

# *Episode 1*

**FROM SHADOWS TO SPOTLIGHT: UNEARTH  
YOUR HIDDEN SKELETONS AND  
TRANSFORM YOUR LIFE**

# **SKELETONS**

*from the Closet*



“We’re all so much more complex than a one word label.”

AMIEE BALL

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## Episode Highlights, Y'all!

### **1. F\*ck the Stereotypes**

- Tired of being put in a box? Screw that! We're smashing societal norms and labels like they're made of glass.

### **2. Vulnerability Isn't a Dirty Word**

- Show your scars and own your story! Vulnerability isn't a weakness; it's your secret weapon to a kick-ass life.

### **3. Skeletons? Bring 'Em On!**

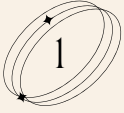
- No more hiding. Drag those skeletons out of the closet and give 'em a dance.

### **4. The Road Ahead**

- Wonder where we're heading? Fasten your seat belts; it's an unfiltered, unabashed joyride to reclaiming YOU for SUCCESS!



# Your Action Steps:



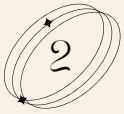
Audit Your \$hit: List your achievements and also the opportunities you've missed. Common trends can point you toward hidden issues.

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Look back at your life patterns. Is there a recurring theme where you tend to lose your way? That's probably your ghostly skeleton wreaking havoc. Were there moments you felt strong emotions like anger, sadness, or even extreme happiness?

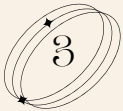
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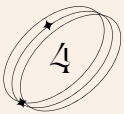
Write down that BIG 'skeleton' you've been dodging. Yep, right now.

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Weigh its emotional anchor. How's this hidden piece of you shaping your life?

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Enough with the delays! Pen down ONE badass move you'll make this week to face it head-on. 🔥

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LISTEN TO THE SKELETONS FROM THE CLOSET PODCAST ON  
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