



DR. KELLY SCHUH PRESENTS

# A QUEEN'S MANIFESTO

YOUR ROADMAP TO "HAPPILY EVER AFTER"

I Am A Queen

I Speak my truth even in the face of FEAR

I rise from the ashes and  
Soar above my stories

I forgive myself and others

I declare healthy boundaries

I treat my body as a temple

I speak the language of LOVE and CONNECTION

I FLOW with the Feminine

I live a life of peace, passion and optimal health

I am a generous giver and an excellent receiver,  
swimming in oceans of abundance

I am Divinely Guided and bring LIGHT to my SHADOWS

I OWN my unique talents and gifts

I Uplift and Empower my sisters

I LEAN into the sisterhood and know that I am safe

My life is a masterpiece and I am the artist

I choose..  
FAITH over HOPE

I AM Divine LOVE and Partnership  
Living my Happily Ever After

I am a Queen

