finally ready to release?
- Day 2: Who is she -- the woman I am becoming this spring? Describe her in detail.
- Day 3: What does her daily life look like? How does she begin and end her days?
- Day 4: What would she do today that I have been putting off?
- Day 5: What is one irreversible decision I can make today that moves me toward her?

### Additional Scripting Prompts

- She has already let go of...
- The one thing she does differently this season is...
- When I imagine her morning, I see...

SPEAK, CHOOSE, AND SHOW UP DIFFERENTLY

## Micro Shifts -- Starting Today

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She does not wait for big moments. She changes in the small ones. Identity is rebuilt in the daily decisions that nobody sees but you.

- Speak: Replace "I can't afford that" with "That's not a priority right now"
- Choose: Ask "would she eat this / wear this / say this?" before deciding
- Show up: Dress like her. Sit like her. Walk like her. One day at a time
- Environment: One object in your space today that reflects who she is

### Spring Reset Checklist

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- Journal on all five identity prompts
- Clear one space in your home that reflects who she is
- Update your daily ritual to include a morning identity anchor
- Choose one "becoming her" act this week -- and do it
- Read one page of Neville Goddard every morning for 7 days
- Write your Spring Identity Declaration and place it where you will see it

21-DAY SPRING SCRIPTING

## Write This Daily for 21 Days

Scripting is the practice of writing your desired reality in present tense, as if it has already arrived. Neville Goddard called this "living in the end" -- occupying the feeling of the wish fulfilled before any physical evidence exists. Do this every morning for 21 days. Notice what shifts.

### DAILY TEMPLATE

*Today I am grateful that I am...*

*My body feels...*

*She already has... and I feel...*

*One thing that confirms who I am today is...*

*The decision she made this morning was...*

### DEEPEN THE PRACTICE

The Her Spring Identity Reset Kit holds every physical object from this ritual -- the journal, the crystals, the palo santo, the art print. Each piece was chosen to make this practice feel as beautiful as it is intentional.

**ENTER THE KIT -- HER SPRING IDENTITY RESET**

[radiantshe.com/spring](https://radiantshe.com/spring)