



THE SOULFUL SHIFT STARTER KIT:

CLEAR MENTAL BLOCKS +
RECONNECT TO YOUR INNER ABUNDANCE

A Free Gift for Spiritually Minded Women Entrepreneurs
Ready to Align with Purpose and Prosperity

by Michelle K Rose



WELCOME, FROM MICHELLE



Dear Soul-Led Woman,

Welcome to The Soulful Shift Starter Kit – your first step into a deeper, more aligned way of showing up in your business and life.

If you've found yourself feeling stuck in self-doubt, scarcity, or mental noise—even while working hard on your business—you're not alone. This journey is for the spiritually driven woman who knows success doesn't come from more hustle, but from a deeper alignment with self, purpose, and presence.

This free mini-guide is a small excerpt from my full course, Soulful Success, and is designed to help you pause, breathe, and reconnect to your inner wisdom. You're not here to force results. You're here to shift from the inside out—and this is your gentle doorway in.

With love + alignment, Michelle K. Rose
Transpersonal Hypnotherapist | Alignment Coach | Reiki Master Teacher



WHAT IS WITNESS CONSCIOUSNESS (AND WHY DOES IT MATTER)?

When we live on autopilot—reacting to fear, scarcity, or comparison—it’s easy to forget that we are not our thoughts. Witness consciousness is the practice of observing your thoughts and emotions without attaching to them.

When you shift into the role of the observer, you create space between your true self and your conditioned patterns.

This sacred space is where clarity, intuition, and soul-aligned action are born. It’s from this state that we begin to choose abundance instead of lack, trust instead of control, and alignment instead of overwhelm.

This is the essence of Soulful Success.

This guide gives you tools to tap into this inner space where all transformation begins.

Integration & Affirmation



Let's integrate your insights with a simple practice:

Affirmation:“ I am the observer of my thoughts. I choose abundance, clarity, and peace.”

Soulful Action Step: Try the “**Pause-and-Observe**” method once today. When you notice an old thought (e.g., “I’ll never be consistent,” “No one will buy this”), pause. Inhale. Exhale. Then say: “I see you. And I choose again.” You’re not your thoughts. You’re the one who chooses.

Ready to Go Deeper?

You've just scratched the surface of what's possible when you start working with your energy, not against it.

Soulful Success is a self-paced program for spiritually minded women entrepreneurs ready to clear the mental noise, dissolve self-doubt, and align with their soul's vision for success.

Inside, you'll receive:

- ✨ 12 transformational audio teachings
- ✨ A guided workbook to support deep reflection & shifts
- ✨ A complete inner shift framework to unlock abundance, clarity, and purpose

This is for you if you're ready to:

- 🌿 Stop hustling and start flowing
- 🌿 Trust your intuition more than your fear
- 🌿 Create aligned success from the inside out

Your next level isn't about doing more—it's about becoming more aligned.

[!\[\]\(fc3a57079704ef1b99671c8cafae23be_img.jpg\) Click the QR CODE on the next page to learn more and enrol to Soulful Success!](#)

Congratulations on completing this powerful step in your Soulful Success journey!

To continue expanding your mindset, releasing inner blocks, and aligning with abundance in your life and business, scan the QR code. ✨

Get started today for only \$222 → [[HERE](#)]

You deserve success that feels soulful, sustainable, and aligned.

Thank You!



Michelle K. Rose

