

What do you do when you fall?

WHAT'S YOUR SELF-TALK?



MASTERING
YOUR SUCCESS

Let's shine a loving light on your internal world. Think about the last time you felt like you made a mistake, or felt upset by something.

What was the internal self-talk?

Did you allow yourself to feel without judgment?

Take yourself back to the moment you were upset.

This time, give yourself full permission, with absolute love and compassion, to feel. Take as much time as you need to feel as deeply as you need to, without any judgement. Talk tenderly to your inner child.

How would you talk to yourself? Write it down here.

Now, notice how you feel about yourself. Do you understand yourself better? Do you love yourself more fully? Do you feel more open-hearted and willing to grow and transform?

Hey you. You're doing so well. Keep going.
You've got this.

Want more transformation? Find out how your self-worth is killing your net worth, and what you can do to change it forever!

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