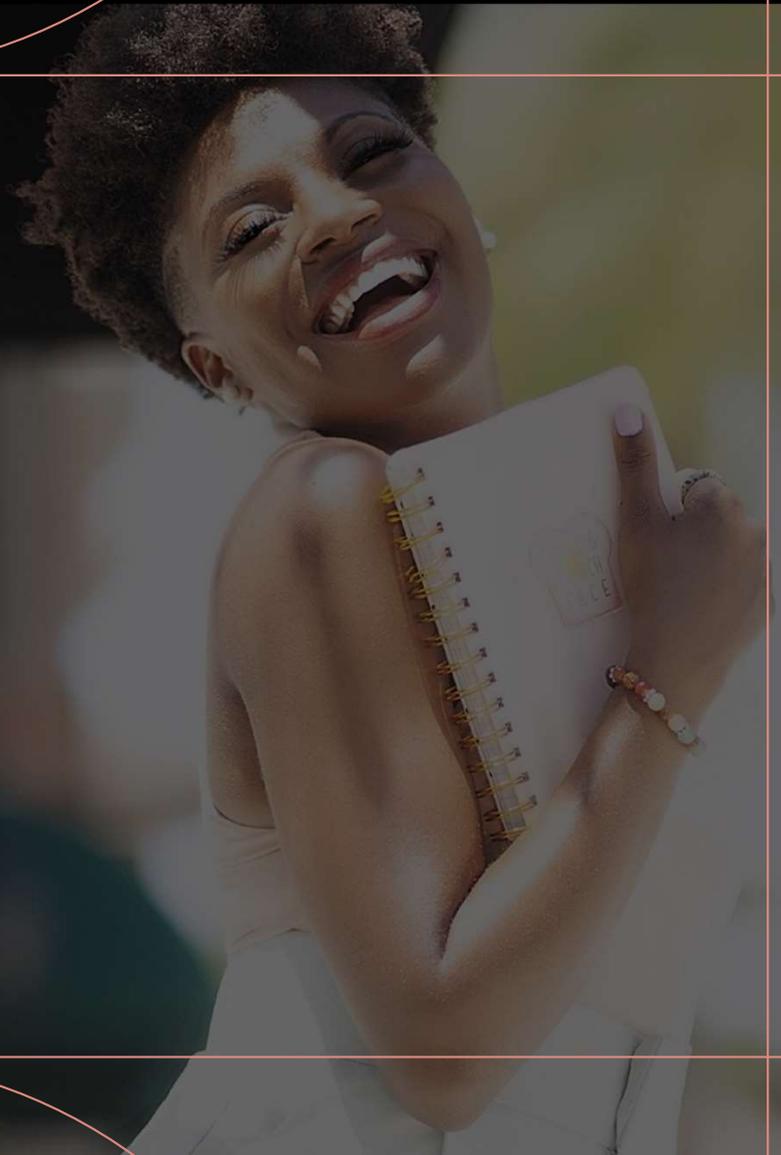


Unleash Your SELF

Written and

Illustrated by :

Life & Success Coach Khaja J.



Why
Unleash?

Why
Self?



Unleash your **SELF** is a guide to healing past trauma and internal bruising through written counsel, corresponding activities, and relative humor.

The intention of this publication is to increase the number of *tangible* items available worldwide to unleash (self-restore) ourselves while developing **AND** living a higher quality of life.



About the Author

LC Khaja J.

Life Coach, Motivational Speaker, Professional Creative

Khaja J. is a monumental Life & Success Coach currently stationed in Brooklyn, New York. After retiring from many years as a **Board-Certified Behavior Analyst**, Ms. J. now uses her expertise in behavior and skill development to shape amazing souls worldwide. She works internationally with clients of many ages and walks of life destined for discoveries full of **love, commitment, and GROWTH.**

Amongst the role of being a well-sought life coach within the **growing entrepreneurial and millennial community**, she is also a healer, manifestation coach, choreographer, creative director, investor, and social entrepreneur. She has assisted **hundreds of clients personally** in healing past/current trauma and organizing successful business administration all while **highlighting personal development.**

“1% increase
is **progress**,

and progress

IS

SUCCESS.”

-LC Khaja J



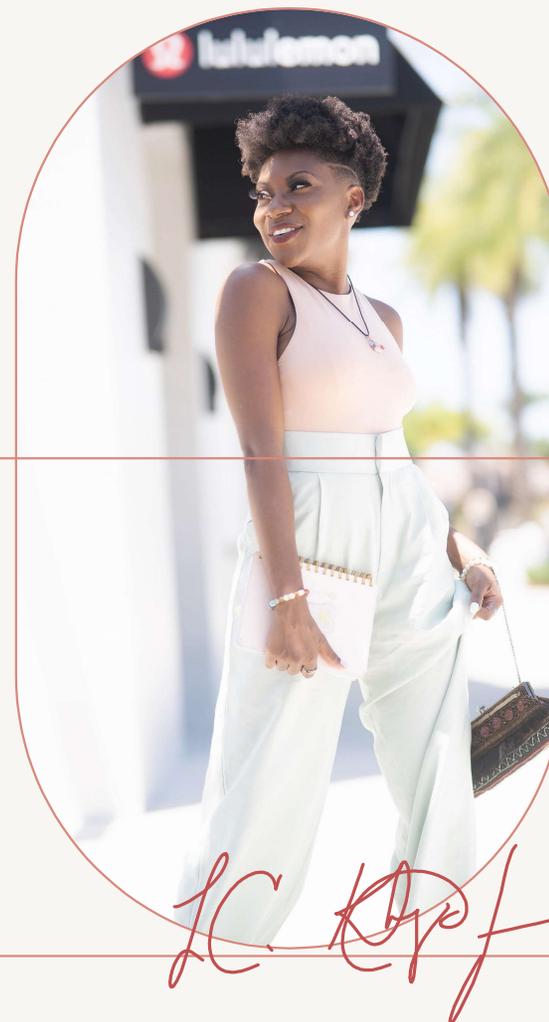
@lifecoachkhajaj

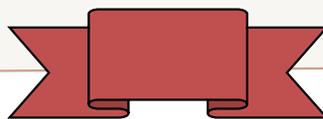


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A More Positive You Series



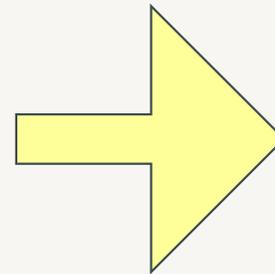


To God, for every message, every guide, and for your
unfaltering

love and support

Thank You.

U.N.L.E.A.S.H. YOUR SELF



Welcome to the acronym **U.N.L.E.A.S.H.**

U - Untangle

N - Navigate

L - Let go

E - Embrace

A - Appreciation & Abundance

S - Sacred Acceptance

H - Heal

In this publication one will journey through each monumental step through the "unleash" system :

an **LC Khaja J.** self-heal/self-discovery **process.**

LET'S DO ITTTTT !



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Preface

This Guide Is Built Off Study In Professional Behavior Analysis, Creative Self-Journeys, And Personal, Professional, And Private Life Experiences.

Listen And Engage With An Open Mind, For What Is Shared and Recommended Is Given From An Open, Transparent, Humble and Special Place.



Introduction

AMA keep it ahunnid (100)....

We all go through sh*t.

I'm just trying to help us poop out some of what we accidentally swallowed in the process.

Moving forward, we can then celebrate and live on, knowing that we have truly began to unleash and heal ourselves, ONE bowel movement at a time.

