

# SELF LOVE

## MASTER CLASS

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## Unapologetically You

### Worksheet 5

This course is about becoming unconditionally loving towards yourself regardless of your conditions.

Please write down what it is you think you need before you can become unapologetic with your Truth. Do you know who you are? Do you deserve to feel what you feel? Do you think you need to hit a certain level of success or have the approval from someone before you can OWN IT? What is it for you? Please write it all down.

Now let's take a look at WHY those external things would make you feel more confident or sure of yourself.

Let's pretend you already have all of those things. Sit with that feeling. Close your eyes and allow yourself to experience what it is like to be UNAPOLOGETIC.

What does that look like, what does that feel like?

Now that you have just experienced that, I want to know WHY you can't continue it regardless of those things you THOUGHT you needed in order to ALLOW YOURSELF TO BE UNAPOLOGETIC.

What is still blocking you? Is it permission? Great! Let's give it to ourselves ;-)