

SELF LOVE

MASTER CLASS

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Self Image vs. True Identity

Worksheet 2

In this worksheet, we will take a look at your self image. To begin, please write down some things about your self image. Describe yourself in a few sentences. Then I want you to look at those things and see how they make you FEEL. Do these parts of your image make you feel good or do they make you feel bad?

Anytime we experience a negative emotion (feel bad), it is an indication that our TRUE SELF is not agreeing with us. If you feel that you are not successful, for example or not attractive and you feel a negative emotion, your inner self is telling you that your JUDGEMENT about yourself is not aligned with the truth of yourself.

Take a look at where you are getting this idea. What measure of success or attractiveness are you comparing this to? Maybe you need to shift your DEFINITION of success or attractiveness so that you can align with your inner being (your true self). This is an exercise in finding your own INNER AUTHORITY and realizing that the rules you have been living by are not Universal Laws. They were created by people, not by GOD. Your inner self has its own ideas and it wants you to align with it so that you can live on your own terms and stop compromising your self of SELF.

Now, let's focus our attention on something you love unconditionally. Is it a dog, cat, niece, nephew, child? Feel that love right now as if that person or thing is sitting with you now. Experience the balance and joy that expands within you. THIS is who you truly are. This is what it feels like when you align with your TRUE SELF. This is the experience that is always available to you when you start to upgrade your identity by aligning it with what is true for you.