

“THE WORKBOOK”

Ok so let's get to know YOU a little bit better....

1. Who are you when you strip away all of your titles....(mother, wife, teacher, friend, entrepreneur) and your just YOU...Raw-Unfiltered-Uncensored...What is the essence of who you really are?..

*examples...What do you like to do...What are your personality traits...What makes you YOU!!!

2. How would you describe yourself on your BEST DAY?

3. How would the person closest to you describe you on your WORST DAY?

4. Write 5 things you absolutely love about YOU!! What makes you special, stand out, unique, fun, interesting...Focus on them..Bring them to life....Expand upon them...Embody them...Live Them.....Be them!!!!!!

When we focus on what we Love we breed and call in more Love!!!!

- 1.
- 2.
- 3.
- 4.
- 5.