

BY RENÉE MAYNE

THE POWER MOVE AUDIT

The 5-minute diagnostic to see where your truth isn't matching your actions and what to fix first.

PART 1

The Call-Out

You don't need *more* ideas. This isn't about adding anything... It's about using your brilliance (*Because I know, you lived, learned and experienced a bucket load!*)

This is about weaving YOUR magick and your unique epicness into something that feels delish, gets you well paid and helps the people who really need you.

You've been thinking about your business a lot.

Turning things over. Refining. Waiting for something to click.

But you're not moving.

Here's why:

Your truth, your purpose and your actions aren't matching.

You know something deeper. But you're not fully moving from it. That gap is where your momentum is getting blocked.

Let's find it.

PART 2

The Audit

Score each section from 1 to 3:

0 = Not happening at all

3 = Fully happening, consistent, real and a green light to all three.

Don't overthink it. Your first instinct is the right one.

◆ 1. TRUTH- YOUR SOUL WORK

- You're clear on your vision, purpose and what you want? (Not what you've learned)
- You know what you really want to say, what lights you up & what makes you rage
- You feel emotionally connected to your message and it's dialled in to the max

Score: ___ /3

◆ 2. EXPRESSION- ARE YOU SAYING IT?

- You're saying your **bone-truth** in your content, (not softening, being palatable, shy or inconsistent)
- Your message feels like YOU, not a version of your mentor or your work.
- You're willing to be seen in your full truth

Score: ___ /3

◆ 3. ACTION- POWER MOVES

- You're consistently putting your work out there
- You're clear on the work you do and you're soul service
- You're taking action even when it feels uncomfortable

Score: ___ /3

◆ 4. MOMENTUM- IS IT MOVING?

- You're getting responses, engagement, or conversations
- Things feel like they're building (not stalling)
- You're not stuck in constant stop/start cycles

Score: ___ /3

◆ 5. HONESTY- THIS IS THE ONE MOST PEOPLE AVOID

- You're honest about what's actually working vs what isn't

• You're not hiding behind "I'm figuring it out", "I'm working on my nervous system right now" or waiting for the kids to get older or for more time.

• You're willing to see what you've been avoiding

Score: ___ /3

PART 3

Your Gap

Look at your scores.

Your lowest score = your **BLOCK**

That's it. Not your whole business. Not your identity. Just where your truth is breaking down into inaction. You can circle around and waste time doing all the other things, but until you work on your block first... **you'll move away from your soul service not live it and get paid for it.**

PART 4

What To Fix First

No overwhelm. Just one move.

Lowest score: **TRUTH**

You don't need to do more. You need to get honest and clear about what you want & how that looks as a business that delivers and pays.

Fix: Ask yourself: "If you had no fear of judgement, no filter and all the time, money and resources- what would you actually say and what would you do?"

Lowest score: **EXPRESSION**

You're thinking it but not saying it. There's a disconnect in your ragey- edgy truth serum and what you're saying out loud.

Fix: Say one thing today that feels a little risky but true.

Lowest score: **ACTION**

You're clear but not moving.

Fix: Make one imperfect visible move today. A post, an invite, an offer. One step in front of the other and repeat.

Lowest score: MOMENTUM

You're doing things but not the right things consistently.

Fix: Repeat what's working instead of starting over.

Lowest score: HONESTY

You already know what's off. You're just avoiding it.

Fix: Name it out loud. Then take one step to correct it.

PART 5

The Reframe

You don't need more motivation or to 'get your energy right.'

You need alignment between what you know and what you do.

When those match? Momentum happens naturally. Identify YOUR GAP clearly and work on that first.

PART 6

Your Next Move

Now you've seen where your power is breaking,
The next step is fixing it properly without going back into overthinking.

DM me and let me know how you went and what your Power Move is and...

I'll help you:

- Pinpoint your exact gap
- Clean up what's not working
- Get things moving again, fast

I'm [@renee.mayne](#) on Insta.

*You already know what's possible.
Let's make it real.*

Renee x