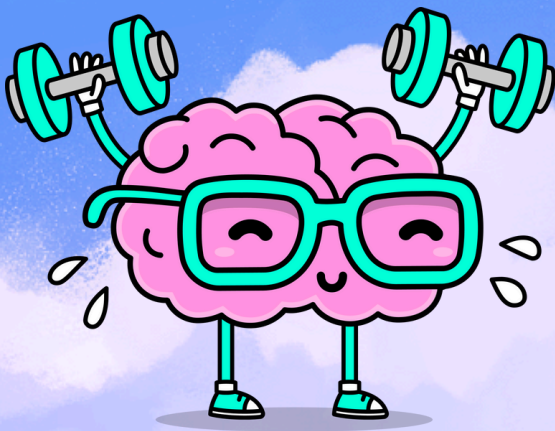


# SCARCITY DETOX STARTER KIT

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*Your first step to break free from  
survival mode and step boldly into  
the abundant life God intended*



BY:  
KISSED BY KEY

# Scarcity Detox: Starter Kit

3 Powerful tools to help you Shift from survival mode to Sovereign Energy

Hello and Welcome,

This kit isn't just a freebie--It's a permission slip. A Tool. A Turning Point. If you've been running on fumes, over giving, doubting your worth, or feeling guilty for wanting more...

This guide is your invitation to pause, reflect, and begin again--from a place of truth. You have just been surviving in a world that hurt you and taught you to fear your own fullness.

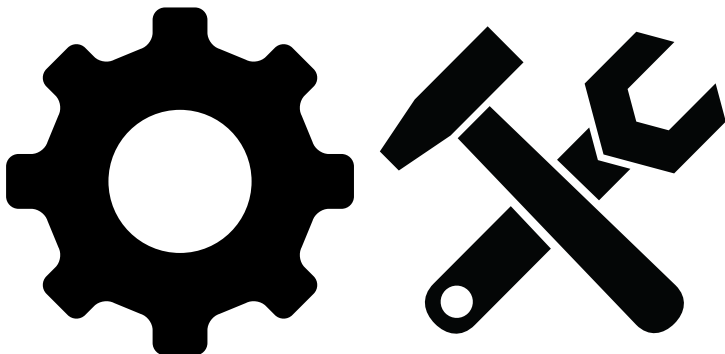
Scarcity isn't just about money. It's the invisible grip around your joy . The unnerving feeling you get when things go good because you can't believe they will last. It's the guilt you feel for wanting rest, love, softness, or more. Its the tension in your body when you try to slow down ..but your spirit doesn't feel safe enough to trust peace.

This guide is your soft landing. A few simple tools for your tool bag.- To remind you of the truth: You are Safe to Receive. You are Worthy of Abundance and Overflow. You are being invited into more. Let's Detox the lies and align with overflow.

With Love Queen Key.

John 10:10

"I am come that they may have life , and that they might have it more abundantly."



# Where is Scarcity Hiding ?

## Awareness Audit : Signs Your living in Scarcity Mode



These might seem “normal” ...but they are signs of operating in scarcity, lack, fear, or survival. Do any of these statements sound familiar?

- I don't have the time or money ..to workout, to heal, to put me first etc...
- You struggle to receive help or believe you have to do it yourself
- you over give and feel unappreciated or resentful
- You feel guilty, unsafe or judged when not “doing”
- You overthink simple decisions out of fear or messing up
- you hide parts of yourself to keep the peace or avoid judgement or rejection
- you stay in relationships or friendships you should leave because at least you know what to expect or “its not that bad”
- you push away love or opportunities because you're scared they will leave
- You undercharge, over give, and or avoid asking for help
- you prepare for disappointment even in moments of joy
- you downplay your dreams or never think of what they are
- you feel like you always have to “earn” love support or rest
- you feel like you don't want to bother or burden anyone to help you or even just listen..



If you checked even one of these you are not alone. Let's start loosening the grip. Let's Detox this Scarcity thinking!

# The Detox Tools

## Tool 1 : The Script

For this tool you will recognize the old script and write a new script.

*Scarcity says: “What if I fail?”*

**Abundance says :** “ What if this works?”

Try This : Pick one of the most dominant fear based thoughts you have been looping on lately and write it down. Then gently write a new thought rooted in trust and truth.

*Ex: Scarcity thought : “I don’t have enough time.”*

**New Truth :** “I make sacred time for what matters.”

*Ex : Scarcity thought : “I’ll never get it right. ”*

**New Truth :** “ I’m learning and I’m allowed to grow a my own pace.”

*Ex: Scarcity thought : “I’m Behind”*

**New Truth :** “ I’m being positioned in divine timing.”

Repeat this new script to yourself every time the old thoughts show up.

Tip : It can be helpful to have a special trigger word or phrase to help you pinpoint and recognize moments when your in your old way of thinking . Then you can observe the thought not feel it , then gently state your new replacement thought.

ex: “oh yeaaaa”

“that again ok ”

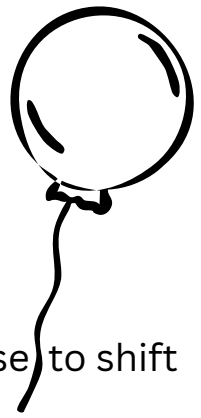
“Ah caught ya lol ”

“hmm that interesting”

“You again”

“now that was old me”

# Tool 2 : The White Balloon



Sometimes all it takes is a moment to pause to shift everything.

Try This:

Close your eyes. Now take a slow deep breathe in through the nose out of the mouth. Now imagine a white balloon floating gently with a white string in your hand. Now let the balloon go and see it floating gently into the sky. Watch it rise above the noise , stress and fear. Did you feel your breathe slow , your thoughts soften. Did you notice how your mind just shifted? Just as quickly as you imagined that white balloon is just as quickly as you can shift your thinking. You don't have to allow the thoughts to consume you. Do Not rehearse thoughts or emotions that don't serve you. You can rise above it and float. Create new thoughts and new feelings that do serve you .

“Be ye transformed by the renewing of your mind .”

Romans 12:2

Read this anytime you feel overwhelmed, tense, or scattered. Let your spirit rise with the balloon.

# Tool 3 : Toothbrushing Affirmation



**Speak this over yourself - Outloud , in the mirror or in prayer. Try doing it while brushing your teeth with your non dominant hand. It helps us to learn to reprogram new mental pathways.**

“ I am Safe to rest and I No Longer perform to prove anything.

I am worthy to receive Abundance just for being me. I no longer chase but simply attract.”

Write this down . Make it your screen saver or background. Keep it somewhere sacred. Let it rewire your spirit one whisper at a time.

## Your Next Step 😊

You just took a powerful step Congratulations for choosing you and your healing. There is so much more waiting for you beyond survival ,scarcity and fear .

If this guide lit something up in you, stay close. The full Scarcity Detox guide is Dropping soon. I will also be hosting a 3 day live Bootcamp to help you heal deeper, release trauma based patterns and step fully into Sovereign abundance and Power over your life.

This is Your Season of MORE ...

More PEACE ..

More Clarity..

More Power.

More You choosing YOU.



If you want to join the waitlist for the bootcamp or the get full guide. Drop your email