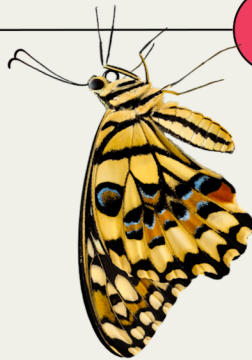
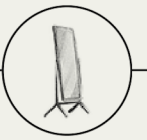


I AM *Becoming*

WORKBOOK 7

SELF FULFILLMENT





Do I feel in alignment with **myself?**
my health?
my body?
my money?
my career?
my relationships?

MIRROR EXERCISE



When I look in the mirror at my physical self, I FEEL...

BEAUTIFUL	WHOLE	STRONG	HEALTHY	KIND	SOULFUL
EMPOWERED	RADIANT	COMFORTABLE	SELF-ASSURED	POSITIVE	
ACCEPTING	LIBERATED	CONTENT	ATTRACTIVE	WORTHY	
AUTHENTIC	GRATEFUL	UNIQUE	LOVING	APPRECIATIVE	VIBRANT
FEARLESS	PROUD	FREE	EXPRESSIVE	HAPPY	
INSECURE	SHAME	SELF-CONSCIOUS	UNCOMFORTABLE	ANXIOUS	
DISSATISFIED	EMBARRASSED	INFERIOR	INADEQUATE	UGLY	
UNWORTHY	SELF-CRITICAL	ENVOIOUS	DEFEATED	SELF-LOATHING	
ANXIOUS	SELF-DISGUST	FRUSTRATED	UNHAPPY	UNLOVABLE	
OVERWHELMED	TRAPPED				

Take the words you chose and add them to this sentence:

Right now my life feels... _____

Example:

"Right now my life feels discontent, and I am choosing to take it out on my beautiful body."

Discontent: a restless desire or craving for something one does not have.

I could be stronger and work out more. I could eat better more Whole Foods. I could self care more PRIORITIZE me. (Coulda, woulda, shoulda...)

SO what do I feel like I'm lacking? Connection and love. So more boundaries and more self care. I meet my own needs.

JOURNAL



**Separate the feelings about your life from the feelings about your body.
Separate the feelings about your money from the feelings about your body.**

If you feel rejected, are you blaming your body?
If you feel unlovable are you saying it's BECAUSE of your body?

JOURNAL PROMPT: Why are you blaming this beautiful body? Unfold why you think your body is stopping you.

[illegible]



MY BODY NEEDS:

- Sleep 6-8 hours
- Sunshine, nature, time to ground and replenish
- Rest, naps, restore, read a book
- Strength, mobility, flexibility
- Self care, physical maintenance
- Self care, pampering
- Nourishment, joyful, loveful eating
- Joyful movement, dance, stretch

My Mental Health or Self Care is not my body!

My Body Image (how I feel about my body) is not my body.

That is THOUGHT work.

My body needs:

My mind needs:

My soul needs:



Awareness to Acceptance

If you can't change it, accept it.

How do I accept it? Love it!

How do I love it? Stop hating it!

What do I need to change that I cannot accept?

What do I need to accept that I cannot change?

Acceptance is love.

Self awareness, social awareness, self management, relationship management. These are the four areas of emotional intelligence. Accepting myself, respecting myself and others, managing myself and my relationships.

The acceptance starts with me.

SELF *Value*