



Self-Worth Checklist

ALL YOU NEED TO KNOW TO MATCH YOUR WEALTH!



Self-Worth Checklist

BEING YOUR FUTURE SELF

- Who do you need to become?
- Create a new Self-Image
- Release Fear
- Ditch your Imposter Syndrome
- Create Calmness
- Gain Clarity in yourself
- Build Confidence
- Be 1% better Every Day
- Get clear on your goals
- Transform your core negative belief

GET DREAM CLARITY

- Describe how you want to feel
- What is your biggest Pain to want your dream
- What is your biggest Pleasure to want your dream
- What is your first next step
- How many hours do you want to work?
- How much would you like to earn?
- What is your Current Network
- Write down your desires and be specific

ENERGIZING YOUR BODY & MIND

- Listen to your Body
- Rest when you are Tired
- Make time for Nothing
- Do fun Things
- Be with Kind People
- Do Breathwork
- Walk in Nature
- Stretch your Body

MASTERING MONEY & PURPOSE

- Do what you most love to do
- Use you gift or talent
- Be Authentic
- Position Yourself in Business
- Position Your Business to Never Work Again
- Use your Personal Story
- Become the Flower that Attracts Bees
- Build a Brand



BUILD HIGH YIELD VALUE

- Indicate Important People
- Use Partner Dialogue for deeper Connection
- Give feedback & Set healthy Boundaries
- Use Feminine Communication to Express your Needs

CLAIMING YOUR WORTH

- Write down all the things that Energize you
- Choose the Best 3 that align with your purpose
- Build a Business Around it
- Your Biggest pain is your Lead in Gold

CREATING TRUE FREEDOM

- Heal emotional blocks that keep you stuck
- Shift from Self-doubt to Trust your Nature
- Shift from Fear to Curiosity & Expansion
- Emigrate to a Cheaper & Sunny Country
- Build Multiple Income Streams for Security & Abundance

SHARING = CARING

- Be with People who Appreciate you
- Share your Love, Kindness & Resources
- Help the less fortunate in Meaningfull Ways
- Pay it Forward

MOVEMENT = MEDICINE

- Dance in your Living Room
- Take the Stairs
- Sell your Car to move More
- Do Anything That makes you Move
- Do it Together is more fun

LOVE LIFE

- Be Gratefull
- Embrace Everything in Life
- Take Fearless Action until you Get There
- Practice Radical Permissiveness

Notes:

Ready!

Rate your Self-Worth :



Have a chat with me:

Match your wealth Call