



Being worthy is our birthright. Feeling worthy is something we get to work on.

UNWORTHINESS IS NOT A THOUGHT,
IT'S A SOMATIC EXPERIENCE

If you don't get to honour your self-worth you will continue to outsource for validation, love, acceptance, peace, freedom and joy. [Spoiler alert: all of them come from within!]

And most likely you will continue in the “surviving mode” not only in your next chapter but in the way you continue to experience life.

“Your self-worth is determined by you. You don't have to depend on someone to tell you who you are.”

~Beyoncé



Reflection Questions

- What beliefs about your worth have you been following your whole life without ever questioning whether they were actually true — and where did they come from?
- When did you first learn that your value was connected to your performance, your usefulness, or what you produced? What was the message — and who gave it to you?
- What do you do — or stop yourself from doing — because of how it might affect how others see you?
- What would it feel like in your body to be valued simply for existing — not for what you do, not for what you give, but simply for being you? Does that feel possible? Where does resistance show up?