

Self-Worth Masterclass

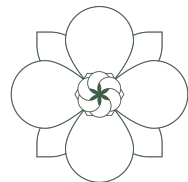
Worksheet

1. How do you define self-worth?
How would you know if you were there?

2. Where are your less-than-optimal levels of self-worth impacting you the most?

3. If your levels of true self-worth were at optimal levels, what would the new thoughts, actions and behaviours be?

4. What new feelings would these new thoughts, actions and behaviours create?



Lesha DELUNE

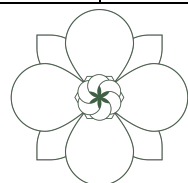
5. Your mind, body, heart and soul can be a congruent alliance. In this new state of being (thoughts, actions, behaviours and feelings), what options would become available? What would be possible in your life? What kinds of changes do you think would happen naturally or with less effort than ever before?

6. Where are you placing your focus?

'Away from' motivation ----- 'Towards motivation'

- What is your 'away from' inner conversation? Write this stuff down because it's poisonous and it's in the way of you landing in your true worth
- What is your 'towards' motivation, inner conversation?

'Away from' language:	'Towards' language:
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Tasha DELUNE

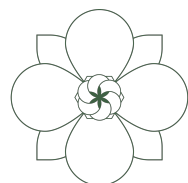
7. How will higher/stronger self-worth be reflected in your body? (Health, lifestyle, feelings about your physical self, actions to honour your vehicle-for-life)

8. How will higher/stronger self-worth be reflected in your heart?

9. Your soul already sees and knows your worth. As you embrace this worth, following your heart and utilising your mind and body as the amazing tools-for-empowered-life that they are, your soul (and it's wisdom) is able to play a larger, more purposeful role in your life.

Feel into imagining your permission to BE who you are and have soulful, embodied wisdom guide your life . . .

What will the positive benefits of that be for you?



Lesha DELUNE

What will the flow-on, positive benefits be for those around you?

If more and more of us are doing this work, what will the flow-on, positive benefits be for our world?

Thank you from the depths of my being, for joining me today and exploring this self-honouring masterclass ♥ I believe that the world needs you and that staying stuck in anything other than heartfelt, self-worth serves absolutely no one. If you would like support on your journey to wholeness and soul-deep happy congruence, please reach out to me and we can make a time for a no-cost, introductory chat about your specific circumstances and the wholistic skill-set I have to guide, hold, celebrate and support you in your transformation.

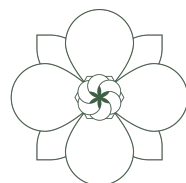
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(there is a link down the bottom that says 'Book your free Discovery Session')

Smiles from my heart to yours,

Tesha



Tesha DELUNE