



RELEASING SUBCONSCIOUS  
BLOCKS CHALLENGE  
WORKBOOK

A GUIDED JOURNAL FOR AWARENESS,  
RELEASE, AND EMBODIMENT

KAY SANDERS

# Welcome!

Welcome to the Releasing Subconscious Blocks Challenge Workbook. I created this space for you to go deeper into the journey we're about to take together—to gently uncover the patterns that have been hidden beneath the surface, release what no longer serves you, and begin stepping into the empowered version of yourself you know you're here to be.

This journal is an invitation to pause, breathe, and give yourself the gift of reflection. Allow it to hold you as you move through each day's lessons. Let your words be honest, your awareness kind, and your process exactly what it needs to be.

You don't have to rush. You don't have to force. This is your space to explore, release, and remember the power that's always been yours. I'm so honored to walk this path with you.

With love,

*Kay Sanders*



## ABOUT ME

I'm Kay Sanders—a Soul Alchemist, Light Language Channel, and guide for those ready to clear old patterns and step into their power. My work weaves together subconscious reprogramming, energy clearing, and embodiment practices to help you move beyond limitations and align with the life your soul is here to live.

I believe transformation isn't about fixing yourself—it's about releasing what's never been yours so you can remember your truth. I'm so grateful you're here.



























# WANT TO KEEP GOING?

This journey doesn't have to end here. If you're ready to go deeper, receive ongoing energetic support, and fully embody the highest version of yourself, I'd love to invite you into Transcendence—my sacred space for soul alchemy, energy mastery, and conscious creation.

Inside **Transcendence**, you'll continue this work through powerful activations, subconscious reprogramming, and integration support—all designed to help you align your energy, clear what no longer serves, and step fully into your purpose.

You don't have to do it alone. Let's walk this path together.

[EXPLORE TRANSCENDENCE](#)

[www.kaysanders.com/transcendence](http://www.kaysanders.com/transcendence)