



Fierce, Fearless and Free!

5 part self worth challenge

DAY THREE: understand your value, worthiness and power

The world needs you to be you.

Not you following a process and fitting into a box that makes other people feel safe and comfortable. You get to do your life how you do your life. You will make people uncomfortable - they will want to let you know.

You can also live fully and boldly and unapologetically and TRUST that you are changing the world, that people are supporting you, that you support you , that you are paving the way for another and another. You bring a light to this world that we are missing. You get to stand up and speak out and be FIERCE in the pursuit of what sets your soul on fire!

Get out your journal...

Who are you?

Without restrictions, without the box, without the fear or judgement...