



## Fierce, Fearless and Free!

5 part self worth challenge

**DAY FOUR: Vulnerability: get REAL!**

You are safe, you are supported and you are amazing.

Anyone who thinks differently isn't worth your time.

It is time for you to start accepting you.

It is time that you appreciate you.

It is time for you to love you.

You choose you - stop waiting to be chosen.

You support you - stop waiting to be supported!

You be successful - stop waiting for someone to hand it to you!

It's time to get really real with yourself, right now.



- \* list the things you LOVE about yourself, in the mirror if you can
- \* list the things you don't love, and then why each thing is good! What is that contrast/dislike/shame/guilt/fear/sadness REALLY telling you {read: TEACHING} you?? {{remember, it all happens FOR you, always!}}
- \* list the things you bring to this work, yourself, your family, your friends, clients, neighbors, strangers in the grocery store, e.v.e.r.y.o.n.e
- \* what have you been through that makes you qualified to help other people? {or that maybe you think isn't related - but for surely IS!}
- \* what has happened in your life and business that you are afraid to share? Ashamed of? Worried about? {these are also the things that have become the stories that are slowing you down or even stopping you from achieving your goals!}



Your love and light and experience and wisdom and SHADOWS are why your business will thrive... but until you can own ALL the parts of you. Until you can not only admit, but embody your true value.

The value you bring has nothing to do with your prices or the perception people have of you. It's you. It's all you.

Own. That. Shit.

All of it! Talk about it, write about it, share-take your power back! When you own it, you leave no room for other people to attack, judge, use it... 🙌

Do this work, dig in! Get real, get vulnerable... as soon as you own it, you can move forward with confidence and courage!

When you do this deep inner work, it's easy to get lost. To feel lonely and secluded... and to get stuck. It's why I work with a life coach, and any coach you work with should also be working through their stuff too... and why YOU have to do this work so you can show up for your people.



You can only help someone else as much as you can help yourself- you don't want your fears and doubts and worries projecting onto them... so whether you are working with someone or not, I urge you to dig in.

These questions are basic, a starting point, a place to open up your mind to the deeper stuff... the good, juicy, scary, deeeeep stuff that WILL result in the breakthrough that you've been praying for!

Keep Going <3