

The
HIDDEN PSYCHOLOGY
of the
GOOD CHRISTIAN
GIRL IDENTITY™

*(& how break free to be the unapologetic & authentic leader,
co-creating a wildly impactful life with God in 90 days – without burnout)*



PRO FIELD GUIDE & PLAYBOOK
WITH POTENT INSIGHTS FOR HYPER-ACHIEVING WOMEN

LEAH SAMARA®

Understanding Your Nice
Inner *Good Christian Girl* is
the fastest way to..

*.. reclaim your voice, sovereignty & authority and
unlock your most unapologetic and wildly
impactful life in 90 days*

*(without becoming someone you're not or
burning yourself out to get there)*

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BEFORE YOU ENTER..

*I have developed this resource after over 16+ years working
alongside high-level, high-capacity entrepreneurs and
influential leaders from around the globe.*

I ask that you respect it, use it in honesty and integrity, without
copying or adjusting it, or using it to promote yourself or your
work without prior written consent.

Those in agreement may proceed..

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CONTENTS

1. **Welcome**
An introduction and an outline of our objectives.
2. **Who Is The *Inner Good Christian Girl***
Understand the inner workings of the persona so you can override her and beat her to your inner sovereignty.
3. **Good Christian Girl Energy Audit**
Identify Bottlenecks & Sources of Energy Depletion
4. **Identify The Patterns**
Discover higher levels of efficiency as you identify the patterns that slow you down and cap your capacity.
5. **The Highest Stakes**
Understand your impact on the generational chain and why only the brave take this journey and succeed.
6. **What's Possible For You**
Unlock Life, Reimagined as your eyes are opened to new realms of possibilities and ways of being.
7. **The Trajectory-Altering Choice**
A trinity of distinctive pathways leading to three very different lives.
8. **Roadmap To Freedom**
Uncover your road to liberation: the swiftest route to unleash unparalleled influence today.



LS

HOLA!

*I grew up in conservative religious Christianity and it wasn't until a **divorce** in my 20's (among sooo many other things!) that I became aware of what and who was really driving my life's decisions.. and it wasn't the real me.*

*I had absolutely no idea just how heavily **my whole identity** had been influenced by **distorted teachings and beliefs** I had absorbed, like that I had to be nice to everyone, all the time (this landed me in some dangerous situations), or I should give up all of me to serve others (even if it burned me out). Or even that women shouldn't have a voice or be leaders.*

*It can feel like a minefield to navigate – **where do you even begin** with such deeply-embedded distorted thinking permeating every facet of life and relationship with self, others, partners, God and your potential? The answer lies in this professional Field Guide.*

*Whether you go to church and follow the rules is not important in my world. For me I spent years hating God, church, the bible.. all of the things. I found my way back to Jesus (or He found me) but **I appreciate that this is my story, not yours.***

*You are safe to be you in this space. To believe your beliefs. To question. To use your voice and to be without pressure. I hope you are able to feel a sense of **liberation, respect and love** in my world, in spite of any differences we may share, as all humans do.*

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WELCOME!

I would love to personally welcome you to this uniquely powerful Field Guide for driven females in business or leadership.

If you grew up in, or have a background in religious Christianity, there are some unique challenges, bottlenecks and ceilings you may face, and likely have already faced in this extraordinary journey called life.

The biggest challenge is understanding that many of the limits come from the exact same place - even if right now you're feeling like everything in your world from your relationship with your partner, to your parents, to your income ceilings and mental health is a little chaotic. But if your journey has been anything like mine - for so long this beautiful truth - that so much of what I was faced with in my life came from the same root cause - remained outside my awareness.

For many, that awareness is awakened when they reach adulthood, are in relationships with others and are frustrated, exhausted, drained or burnt-out often.

It's this awareness that confirms an inkling that you may have had for a long time, that something wasn't quite right, that it was "off".. and it's this new awareness that brings significant relief. You're not crazy. You're not alone. And no - you certainly weren't imagining it.

It's in these moments of life that I have personally wished for a Field Guide - something or someone that "got it" - that would affirm my gut-feelings, that would reveal truth, give me a map and show me where to start to navigate to a healthier, more authentic and potent life.

This is that Field Guide.

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My goal for you is that you would be able to use this resource to clearly identify your unique bottlenecks, ceilings and limits that are slowing you down and sapping your energy, peace and joy so you can shine brightly as you and tap into the wildly impactful life you're designed for.

So, beautiful lady.

If you know you have extraordinary capacity for income, influence and impact in this lifetime; but are feeling stifled, suppressed, limited or boxed-in in life and/or business; if you feel the nagging and unwanted need to please those around you, and you are exhausted, drained, burnt-out or just frustrated..

And you have drawn a line in the sand - or maybe your body has for you (burnout) - and you're done being the Eternal Giver, sacrificing you and your sanity on the altar of the needs of others..

(which may have completely stolen your usual joy and desire to help others at all)

And you're tired of living under a facade of perfection and plastic-smile sickly-sweet niceness, not being able to spend even on more minute being someone you're not..

You're in the right place. Welcome home.

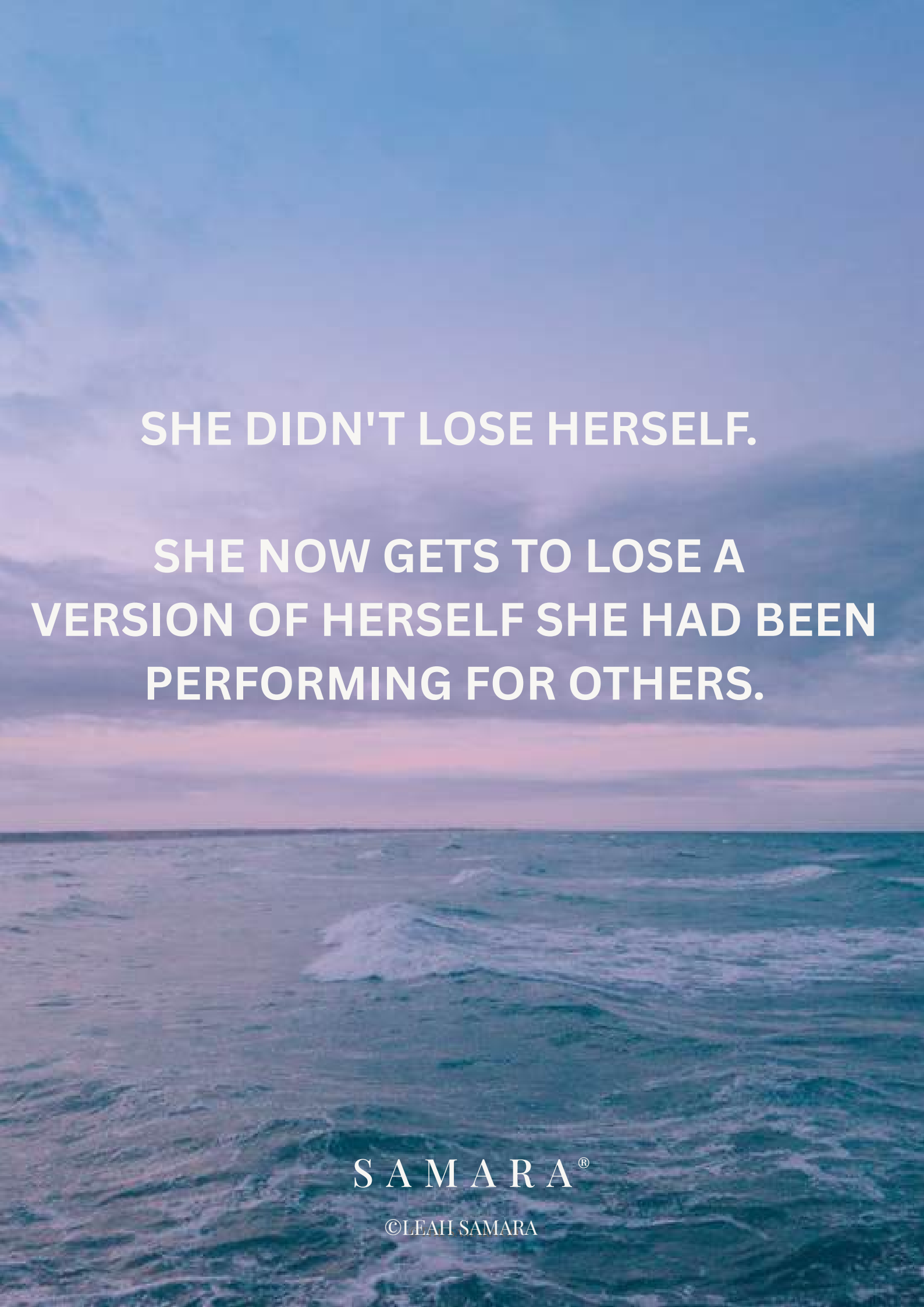
I know it might not feel like it right now, but if you are at the point of exhaustion or burn-out - I'm excited for you. Because you are being presented with a wonderful opportunity: to change the trajectory of not just your life but the lives of those who walk in your footsteps - as a leader, as a parent, as a CEO.

The real question is this: are you finally ready to throw off all that you aren't to become all that you know you are born to be?

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SHE DIDN'T LOSE HERSELF.

**SHE NOW GETS TO LOSE A
VERSION OF HERSELF SHE HAD BEEN
PERFORMING FOR OTHERS.**

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WHAT IS THE ‘GOOD CHRISTIAN GIRL’?

The *Good Christian Girl* is a persona that many females who experienced a religious Christian upbringing (or community) tend to wear as armour in times of relational or life challenge.

She is essentially a go-to defence strategy - a mask - that we were encouraged to develop, or absorbed the message that we should become. Receiving a message that being who you are is not okay, then essentially abandoning ourselves to become someone we thought others desired us to be, instead of being who we are.

She is both a defence mechanism AND she is an impossible mirage of perfection that young girls in religious Christianity often desire to reach. She is the choice between approval and authenticity, and she chooses approval and belonging every single time, whether you as an adult now want her to, or not. This is where internal frustration is born and continues to build.

Many young girls often believe the lie that if they could just be all that the *Good Christian Girl* represented - perfect, compliant, easy-going, submissive, silent, nice, serving sacrificially - that she would be blessed, she would be approved of, she would be loved and she would finally, finally be enough because she had done enough.

What does she feel like in my body?

It feels like building frustration, anger or anxiety. A lot of pent-up frustration, but at the same time can feel exhausted.

The exhausted, drained or burnt-out feelings come when we are experiencing what I call *Energy Leaks* and are no longer sovereign over our own energy. We will identify your specific *Energy Leaks* during the *Good Christian Girl Audit* inside this Field Guide.

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WHAT IS THE GOOD CHRISTIAN GIRL?

How do I know if the Good Christian Girl Persona is activated in me?

It can be deceptive because this persona can be so strong that we become enmeshed with it that she IS us. That these traits - this niceness, this anxiety to please others, the perfection and all the behaviours that come with it - ARE us. The more enmeshed we are with the persona, the more we have to spend time untangling from her.

On the lighter side, when we know what to look for in ourselves, we can feel this persona click on at certain times of higher anxiety or stress - particularly when we feel we need to perform, prove or achieve to receive the love, attention or approval of others.

This is what it means to self-sabotage - to be operating in niceness, compliance, people-pleasing and perfection when this is opposite of who you are, how you feel, or what you desire!

The key isn't simply in having conscious awareness of the persona and when she is clocking on for her shift as a defence mechanism; it's actually addressing the core roots of why she exists in the first place.

Why is this persona so damaging and toxic?

Firstly, it is so damaging and toxic because of its origins. I am going to be direct with you now and say that the *Good Christian Girl Persona* only exists as a reaction to hidden trauma. That is, hidden religious trauma.

(And before you go ahead and declare you don't have any - the pure existence of these traits says you do..)

The first thing you need to know is that not all trauma has to be a big huge memorable horrible event in your life. It could be the small drip of a tap; emotional neglect, feeling like your needs weren't being met, ongoing stress, bullying or pressure to conform to be someone you're not, or a series of smaller adverse events that accumulate over time.

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WHAT IS THE GOOD CHRISTIAN GIRL?

Both types of trauma - the single horrible events, and the small drip of emotional traumas can have lasting effects on a person's mental and emotional health.

The *Good Christian Girl Persona*, then, is a reaction to this - a defence mechanism that we go to to create a sense of internal safety and control in situations where we may not have felt that we had any.

The *Good Christian Girl Persona* is essentially what's known as a fawn response.

The "fawn response" is one of the four primary responses to threat or stress, along with fight, flight, and freeze (*using the Four F's model by Pete Walker*) to describe a particular coping mechanism that we may employ when faced with challenging or distressing situations.

The fawn response involves a strong desire to please, appease, or comply with others, often at the expense of one's own needs, boundaries, or well-being.

People who tend to exhibit a fawn response may become excessively accommodating, submissive, or self-sacrificing in their interactions with others as a way to avoid conflict, gain approval, or minimize the risk of harm expected.

Using the fawn response, the *Good Christian Girl* offers up her own authenticity, sense of self, voice and sovereignty, often in the name of serving God, in exchange to try to manage an overwhelming situation that causes her anxiety and/or distress.

As a side note - I personally don't believe religious trauma is even the real root to all this chaos. I believe it's spiritual battle that is intentionally setting us up for a lifetime of disconnection from ourselves, our potential, others and God. It's bigger than us. We are talking about lifetimes, we are talking about decades and generations of damage and trauma to women who now want nothing to do with God as a result. That's all I will say on it here, but please seek with spiritual eyes, the unseen is always at play.

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WHAT IS THE GOOD CHRISTIAN GIRL?

What does God have to say about the Good Christian Girl Persona?

The *Good Christian Girl Persona* is not God's design to free and proper women. I won't go into detail here, but in Luke 10:38-42 we read about two sisters contrasted in history providing insight on this today:

"As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, 'Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!'. 'Martha, Martha,' the Lord answered, 'you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.'"

Martha was caught up - imagine her flustered, resentful of her sister, angry at others not helping, feeling victimised that she had to do it all by herself; possibly trying to earn the attention and approval of Jesus. Have you ever felt like this? Jesus didn't call her out, or tell Mary to go be an eternally giving sacrificial slave with her sister; He called Martha higher so she could be focused instead of flustered, sovereign instead of blaming and free to be present with others and with Him.

Good Christian Girl Conditioning

The constant messages we absorbed were called Conditioning. This conditioning was often via osmosis in our environments, and not verbally shared, like some unspoken but strongly felt rule. Conditioning is the shaping of belief and/or behaviour through the spoken or unspoken teachings and rules of societal, familial or religious community.

In 2023 we surveyed our audience who shared examples of the religious beliefs and practises they encountered. Some examples of their conditioning were: *"women must submit to all men"*, *"I can't trust myself"*, *"women should stay quiet when men are talking"*.

Yours may differ, but just know that these kind of beliefs and distorted teachings tremendously impact our connection to ourselves, men, our partners, the world around us, our potential and even God himself, especially as we enter adulthood, entrepreneurship and relationships.

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WHAT IS THE GOOD CHRISTIAN GIRL?

I'm sure you have experienced it's impacts or else you might not be reading this right now!

Good Christian Girl conditioning is unique in that it is something that only females experience. And unfortunately as leadership in more conservative Christian environments is often all-male, coupled with our increased awareness of trauma and abuse; and the fact that there is no equal opposite for men (eg. there is no such things as a Good Christian Boy), this whole concept is still widely misunderstood by most men and most churches.

Primarily because they haven't personally experienced it, so couldn't understand and truly empathise; but also because in many conservative environments the female voice is either actively silenced (as they accept distorted teachings that it is sinful) or there is no room created for her to be truly heard as a person of significant influence.

It's because of this uniqueness that finding support to untangle from the conditioning can be challenging, because there are few who understand its complexities from all angles - the religious perspective, the trauma perspective and the impacts on female leadership now to name a few.

This is why you may have also experienced some frustrations - especially around not quite feeling understood, or getting to the heart of the matter- when it comes to seeking help in the different realms of your sphere.

What are the messages of the *Good Christian Girl* conditioning?

Good Christian Girl conditioning says I must empty myself of ALL OF ME - my desires, my boundaries, my standards, my personality, my value - in order to submit and sacrifice to the other.

It says I must become the eternal sacrificial giver that sacrifices herself on the altar of the expectations, opinions, desires and needs of others.

It says my focus is always on lifting the other at the expense of myself..

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WHAT IS THE GOOD CHRISTIAN GIRL?

It doesn't matter how much it costs me to lift them up..

It doesn't matter the impact to myself, my business, my influence, my stewardship of the gifts I've been given.

It doesn't matter that it ENABLES them to continue showing up in entitlement and unhealthy behaviours.

All that matters is that you give and give and give because that's how you find JOY and make God pleased with you.. right?

The Good Christian Girl's role as Eternal Giver means that she cannot rest and relax well.

Even when she is exhausted and knows she has worked hard and "earned" it.

If she does, a wave of guilt crashes in around her like she's doing something "wrong" or she's lazy.

She has to endlessly serve to feel okay.
She has to endlessly serve to feel she has value.
And it's exhausting.

It leaves you never feeling "full" - a constant lack of fulfilment.

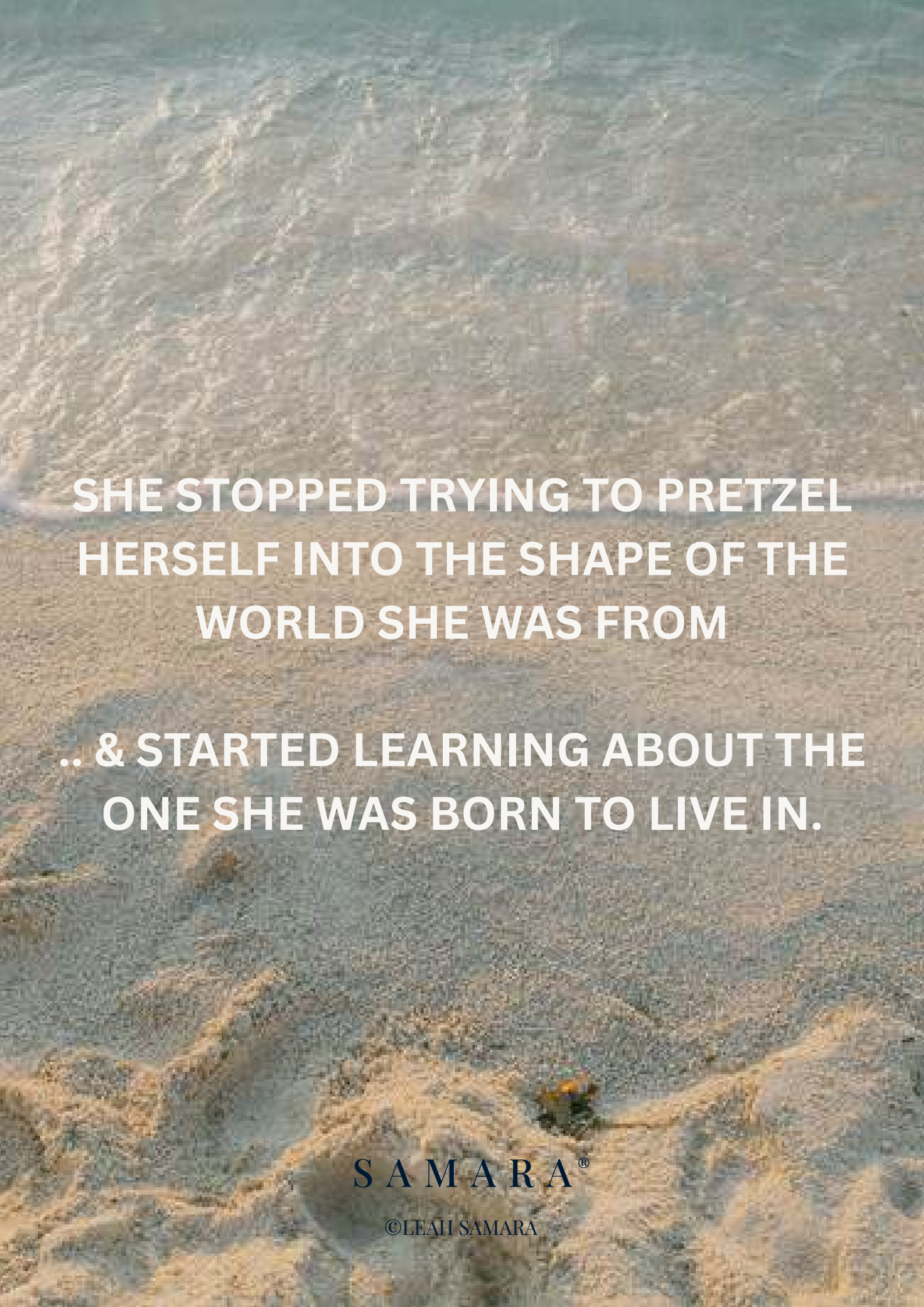
And because you don't know where to begin to resolve it, you stay on the hamster wheel - deeply desiring rest but not quite giving yourself all you need.

If THIS, right here is the place that this guidebook is meeting you, or maybe you're further along in your journey; I bring you GOOD NEWS because you absolutely do not have to live life this way.

You can love others AND yourself. You can meet your own needs first AND be someone that loves helping others. You can be supportive, encouraging, kind and serve without abandoning yourself.

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An aerial photograph of a rugged coastline. The ocean is a deep blue-grey, with white foam from breaking waves visible along the shore. The land is composed of dark, jagged rocks and patches of green vegetation. The text is overlaid in the center of the image.

**SHE STOPPED TRYING TO PRETZEL
HERSELF INTO THE SHAPE OF THE
WORLD SHE WAS FROM**

**.. & STARTED LEARNING ABOUT THE
ONE SHE WAS BORN TO LIVE IN.**

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GOOD CHRISTIAN GIRL ENERGY AUDIT

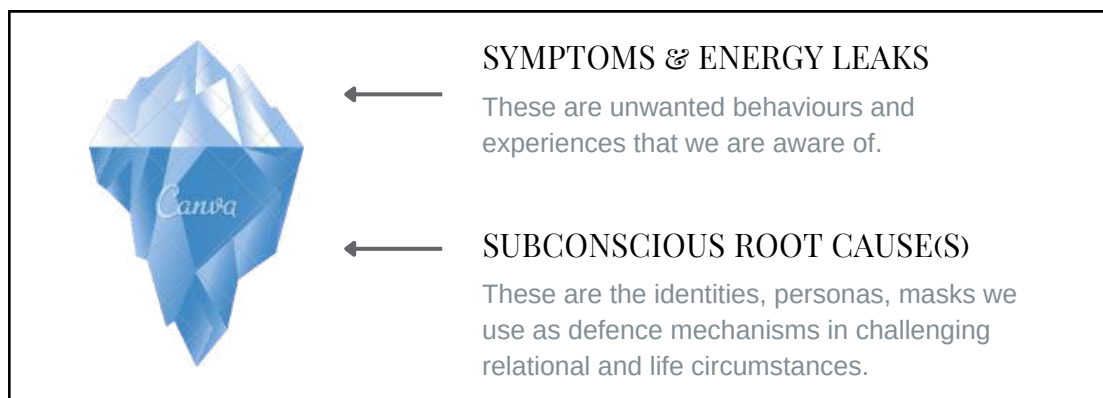
Now that we are beginning to understand the Good Christian Girl - who she is and why she exists, we can move on to the Energy Audit.

In the Energy Audit, we will uncover some of the largest indicators that your inner Good Christian Girl is activated and running parts of your life (and business, if you have one). The symptoms of the Good Christian Girl Persona are also *Energy Leaks* and will give you a customised birds-eye view of why you feel exhausted, drained or burnt-out. This is why it's called an Energy Audit.

Think of your energy (both physical and energetic) like air conditioning in your home, and think of this Energy Audit like a home energy audit.

The Energy Leaks are often **subconscious** energy leaks. It's not until we peek under the hood that we actually realise how much of our emotional bandwidth is being accessed by a subconscious distraction.

Just like an ice-berg, what we see on the top are the symptoms and Energy Leaks in the list below. What's going on under the surface is that your inner Good Christian Girl is activated.



The reason why so much coaching and talk therapy does not work, is because it focuses on the Energy Leaks (symptoms) themselves, and giving you strategies to help with symptoms, rather than addressing the subconscious root cause(s).

GOOD CHRISTIAN GIRL ENERGY AUDIT

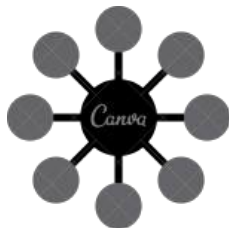
It's also worth noting that many of these symptoms/Energy leaks actually have the same root cause. This makes them easier to collapse when we are working to untangle from them. You are closer than you think!

The goal of an audit is **a powerful report that tells you how efficient your "home" is** and where your window seals have broken down to begin to identify what's actually going on and show you **where to focus your attention** to resolve it/them.

The results of your Energy audit **will reveal anything that is diluting your potency** as a woman, leader, parent and person of influence, and slowing you down from having the impact you are born to make. It tells us exactly what's showing up for you in the biggest way.

INEFFICIENT ENERGY

I don't know where my energy goes, I just know I feel drained, exhausted or burnt-out.



EFFICIENT ENERGY

My energy goes where I dictate. This is sovereignty.



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WARNING

Warning: you may find yourself ticking most of the boxes, and **that's totally okay!** I want you to give yourself permission to just relax, be honest and take an objective view.

This isn't about shaming ourselves. Or finding things "wrong" with us.

The truth is that we have been through and survived experiences that have shaped our protective mechanisms.

If anything, **this is a powerful list of how you were smart enough to find a way to make it through**, even if these mechanisms no longer serve you, once upon a time they did.

So love yourself through the experience!

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GOOD CHRISTIAN GIRL ENERGY AUDIT

1. In the left box, tick the symptoms and Energy Leaks you have experienced in the last 3 months.
2. In the right box, evaluate each symptom or issue based on its urgency and severity. Consider factors such as the impact on your well-being, daily functioning, and long-term consequences. You can score each symptom out of 10. (10 = the most unwanted impact - impacting you daily or hourly, and 1 = it's impacting you the least.
3. Follow the instructions on the next sheet.

With every symptom you check, it might be helpful to think - "Ah! So THIS is where my energy has been going!" and allow yourself to relax knowing that you're taking the next step.

RELATIONSHIP TO OTHERS:

✓ 10 < Example

- | | | |
|--------------------------|--------------------------|--|
| ☐ | ☐ | Try to be everything to everyone |
| ☐ | ☐ | I allow people to treat me however they like |
| ☐ | ☐ | It takes someone to be physically endangering me for me to speak up for myself |
| ☐ | ☐ | I struggle to set boundaries |
| ☐ | ☐ | I struggle to hold boundaries after I've set them, if someone tries to push them |
| ☐ | ☐ | I have more than one draining relationship in my world |
| ☐ | ☐ | I experience strong anger when my boundaries are crossed |
| ☐ | ☐ | I often stuff down the anger I feel when my boundaries are crossed |
| ☐ | ☐ | I prioritise the approval/validation of others, often at the expense of personal desires or needs. |
| ☐ | ☐ | I go out of my way to help or accommodate others, even if it's detrimental to my well-being |
| ☐ | ☐ | I put the needs and desires of others before my own, often to the extreme. |
| ☐ | ☐ | I have often sacrificed to the point of burnout, or to the detriment of my health or sanity |
| ☐ | ☐ | I experience resentment in one, some or most of my relationships |
| ☐ | ☐ | I attract needy, toxic or abusive people |
| ☐ | ☐ | I have often been in toxic communities (religious or otherwise) |
| ☐ | ☐ | I make decisions mostly from what others want, I don't want to rock the boat |
| ☐ | ☐ | I struggle to let go of old dysfunctional relationships, and find myself keeping them alive |
| ☐ | ☐ | If I stand up for myself, I am scared to lose family or other close relationships |
| ☐ | ☐ | I give into the expectations, demands, manipulations or guilt-trips of others to keep the peace |
| ☐ | ☐ | I feel overwhelmed by the needs or demands of others. |
| ☐ | ☐ | I fear the disapproval/rejection of others if I deviate from their expected behaviours. |
| ☐ | ☐ | I find myself doing things I wouldn't normally do to win people over, or have them affirm me |
| ☐ | ☐ | I often find myself lifting up the mood of others, even if I myself am not in a good mood |
| ☐ | ☐ | I find myself often taking on the problems and responsibilities of others |

GOOD CHRISTIAN GIRL ENERGY AUDIT

RELATIONSHIP TO MY VOICE

- ☐ ☐ Don't speak the truth that's on your heart
- ☐ ☐ I don't feel safe to speak up for myself
- ☐ ☐ Silence yourself and kick yourself after
- ☐ ☐ I often find myself oversharing in conversations
- ☐ ☐ I often find I talk alot in conversations so there is no empty space
- ☐ ☐ Silences in conversations make me feel anxious
- ☐ ☐ I bite my tongue instead of using my voice often, with everyone or in certain relationships
- ☐ ☐ I have a hard time saying no
- ☐ ☐ I find it challenging to express my personal opinion or stand up for myself
- ☐ ☐ Others don't see how magical/special/smart I am.
- ☐ ☐ I feel unseen.
- ☐ ☐ I feel unheard.
- ☐ ☐ I feel misunderstood.

ESCAPE ARTISTRY

- ☐ ☐ I push through anxiety, often pushing it down without addressing it so I can move forward
- ☐ ☐ I tend to avoid or dismiss my feelings so I can keep moving
- ☐ ☐ I push myself to feel emotions I don't feel - eg happiness without processing emotions I do feel
- ☐ ☐ I don't really allow myself to feel how I feel
- ☐ ☐ I often reframe my emotions to find the silver lining or the positive
- ☐ ☐ There are people in my life who I avoid, maybe because I have unfinished business with them
- ☐ ☐ There are situations in my past that I avoid because they trigger/activate me
- ☐ ☐ I carry regret, failure, mistakes and defeat from the past and won't or can't let it go
- ☐ ☐ I actively avoid conflict/confrontation, even if it means suppressing personal feelings or needs.

RELATIONSHIP TO MYSELF

- ☐ ☐ I find myself being someone I'm not to fit in or make others comfortable
- ☐ ☐ I feel like I'm wearing a mask around everyone, or certain people
- ☐ ☐ I don't feel like I can be the fully expressed me with everyone, online, or with certain people
- ☐ ☐ I find that I shrink or pretzel myself to be who others desire me to be so I don't trigger them
- ☐ ☐ I feel boxed-in to who I am, stifled, suppressed
- ☐ ☐ I almost feel like I'm living someone else's life

GOOD CHRISTIAN GIRL ENERGY AUDIT

- ☐ ☐ I find myself pretending or saying that things don't bother me when they really do
- ☐ ☐ I settle for less than I know I deserve or desire often
- ☐ ☐ I am the initiator, actioner, planner etc in most or all of my relationships
- ☐ ☐ I often live outside my own values - eg I value honesty, but I tell people what want to hear
- ☐ ☐ I have difficulties feeling like I have a clear or balanced sense of self
- ☐ ☐ I find self-expression challenging
- ☐ ☐ I long to be bolder or more creative, but something stops me and I can't put a finger on why
- ☐ ☐ I am unfamiliar with own needs. (what needs?! lol)
- ☐ ☐ I feel angry, frustrated, hateful towards myself often
- ☐ ☐ I don't trust myself or my intuition as much as I desire to
- ☐ ☐ I feel disconnected from myself
- ☐ ☐ I feel like if I was to use my voice or be myself I would lose key people in my circle

RELATIONSHIP TO MY WORK/PURPOSE

- ☐ ☐ I don't love my work, even though I work for myself or have alot of options/autonomy
- ☐ ☐ I feel a strong sense of contribution that is unfulfilled or feels unfulfilled
- ☐ ☐ I am doing work that I know won't rock the boat, or that others desire me to do
- ☐ ☐ I feel boxed-in in my work, stifled, suppressed
- ☐ ☐ When I experience achievement or success, I feel like a fraud or imposter
- ☐ ☐ I feel like I'm spinning my wheels despite working so hard!
- ☐ ☐ I often minimise my true desires and try to convince myself I am okay settling for less
- ☐ ☐ I feel a constant drive to prove myself
- ☐ ☐ I desire more certainty from external sources in the value of my service/offer
- ☐ ☐ I feel capped/limited/stifled/suppressed
- ☐ ☐ I know I have a high capacity, but I am not living fullest potential
- ☐ ☐ I have no work/life balance
- ☐ ☐ My work is my hobby, my baby and my everything
- ☐ ☐ I know I'm sabotaging my next level, but I don't know why
- ☐ ☐ I feel disconnected from my potential
- ☐ ☐ I have a feeling that it's greedy to charge alot, even if I don't consciously agree with it
- ☐ ☐ I sometimes feel I should serve for free
- ☐ ☐ The belief pops up that earning money and being wealthy is bad/sinful
- ☐ ☐ People have called me a workaholic before.

GOOD CHRISTIAN GIRL ENERGY AUDIT

EXTERNAL IMAGE

- ☐ ☐ People often tell me that my standards are too high
- ☐ ☐ I feel burnt out or exhausted often
- ☐ ☐ People tell me I'm too hard on myself
- ☐ ☐ I feel like I have to wear this mask of perfection, so others can't see my imperfections
- ☐ ☐ I try to be a perfect version of who others want me to be
- ☐ ☐ I feel like I have to hide parts of myself from others so I don't rock the boat/am accepted
- ☐ ☐ I constantly compare myself to others, and may feel secretly jealous of them from time to time
- ☐ ☐ I am playing smaller than I'm capable of because of fear
- ☐ ☐ I know the judgements, criticisms or abuse people would inflict if I step out of my fear
- ☐ ☐ I need to never make mistakes to uphold a "good" image in front of others and/or even God
- ☐ ☐ I give 110% to almost everything or everything I do, even if I'm struggling or burnt out
- ☐ ☐ Others are often impressed at how I can perform/achieve so well
- ☐ ☐ From the outside, I look like I have my life very put together
- ☐ ☐ I find myself caught up in how others perceive me or what I'm doing
- ☐ ☐ I believe I know exactly what other people are thinking about me

MY WELLBEING

- ☐ ☐ I feel physically burnt-out or exhausted
- ☐ ☐ I feel spiritually burnt out
- ☐ ☐ I feel emotionally burnt-out
- ☐ ☐ I often overgive, like it is a compulsion I can't stop even if I wanted to
- ☐ ☐ I don't know when I have given enough, so I give 110%
- ☐ ☐ I often neglect self-care because I put the needs of others before it
- ☐ ☐ I often don't know how exhausted I am until I can't go on or am burnt out completely
- ☐ ☐ I find I hold things in and then bite, blow up or over-react to a situation (then feel guilty!)
- ☐ ☐ I feel alot of guilt in general
- ☐ ☐ I take on other people's problems as if they're mine, I send them resources/articles to help
- ☐ ☐ I pour into many relationships, but have none/few that I receive that same level of energy back
- ☐ ☐ I wish there was a handbook for life. Sometimes I feel like everyone else got one but me
- ☐ ☐ I struggle to switch off and relax
- ☐ ☐ Holidays are not relaxing for me, or if they are it takes me a good 4+ days to switch off

GOOD CHRISTIAN GIRL ENERGY AUDIT

RELATIONSHIP WITH PARENTS

- ☐ ☐ Through death, distance, disconnection or abandonment, I feel the loss of a parent who was hard on me, or who I worked hard to impress as a child.
- ☐ ☐ Through death, distance, disconnection or abandonment, I feel the loss of a parent who I am or was enmeshed with (where identities and boundaries were blurry, where you were parentified and treated like an adult)
- ☐ ☐ I have strained relationships with one or both parents
- ☐ ☐ As an adult, I still find it difficult to stand up to one or both of my parents
- ☐ ☐ As an adult, I still find myself being who I know they want me to be

RELIGION, GOD & HIGHER POWER

- ☐ ☐ I feel/felt controlled, manipulated or a loss of autonomy
- ☐ ☐ I feel safer with rules over creative expression, trusting my intuition
- ☐ ☐ I am attracted to authoritarian environments, communities, churches and leaders
- ☐ ☐ I feel disconnected or distant from God
- ☐ ☐ I worry what others - particularly within religious community - think of my choices/actions
- ☐ ☐ I am restricted to express myself because I fear being judged or deemed "un-christian"
- ☐ ☐ I experience significant guilt or shame for not living up to the perceived standards of perfection
- ☐ ☐ Religious standards are perfectionistic and unattainable
- ☐ ☐ I have many internalised beliefs that are rigid without room for questioning or growth.
- ☐ ☐ I feel empty and burnt out, like I need refilling
- ☐ ☐ I feel on a constant search for truth, or like truth is hidden or there is a secret I have to find out
- ☐ ☐ I was taught that women who don't fall into line are rebellious, disobedient or crazy
- ☐ ☐ I was taught women can't be leaders
- ☐ ☐ I was taught women should be quiet
- ☐ ☐ I was taught women should be compliant/submissive
- ☐ ☐ I was taught to be self sacrificial: to give everything of myself
- ☐ ☐ I feel guilt when I focus too much on myself
- ☐ ☐ I feel like I'm being selfish if don't help others

GOOD CHRISTIAN GIRL ENERGY AUDIT

- ☐ ☐ I often feel like I'm disappointing others or letting them down
- ☐ ☐ I can't trust myself because the bible says I'm evil/all bad/no good in me
- ☐ ☐ My job is always to give, it's everyone else that gets to take
- ☐ ☐ I don't feel like I have value outside of doing/helping/working/achieving
- ☐ ☐ Feelings are bad/wrong or they make me (appear) weak
- ☐ ☐ I can't trust myself, I can only trust others
- ☐ ☐ Self love and self care are selfish
- ☐ ☐ I am worthless
- ☐ ☐ My body is sinful because it tempts men
- ☐ ☐ Women are only valuable as mothers/breeders
- ☐ ☐ I have to be nice to everyone
- ☐ ☐ If I'm not nice to everyone, I'm not being loving

The Spiritually Wealthy™ Master Map

THE MAP TO YOUR FREEDOM

The Master Map guides you - as a hyper-achieving woman born for more - to identify:

- **"Where" you are** in your ground-up identity evolution,
- What your **next focus area** is to become the woman who creates soul-aligned impact with God,
- **What is possible for you** when you follow Leah's methodology and
- Which of Leah's offerings would be *your most potent match* to continue upgrading you to the next stage:

[MAP YOUR FREEDOM NOW](#)



PRIORITIES LIST

How are you doing? Any ah-ha moments about where your energy is going? I hope you have new levels of awareness around things that you may have always experienced in life as “normal” or “you” that these are symptoms of parts of you with outdated patterns who **can be upgraded** to match the evolved you!

Now that you have given each symptom a score out of 10 (10 being the most unwanted impact in your daily life), we will create a list of priorities.

1. **Prioritise your whole list based on impact:** identify the symptoms or issues that have the most significant impact on your overall well-being, happiness, and quality of life. These should be your top priorities. Start with your highest scoring symptoms (10's if you have any!)
2. **Write them below** (just brief description eg "People Pleasing") from the top going down.
3. Continue on with each symptom until this page is full, or until you feel complete.
4. **Group & Categorise:** Next get a highlighter and going through the list on the PREVIOUS PAGES, pay attention to the areas you have your highest scoring symptoms, or have highlighted many.
5. You now have your **Key Focus Areas!** These are the areas you're most likely to experience the impact of a symptom, and the areas you may be most keen to improve.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.S A M A R A[®]

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This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, typical of notebook or composition paper. The lines are uniform in thickness and color, providing a guide for handwriting. There are no margins, text, or other markings present on the page.

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DEEP BREATH

If you highlighted the heck out of the pages - you are not an anomaly, and you are most certainly not alone. If you related to most of the symptoms, this is sooo common for women who have religious Christian backgrounds. Afterall the reason you are here!

I bring you three pieces of good news:

Number 1: These symptoms are NOT you.

If you were in a car accident and broke your arm, would you personalise it? Like, oh man I'm so BROKEN internally because of my broken arm? No you wouldn't!

When we stop internalising and personalising, we can QUICKLY see more clearly to be able to address what's really going on, and we find in ourselves the persistence to find healing for the broken arm.

Number 2: Many of these symptoms have the same root cause

Many of these symptoms actually have the same root cause! This makes it so much easier to disentangle from and allows us to collapse both time and energy required to move beyond the conditioning (without years and years of talk therapy!).

My clients are often amused when they walk away without burnout, imposter syndrome, with better relationships, feeling heard, using their voice with more money in their bank account! That's because these symptoms are **connected by the same root cause**. Find & collapse the root, and everything else that was being held by that root also collapses, FAST.

Number 3: Notice the patterns

Many of these symptoms are actually interconnected and dependent on each other; and while we won't be diving into customising this today, you might consider how addressing one symptoms might alleviate or impact others (in a good way!) when prioritising your list.

It's the pattern that keeps us receiving the same results. It's the pattern that becomes the problem. Patterns point to the real problems. Because feeling tired ONE DAY is not a problem. But a repeated pattern that becomes burnout, is. Identifying patterns = collapse issues in realms more speedily.

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THE HIGHEST STAKES

If you don't pay the price to tame your nice inner Good Christian Girl to reclaim your identity, sovereignty, intuition, voice and inner Queen..

.. your daughters and grand daughters will.

They'll pay through the toxic and even abusive partners they'll attract.

They'll pay in their years of loyalty to men who use and abuse them.

Or maybe they'll even pay in the divorce settlement and years of legal fees and stress when they finally get the courage to instigate it.

They'll pay in the manipulative and controlling communities they'll be attracted to and the years of recovery from them if they leave.

They'll pay in anger and resentment and exhaustion for all their self-sacrificing, not understanding why it's not working for them.

They'll pay to the School of Not Knowing how to tap into their intuition and avoid people and situations that are draining or even harmful to them.

They'll pay in decades of emotional pain because they constantly feel like they have to prove themselves and become someone they're not.

They'll pay in a life they'll live that's not their own.

They'll pay in silence without a strong voice to rightfully advocate for themselves and their value.

They'll pay the price in submission and compliance.

They'll pay in life lost because they're so drained and burnt out.

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They'll pay in frustration of not really owning and using their voice.

They'll pay in their health - cancers, auto immune diseases, thyroid issues
- as they constantly sacrifice themselves at the altar of the needs of
others.

They'll pay in their peace because they won't be able to relax and unwind
without feeling guilty.

—

The truth is, someone has to "pay", or you all do.

The question is - will you be the one brave enough to turn and face it?

That accepts that she can't change those around her?

That sees the enormous impacts this has on her bloodline?

That refuses to sweep it under the familial rug?

That refuses to continue playing a role that has become a steel prison
around her, limiting her God-given potential in this world?

As someone who has paid in every one of these ways,

I can say with my whole heart that I dearly wish
someone paid the price of learning to tame her so I didn't have to.

For the ready and brave, it's time for the next step.

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WHAT'S POSSIBLE: THE QUEEN

Good Christian Girl energy is VERY different to Queen energy.

Good Christian Girls shrink themselves down.

Queens confidently expand into everything that others think makes them "too much".

Good Christian Girls are DOING.
Queens are BEING.

Good Christian Girls are trying to be liked.
Queens are working on their purpose.

Good Christian Girls are focused on changing others.
Queens focus on changing themselves.

Good Christian Girls burn themselves out serving.
Queens nourish and take care of themselves so they can serve longer.

Good Christian Girls feel guilty, selfish and wrong for loving themselves so chase others to fill that cup for them.
Queens know their worth and anchor in it.

The way you show up in this world is not just SEEN it is FELT..

By your people;
Your bloodline;
Your sphere of influence.

When you finally decide to stop dabbling and go full strength Queen, your full impact will begin to be birthed.

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WHAT'S POSSIBLE: THE QUEEN

The Queen, knows when she has given enough.

Her role as impactful sovereign means she holds a long term view of her impact.

She takes a strategic approach to her life and everything in it.

Only choosing and investing in that which truly matters to her, to her family and sphere of influence.

She intentionally carves out time for herself to feel restored, refreshed and energised.

>>> Not just so that she can give more (this is still flawed Good Christian Girl thinking)

But so that SHE gets to feel like her best self, so that she can move through life with ease.

(Your inner GCG will likely think this is selfish, this is because of her conditioning that makes even basic self love and self care “selfish” and “wrong”)

She approaches her life from OVERFLOW.

She bathes in rest.. letting it soak into every fibre of her being.

Filling her up and up and up.

Until she has so much energy, love and overflow that she must give it away.

Not because she has to, out of a codependent need to feel needed (the Eternal Giver).

Or because it makes her a good person.

But because she deeply desires to out of pure love.

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WHAT'S POSSIBLE: THE QUEEN

It feels so selfish and wrong to you because it completely challenges your conditioning in the role as eternal giver.

Your subconscious is asking *"if I rest/relax, then I'm not the eternal giver.. how do then have value in this world?"*

This question remains unanswered and the pattern continues..

And you remain exhausted and unable to allow yourself true rest.

The Queen already lives in you.

She's the version of you when you feel your most relaxed, confident and care-free.

She needs to be released from the tentacles of outdated identities and personas like the Good Christian Girl.

She needs to be uncovered.

She needs to be nurtured.

She needs to be strengthened.

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IMPORTANT

There is one last thing you need to know before we move on. I have already touched on it, but want to bring a new depth to this here:

Releasing outdated identities and personas does not come from “trying harder”.

I have been working with incredible, smart, established female entrepreneurs, thought-leaders and influencers from around the world for over 14 years. They all carry this core approach to life: and that is whenever they run into a hurdle, challenge or problem, their go-to strategy is to just try harder.

Most of my clients have worked with at least 2 other coaches/mentors/therapists before working with me. Working hard. Actively finding solutions. Investing in solutions. Trying HARDER.

Pouring MORE of themselves and their energy behind solutions.. which is amazing..

But it only adds to their drained and burned-out feelings when the hard work either doesn't shift the needle much for them, if at all..

DESPITE all their hard work.

So today I would like to pose a new way of looking at the world - one that is first anchored in CLARITY and DIRECTION, before you move forward..

Or you'll just end up pouring more of yourself, your time, energy, finances into solutions that barely scratch the surface of the deep shifts and life transformation you crave.

Trying harder without shifting direction is one of the patterns that keeps you exhausted and spinning your wheels.

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IMPORTANT

Trying harder leaves us so determined to be strong and prove we can achieve this or punch through that wall too that we don't have the clarity to step back and see the bigger picture..

That we are using our energy - our mind - to THINK our way through what is coming from a subconscious identity root.

It's just like someone who is trying to quit smoking by sheer will-power alone, they may even read some self-help books; but unless they are addressing the underlying identities, distorted belief structures and hidden traumas, they won't see the success and freedom they desire.. or if they do they will have to claw their way there.

And when trying harder doesn't work how we want to - in our relationships, our marriages, our businesses, our vices, our mental health and evolution, it can leave us feeling like **there's something wrong with us** and even like there's always **a piece of the puzzle that we're missing** - a piece that everyone else always seems to easily just "have".

We believe in this strategy of trying harder because it was once-upon-a-time the strategy we used to gain love, approval or acceptance from a hard-to-please parent.. but I won't dive deep into this today.

What I want you to hear is this - you are wildly strong, but it's time to shift to a strategy that doesn't burn you the hell out.

This is internal, subconscious work on our survival responses because survival responses will rule over our conscious efforts every single time (just like the time you don't remember driving to the shops). Your survival responses have your back, we just have to get them fighting for the same thing as you, not against you.

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THE TRAJECTORY-ALTERING CHOICE

The definition of insanity is doing the same thing over and over again and expecting a new result. If you're a high-achieving driven lady, you're ready to draw a line in the sand to bring new outcomes into your sphere.

After years of working with clients from many different backgrounds on their personas, masks and outdated identities; there are 3 pathways after reading and implementing this guidebook:

1/ Continue life as if you are the Good Christian Girl.

Thinking she IS you, you are her. After reading and taking action on this guidebook, I'm proud to say I have made this much more challenging for you to do! To choose this path is to bury your head in the sand and to choose to sweep it all under the rug for the next generation to deal with. You either create generational change or you remain on autopilot, passing down the same challenges you experience onto those who walk in your footsteps.

2/ Choose to rebel against her, and everything from your background and become the opposite.

This is the most tempting option because it seems to instantly bring us the feeling of power where we perhaps felt we didn't have any. But it's an unhealthy power because while we are living in response or reaction to anything, we are still being controlled - our emotional world is still able to be hijacked by - the past. I would know, I lived this way and was exhausted by the subconscious triggers draining energy from me and I became someone who was constantly anxious, irritable and unfun.

3/ Untangle from her, and transform your life - fast!

Be the brave one who untangles from your Inner Good Christian Girl and any other personas. Be the one to turn to face it. Be the one to do the deeper work. Be the one to take my hand and go through the jungle to the oasis on the other side. Be the first one in her sphere to step into her personal sovereignty, to own and use her voice and to unlock a life of peace without toxic patterns and cycles dictating the trajectory of your life - yesterday!

Which pathway will you take? I encourage you - don't move on from this page until you have decided in your heart who you will be and which path you will take, and commit to changing your trajectory, today.

IT'S TIME TO SAY GOODBYE TO SOME..

For those of you who are **undecided**, or **have chosen another path**; I want to honour your decision and bless you on your journey!

I also want to thank you for investing your time and energy into identifying your Energy Drains today, and I trust this was a helpful exercise for you to bring more awareness to the necessary steps to take when you are ready.

I hope you'll remain in my world, following my podcast and just being all round amazing!

For everyone else, you're ready for the ***Roadmap To Freedom*** on the next page..

Leah Samara

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ROADMAP TO FREEDOM

The ***Fastest Path*** To Reclaim Your Voice, Vibrance & Authenticity Now

For those of you who have **committed** to untangle from your Good Christian Girl conditioning, to **reclaim your voice, vibrance and authenticity** to live the **wildly impactful life** you're born for - what's next is for you!

Everything I have shared with you so far leaves us with the question - what now? What's next? **How** do I untangle from her?

How do I release myself from these unwanted symptoms that keep popping up in my life?

And I'm here to share with you the exact steps you need to take - this is your ***Roadmap To Freedom***.

Without it, you'll spend years and decades and tens of thousands of dollars trying to patch together solutions from different realms - choosing surface-level fixes for your symptoms rather than the deeper root causes.

The *Roadmap To Freedom* is simple: **you need to anchor into your God-given *Personal Sovereignty***.

Personal Sovereignty is my God-given right to myself, under God, without the interference of others. Autonomy of beliefs, values, action, decisions, direction - and it includes God-given FREE WILL.

Personal sovereignty is NOT about becoming the REBEL or the STRONG INDEPENDENT WOMAN (who don't need nobody!), who is not approachable, who is does not sit herself under authority or mentorship.

Personal Sovereignty is about becoming the Queen - with high standards she is selective and discerning about who and what she allows in her spaces. She knows who she is and who she isn't. She knows where others end and she begins, and she knows where she ends and others begin. The edges of her identity, her energy are clearly defined.

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PERSONAL SOVEREIGNTY

Personal Sovereignty can be a VERY taboo topic in churches and the Christian world.

Anything to do with self is often labelled selfish and outright rejected.

I have never heard Personal Sovereignty preached about.

I haven't heard it spoken about in seminars, bible studies, or groups.

I haven't discussed it with religious Christian friends.

I have, however sat through loads of sermons, teachings and trainings on how to be a better wife. How to assign myself to archetypes of what kind of woman I was and absorb blame for every problem in my marriage.

As a child I learned how to be quiet, nice and unimportant (children should be seen and not heard). I learned to be nice to adults and make them feel better. I learned to hug other people and allow them to hug me, no matter how I felt about it.

I have read books on how available I need to be sexually as a wife, no matter what. How my body isn't my own anymore because I'm married (was).

I learned in teachings and by osmosis how to be nice to people - to everyone - no matter how they treated me - I should turn the other cheek.

I learned how other people are hurting and I should be Jesus to them and help them, no matter what.

I learned to deny myself - to be selfless and sacrificial and serve endlessly.

I learned how to keep my mouth closed regardless of the toxicity I saw because this would be gossiping and disrespecting church authority.

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PERSONAL SOVEREIGNTY

And I learned how to remain silent and let the men have their authority over me - no matter who the man was, what his character was or treatment of me. This made me a quiet and submissive woman, pleasing to God.

This also made me a prime target for abusers of all kinds.

Basically I learned the Personal Sovereignty is wrong. That it made me a selfish person who was focused on myself and that it isn't loving to others.

Nothing gave me even a glimmer of understanding that I had a right to.. myself. To use my voice. To take a stand. To set boundaries. To say no. To have high standards of how I wanted to be treated. To be in my power as a Sovereign Queen. To utilise the voice, energy and authority I had been given to take dominion of my life. To listen to my gut/intuition and not to ignore my feelings. And to discern what was for me, and what wasn't for me..

And that none of this made me arrogant, greedy, selfish or "too much".

What I didn't know was that I had been taught God through a lens of codependence. That is: that I abandon myself and my own needs, because everything about the self is "wrong" or evil and then I focus on others because that makes me a "good person" or "good Christian", because others "need" me too.

The truth of it is that personal sovereignty is God-ordained.

The truth of it was that I was living in an identity - a "perfect" version of myself that was SO self-sacrificial and SO self-abandoning that I ended up in a life that didn't feel like my own, making decisions that didn't feel aligned and always feeling this pressure to perform and prove myself like a little monkey to please others (dance monkey, dance!).

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PERSONAL SOVEREIGNTY

The truth is that I didn't need to purge God himself from my system, but that I had living poison running through my veins that had been installed - distorted religious teachings - at the centre of my world view and that was what needed to be untangled and expelled from my system.

That was what was creating bottle necks in my income, my influence, my relationships, my health and so much more.

Because I knew I wasn't put on this planet for good. I knew I was here for extraordinary.. and I deeply craved the freedom from the religious chains to reach it.

To reach freedom for extraordinary, you must focus on and address the true root cause:

The disconnection from Authentic Self (Personal Sovereignty) that was created when you absorbed the message that being who you are, and/or using your voice is somehow not okay.

And it's in addressing this - this reclamation and recalibration to Authentic Self that you are finally free to be you.

Not that external expectations cease to exist - for we cannot control others - but that you rise to become the Queen: a more potent, calm and confident version of you who doesn't need them to.

The way we anchor into Personal Sovereignty, to tame our inner Good Christian Girl and to become the Queen *fast*, is through the Subconscious Sovereignty Formula™.

This is for you even if you don't identify as Christian anymore (or maybe you never did!).

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THE SUBCONSCIOUS SOVEREIGNTY™ *Formula*



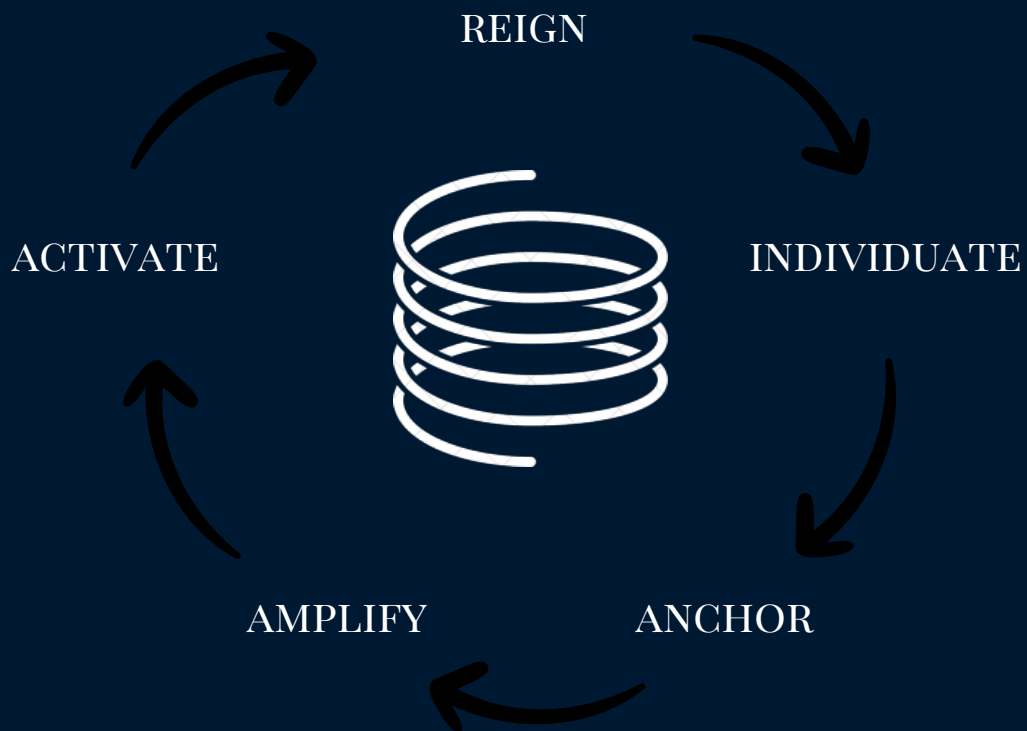
Unlock your most unapologetic, authentic voice and life - outside the box of societal, familial & religious conditioning.

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THE
SUBCONSCIOUS SOVEREIGNTY™
Spiral

This formula operates as a spiral. "Reign", for example may look differently on different levels of influence. The higher you go, the more internal sovereignty you need to be tapped into.



And as you circle around the spiral, claiming dominion in new realms, it empowers you to do the next step more easily. For example, when we anchor into who we are born to be, it makes amplifying our heart's message so much easier!

This means that as you evolve you can unlock new levels of your voice, vibrance, authenticity and success!

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THE
SUBCONSCIOUS SOVEREIGNTY™
Spiral



REIGN

Receive and claim your God-given dominion over yourself and the space and territory you are designed to take up and take possession of it for yourself now and those in your lineage and sphere of influence.



INDIVIDUATE

Identify and individuate from external people and internal subconscious personas (like the Good Christian Girl - but she's not the only one!), behaviours and circumstances draining your energy, sovereignty and potency.



ANCHOR

Unlock the courage to show up & hold the energy of being your unapologetic self.
-
Live in alignment to who you really are, what you really want and speak from your heart (without becoming someone you're not).



AMPLIFY

Reclaim and unleash your next-level powerful and potent voice - even if you feel like your voice is a little stuck and even if you feel like people will judge what you say. Here's the secret: there's always another level of voice to unleash!



ACTIVATE

Rise above judgements and criticisms to be who you are born to be and develop a beautiful connection and peace with self while transforming your relationships! Continue to level up with speed (without burning yourself out).

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THE
SUBCONSCIOUS
SOVEREIGNTY™
Formula



REIGN



INDIVIDUATE



ANCHOR



AMPLIFY



ACTIVATE

THIS FORMULA FREES YOU TO:

- **Forge your own authentic and wildly impactful life path** - beyond religious, societal & familial boxes and expectations
- **Unapologetically shine bright being YOU**; stand out and attract aligned people into your life and business realms who embrace the real you
- **Liberate yourself from burnout**, proving yourself, and the weight of pleasing others – instead, embrace an aligned, exciting and energised life
- **Gain the confidence to trust and back yourself**, making faster & aligned decisions while waving goodbye to Imposter Syndrome
- **Powerfully use your voice** to take a stand for the things that matter most
- AND.. do all this while **feeling damn proud of yourself** for the radiant trail you blaze - inspiring and empowering others by being YOU!

And because I have witnessed this as so liberating and powerful in my own life and the lives of my clients, I have an invitation for YOU!

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AN INVITATION TO HYPER-ACHIEVING FEMALE CEOS, EXPERTS & INFLUENCERS:

My work isn't for everyone - and I don't want it to be.

Every year, I work with a small number of high-achieving women, founders, CEOs and experts who are already out in the arena, working to create impact, but know they have more of themselves, their voice and their leadership begging to fully emerge.

If you're ready to dismantle the religious, familial and cultural identities and limitations that have shaped you to reconnect with who you know you truly are, and build, lead and co-create from that place with God, you're invited to apply.

I'm deliberately selective about who I work with. I'm looking for women who are willing to go deep, take radical responsibility for their own becoming, and actually do the work.

If that's you, I'd love to explore whether we're the right fit.

APPLY TO WORK WITH ME

Leah Samara

The Spiritually Wealthy™ Master Map

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[MAP YOUR FREEDOM NOW](#)





APPLY TO WORK WITH LEAH



Your identity upgrade to **fully unleash your most authentic self, voice & business** to co-create your soul-aligned high-impact mission, with God.

(without burnout, religious mindsets & guilt)



**WE'D LOVE TO CONNECT WITH YOU ON YOUR JOURNEY!
HERE ARE SOME OTHER WAYS YOU CAN CONNECT:**

CLICK IMAGES:



[LISTEN TO LEAH'S PODCAST SPIRITUALLY UNBOXED](#)

Available on iTunes, Spotify, YouTube & major platforms.



[FOLLOW LEAH SAMARA ON FACEBOOK](#)

For more depth, insights, and perspective shifts around faith, sovereignty, impact & spiritual identity.



[FOLLOW LEAH ON INSTAGRAM](#)



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