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A GENTLE PRACTICE:

Claiming What's Yours

BY KALIKA

Let this be a soft pause in your day—a moment to listen inward.

To hear what you've been quietly craving.

To meet yourself where you truly are.

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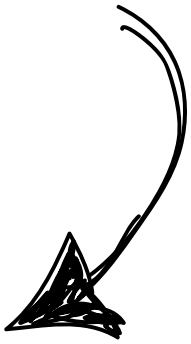
Here's a gentle exercise to guide you:



1. What matters most to you right now?

2. Where are you settling for "just enough"?

3. What would a bolder version of your life look like?

4. Choose one thing to claim this week.

5. Write it. Speak it. Honor it.

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You are allowed to ask for more.

And when you do, you shift everything around you—starting with yourself.

You teach people how to treat you by what you allow.

– Tony Gaskins

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