

Self Worth & Personal Power

Your personal power, your ability to manifest, to be successful & happy are directly related to your sense of self worth. Sometimes we take on the negative opinions of others and they sub-consciously rule our beliefs. Let's change this. Answer the following questions simply and honestly.

1. What are some of the core beliefs you learned about yourself when you were young? I.e. from your family, teachers, friends, etc.?
2. Which of these messages have you continued to identify with?
3. Which messages support your confidence and self-worth?
4. Which messages do you want to change?
5. Write the new thoughts you choose to believe to support your self- confidence and self-worth:

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VISUALIZATION Meditation:

Start in a comfortable seated or lying down position. A position where your spine and back feel relaxed and neutral. Close your eyes. Begin with a few deep breaths. Inhale deeply through the nose and exhale out completely out the mouth. Repeat a few more times. Allow yourself to completely relax....

Remember a time when you felt truly good about yourself.

A time when you felt a sense of your personal power.

A time when you felt very confident.

Drift back to that time, to that moment.

Where are you?

Who are you with?

Notice what's happening-
your feelings, your thoughts, and the feeling in your physical body.

Feel this feeling.

Absorb this positive energy.

Receive this empowered vibration.

Recognizing that you are a unique and special individual.

You are a living miracle.

You are more powerful than you can imagine.

Relax in this knowing and drift even deeper. Feel a new self love growing stronger every moment. Your awareness of your own self worth grows in every moment. And from now on, for the rest of your life this deep self love, this positive self-image, this powerful confidence will guide you and align you with the manifestation of your highest self.