

Write down how you practice self-love and self-care. If you don't currently, write down ways you can start.

QUESTIONS TO ASK YOURSELF IN STARTING YOUR JOURNEY OF BECOMING TRUE TO YOURSELF

Do you know what you want?

Can you make yourself happy?

Do you know what excites you?

What do you dread?

When you make decisions what are they based on? Outside influence? Comfort?

Or deep self-awareness? Or what requires the least effort? Elaborate.

**Write down all the things
you are looking for in a
partner or all the things you
want your partner to be.**

This is your first rethink moment,
what you want to look for in a
partner is **opposition**.

You're going to learn 3 things in this webinar:

- You are going to learn to ask for what you want.
- You are going to come face to face with your ego.
- You are going to change how you feel about feelings.

GUILT: I did something bad, and I am afraid of how I will be judged for it, both by myself and by others.

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BLAME: You are responsible for how I feel.

GUILT: I did something bad, and I am afraid of how I will be judged for it, both by myself and by others.

BLAME: You are responsible for how I feel.

SHAME: I AM bad. Not only did I do something bad, but I am also a bad person, and when you find out the truth, you'll reject me.

KABBALISTIC PRINCIPLE:

Each one of us is personally responsible
for our success or failure in life.

MOST OF US LIVE OUR LIVES IN ONE (OR MORE) OF THESE THREE STATES OF MIND:

- We care too much about what people think.
- We hold our tongues to the point where we can no longer repress our feelings and explode.
- We live in a sea of resentment, which only gets broader and deeper every time we deny ourselves what we want or are unwilling to ask for it.

RELEASING THE SHAME OF WANTING

**When was the first time you
experienced shame?**

**What have you been ashamed of
wanting?**

I want _____ !

HOMEWORK #1:

Further explore the answers to these questions I asked earlier:

Do you know what you want?

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Do you know what excites you?

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Or deep self-awareness? Or what requires the least effort? Elaborate.

HOMEWORK #2:

Practice asking for what
you want this week.

SEE YOU NEXT WEEK!



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