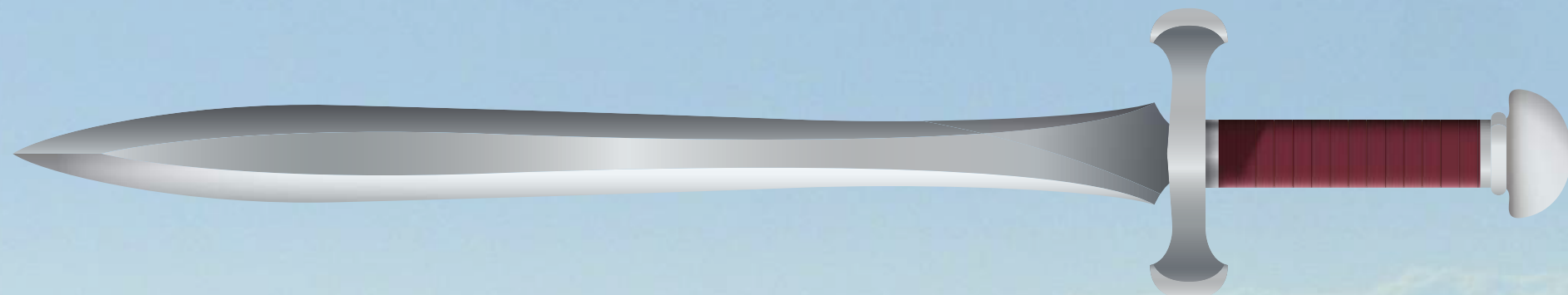
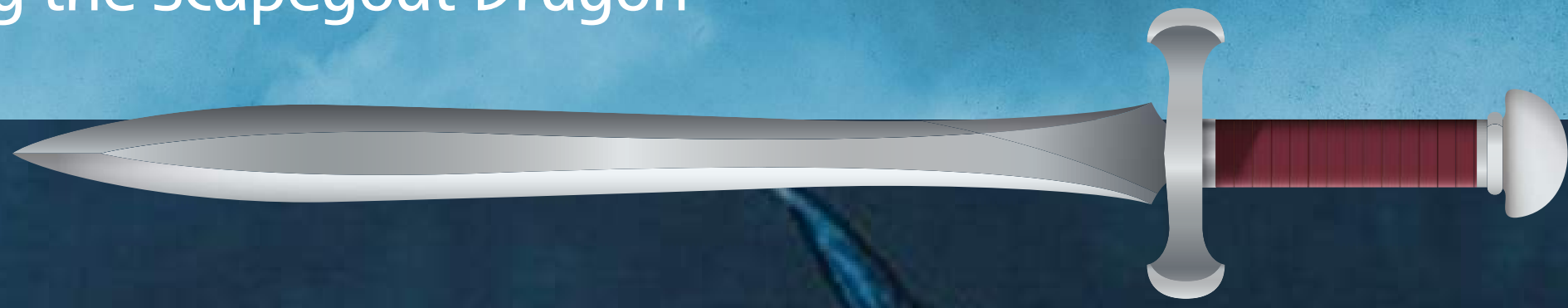


SLAYING



THE SCAPEGOAT DRAGON





A dragon grows in leaps and bounds,
Like troubles mounting by the pound.

Its stature heightens day to day,
Imposing dread and deep dismay.

A paralysing roar it gains
While from its snout hot fire rains.

It sees you shrink. Your fear it knows.
And by the hour the nightmare grows.

Unless you slay the dragon soon,
Your troubles may become your doom.





So You've Finally Come to Slay the Beast

There are trials in life that feel as tremendous as a quest to slay dragons. These trials are daunting. They require hard work, determination, and courage. But when the dragon is finally slain, the relief is immense.

WELCOME, Bold Hero!

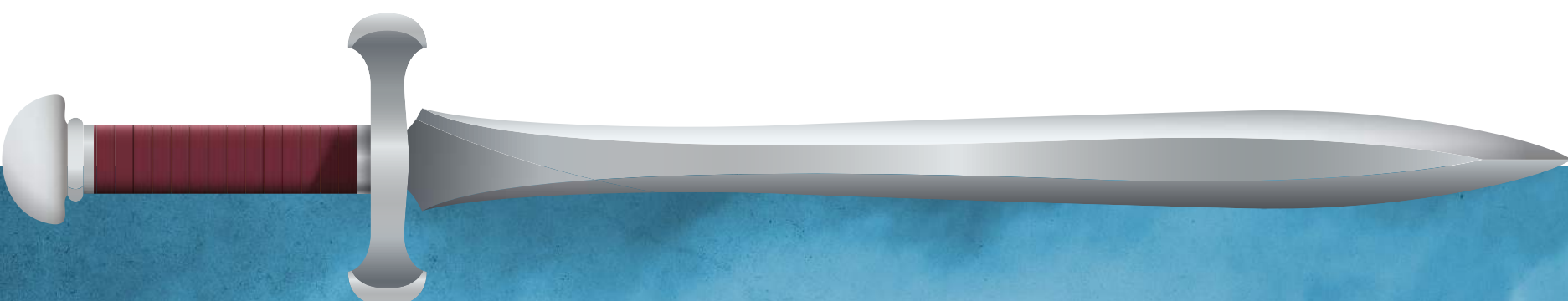
This workbook serves as a guide to empower you to slay the scapegoat dragon once and for all. This particular dragon is one of the oldest and gnarliest of all reptilian beasts. It's just as greedy - hoarding the treasures of freedom, sovereignty, self-respect, and self-love. It feeds on your fears and insecurities so one of the first lessons in your training is how to STOP feeding the beast. Everything that happens to you in life may be of someone else's doing. But it's what you do with it, how you react to it, what you make of yourself in the midst of it all - that is what makes you the hero.

The Scepter of Resilience

By the end of this Emotional Mastery Bite, you will have earned the Scepter of Resilience made up of five core inner strengths: Confidence, Accountability, Self-Awareness, Adaptability, and Sense of Purpose. To believe in yourself is to light a spark with the potential to start a roaring, unquenchable fire.



- 01 Confidence**
Self-acceptance and belief in decision making and problem-solving abilities, realistically optimistic.
- 02 Accountability**
Accepting full responsibility for your life, including decisions and actions.
- 03 Self-Awareness**
Emotional mastery, driven to explore and understand yourself. Open to challenging beliefs and assumptions
- 04 Adaptability**
Able to effectively manage change and unexpected detours while remaining open to opportunities for growth
- 05 Sense of purpose**
Capable of finding strength through the sense of purpose. Socially conscious showing compassion for self and others.





The Hero's Journey

"Whatever happens to us happens because we are powerful enough at the soul level to absolve that particular experience and transmute it into a higher outcome. This is what defines the Hero's Journey – for each of us – at every level. Just own it!"
– Sacha Stone

The path of the hero is not an easy one. Sacrifices are made. To begin on the path of the hero's journey demands that you must follow your heart. In today's sophisticated and scientific world, this advice may sound peculiar. However, it is the most important piece of information you are ever likely to hear.

YOU are the hero of your own life and, by engaging in the Emotional Mastery Bites Series, you are taking responsibility for your own healing and answering the call for your most epic adventure! Everyone everywhere is on some stage of their own hero's journey. Your first awareness of this will be your heart calling you for adventure. The big question is will you say "YES" to your adventure?

What We All Have

A call to adventure.

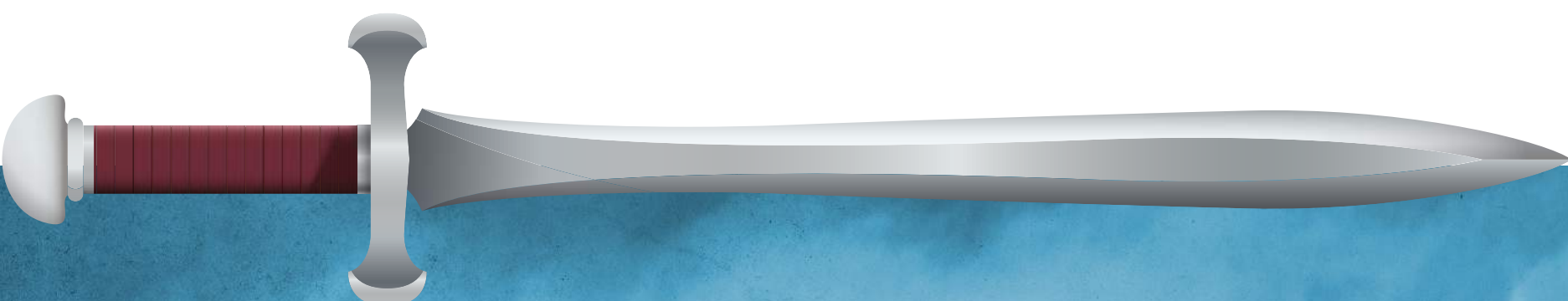
Something in our life calls us to do something, go somewhere, execute some type of action. Maybe it's breaking up with someone. Quitting a job. Moving to a new city. Changing careers. But it's a call that we decide to answer.

A point where we enter the unknown.

That action throws us into a new world. Now we're single. Now we're finally doing something we love. Now we're in a new city. Now we're starting a new relationship. Now we're starting a new career path. Now we're a parent.

Challenges and temptations.

With every new world comes new challenges. Dealing with new people. Being alone. Making new friends. Fighting for custody. Learning how to live off a new budget. Living with someone. Showing yourself for the first time.





A chance to slay the dragon.

Now comes the thing we must overcome to be a better version of us. This is something we have probably run from most of our life, such as facing childhood trauma. It's what scares us the most.

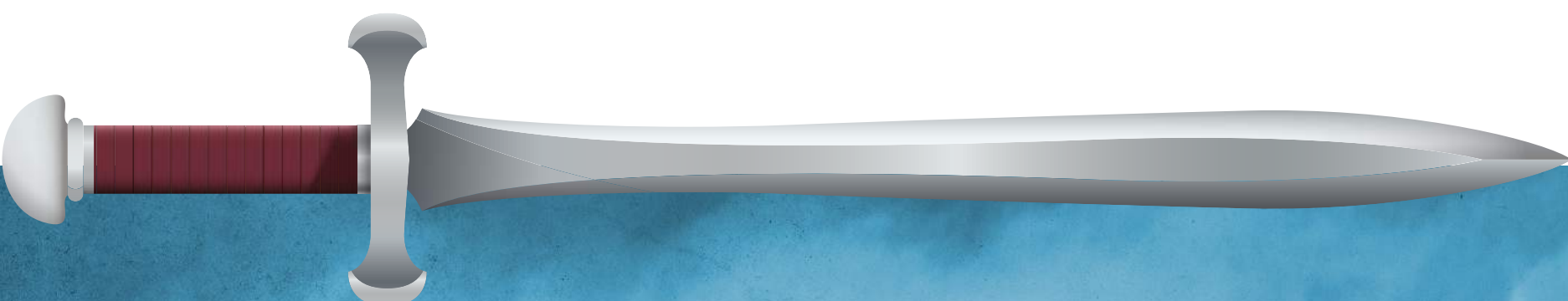
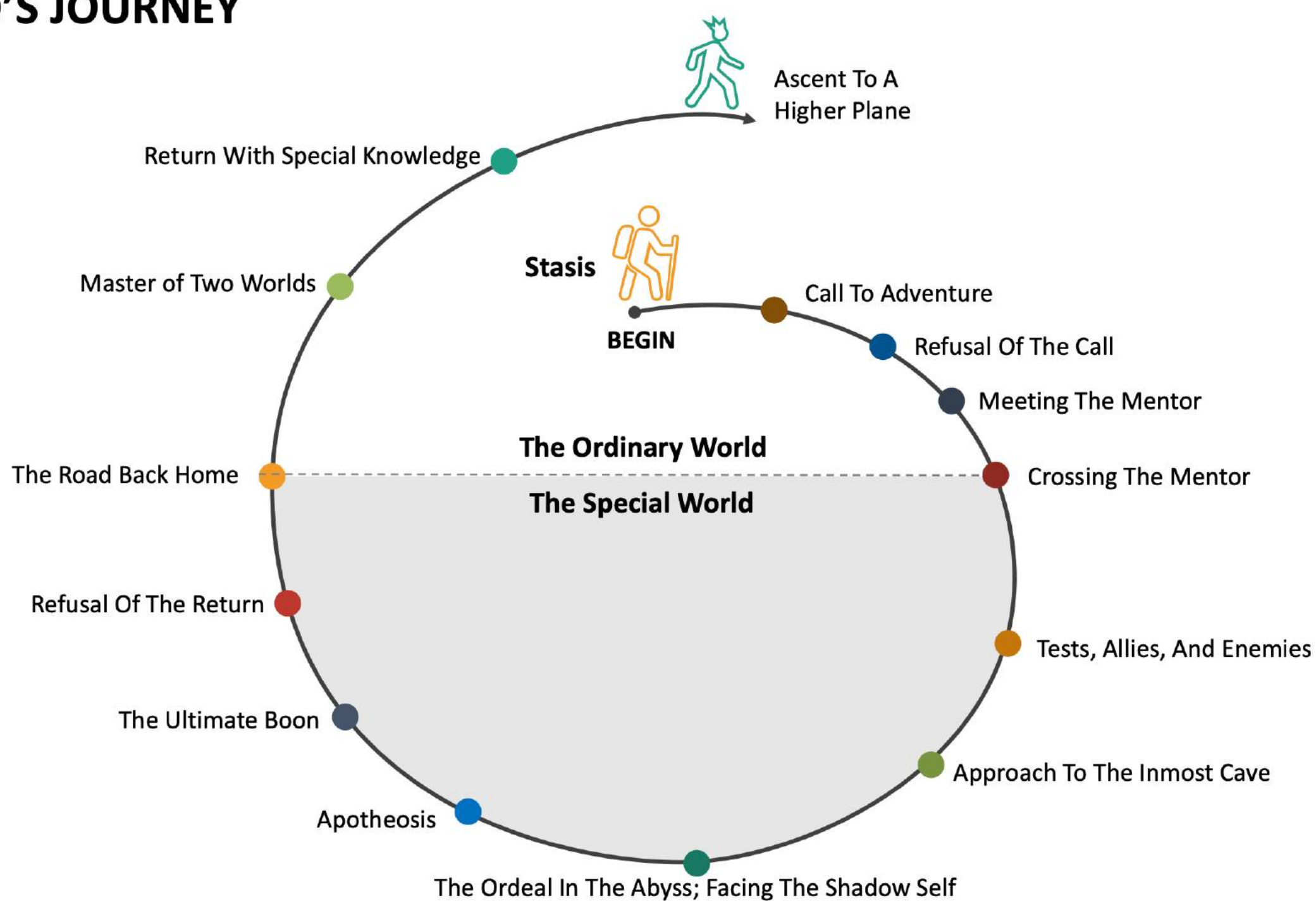
Death and Rebirth (aka transformation)

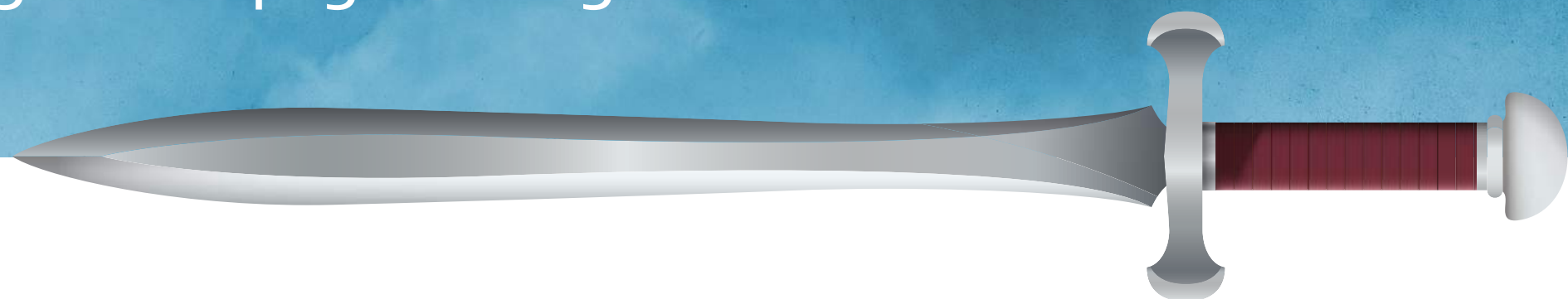
Once we slay our dragon, we are changed. Slaying our dragon can be an internal thing or an external thing but there is always an internal shift. We become someone different. Like the phoenix, part of us dies and we are reborn.

Return with special knowledge

Then coming back home, changed, to share our story. Coming full circle, we are now different, a new person having ascended to a higher plane.

THE HERO'S JOURNEY





Where are you on your Hero's Journey?

Most of us get stuck because we don't see anything except what's happening right in front of us. We're in the trenches and can't see outside of our current challenges, which can feel like we are going nowhere. The first step is to identify where you are on your Hero's Journey so you can see what the next step is that you are about to take. This will help you see the light at the end of your dark tunnel. Wherever you are on your journey and whatever you are going through is temporary. It also has meaning. This is a powerful piece of information to keep with you. Once you are able to find meaning in your present circumstances, it's much easier to accept, lean in, and push through to the next stage.

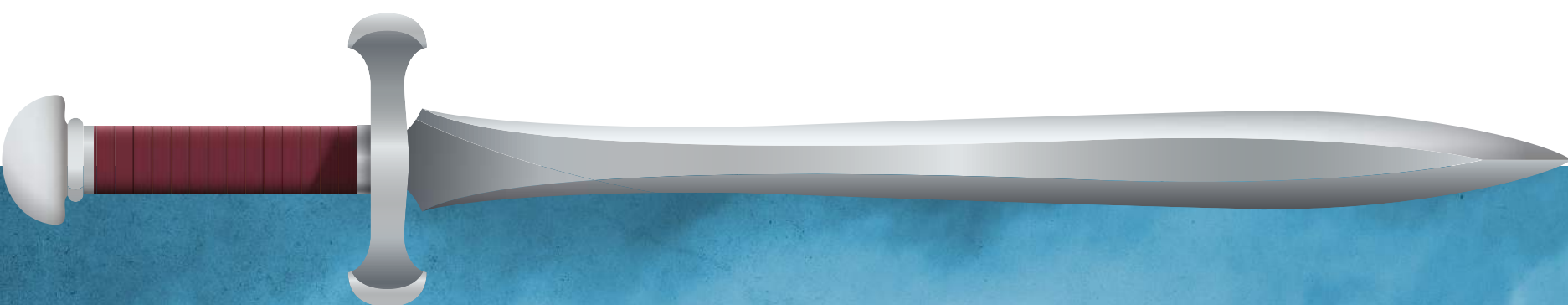
We all have dragons to slay along the way - that's how we become a hero. Remember, your dragon will always lead you to an internal fear or false belief. Fear of intimacy. Fear of failure. Fear of not being good enough. Smart enough. Pretty enough. Talented enough. Worthy enough. The dragon lays in a nest of self-deception. Do not be swayed from your mission by lies and false truths.

*"Memories demand attention, and these memories will have teeth."
— C. Kennedy*

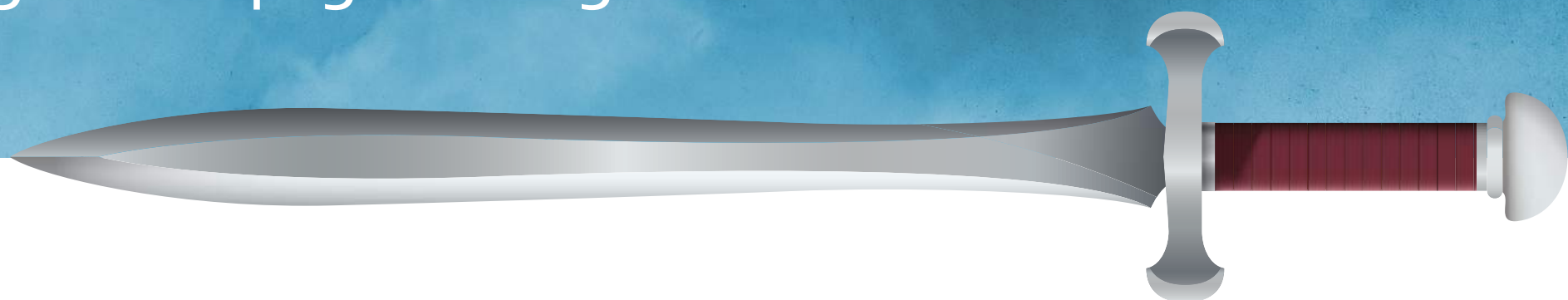
The majority of people never answer the call for adventure because it is too difficult, too daunting, and too uncomfortable. It takes courage to come out of your mind and into your body and feel all there is to feel. People's minds have become overstimulated with information and opinions that do not belong to them. This information is cold and lifeless and cannot produce the creativity and healing we desire. It is only by sensations with which we experience the world, the body, warm and alive, must be our guiding light in deciding our actions.

Here's the thing: you can never be at peace with yourself if you do not answer the call for adventure. Not answering your call will only build up resentment in the knowledge that you missed the opportunity to pursue your purpose. You must overcome fear and cross the threshold into the unknown world. Often, something will try to prevent you from crossing the threshold. This could be parents, friends or responsibilities. You must overcome this resistance if you are to continue the journey.

*"In the quiet moments, listen to your heart; where it wanders is where your truth lays."
— Nikki Rowe*



Slaying the Scapegoat Dragon



Exercise: You are here.

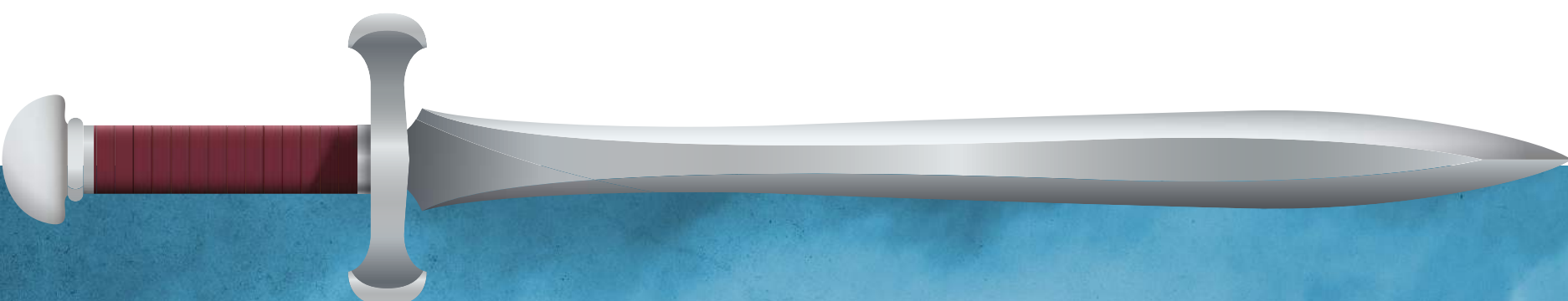
So you are here to slay the scapegoat dragon? Congratulations. You are a courageous and formidable warrior. Before we get started, let's see where you are at. Answer the following questions in the space provided on your Hero's Journey.

THE CHALLENGE: What it would look like to slay your dragon? What does that look like in action? What do you need to do? End a relationship? Or maybe start one? Do you need to conquer a fear? Do you need to dissolve a false belief? Overcome an addiction?
Please write down your answer now.

THE VISION: What's on the other side? What will happen when you slay your dragon? How will you feel? Where will you be? Who will you be with? What will you be doing?
Please write down your answer now.

THE CONSEQUENCES What's at stake if you don't slay the dragon?
Please write down your answer now.

| | | | | |
|------------------|---|---------------------------------------|--|---|
| A C T 1 | Ordinary World Limited Awareness of a Problem | Call to Adventure Increased Awareness | Refusal of the Call Reluctance to Change | Meeting with the Mentor Overcoming Reluctance |
| | Crossing the Threshold Committing to Change | Tests, Allies and Enemies Experiment | Approach the Inmost Cave | Ordeal Attempting a Big Change |
| | Reward Consequences of the Attempt | Road Back Rededication to Change | Resurrection Final Attempt at Big Charge | Return with the Elixir Final Mastery |
| | (Empty space for notes) | (Empty space for notes) | (Empty space for notes) | (Empty space for notes) |
| A C T 2 | | | | |
| | | | | |
| A C T 3 | | | | |
| | | | | |



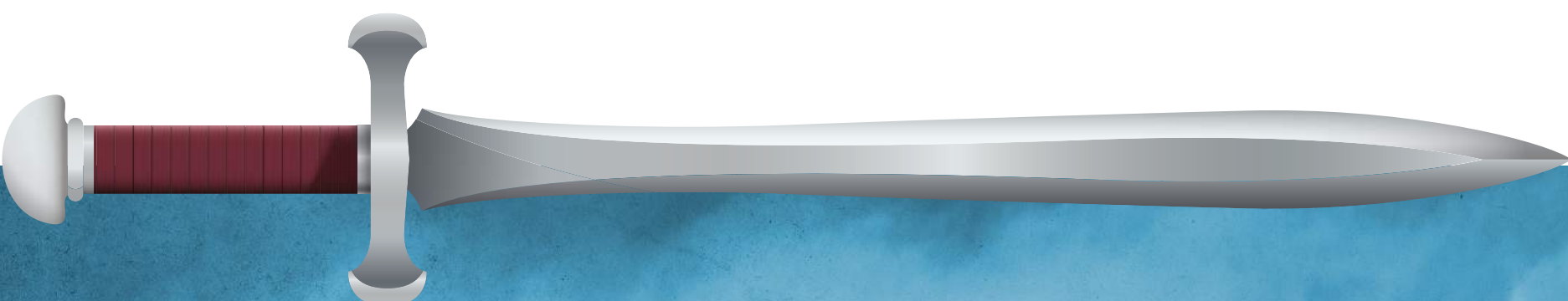


Focus and Intention

You can do anything with FOCUS and INTENTION, so let's set those intentions now.



The Thing I Most Want to Achieve is:



Slaying the Scapegoat Dragon



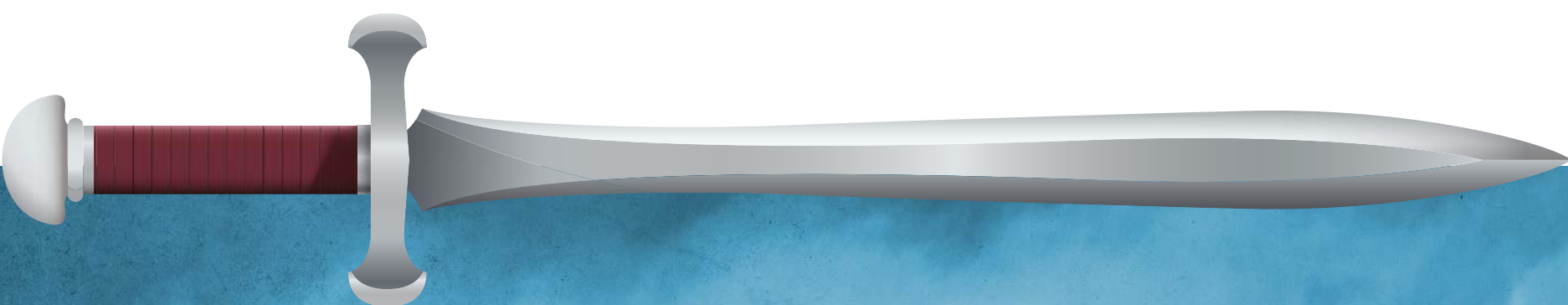
Let's Ride!

Have you ever wondered where the term 'scapegoat' originated from? Back in ancient times, it really did involve real alive goats. An unsuspecting goat was designated to be cast into the desert, taking with it the sins of the community. Yikes! In this way, no one had to be burdened with the noble virtues of responsibility or accountability. In our society today, we still unfairly blame others for problems. Notice the next time someone is talking and "they" are the culprits. If "he did it, she did it, they did it" then, of course, the person passing the buck is innocent.

Well, conqueror of the Scapegoat Dragon, YOU are here to show your strength by taking responsibility for your own actions and your own safety. You will no longer allow others to point their finger at you in an effort to get off the hook!

YOU are here because you are the black sheep in your family. The odd one out. The misfit. The strange one. The child who marched to the beat of your own drum. You were probably called the troublemaker, or the defiant and withdrawn one. Separating you or labeling you as different from the rest of the family was a tactic – often unconsciously employed. You are blamed when something goes wrong. You take the heat and you are held responsible for everyone's problems.

Time to slay the dragon...





Mapping Intergenerational Patterns of Abuse

Scapegoating is a form of bullying. Scapegoats are repeatedly subjected to belittling, humiliation, abandonment, betrayal, and outright hatred by family members, who make them the 'bad guy'. Family relationships profoundly impact our identity and how we view ourselves. People who have been subjected to scapegoat abuse since childhood may absorb and believe these disparaging messages which causes them to question their worth and lovability; even worse they may grow into adults who seek out scapegoats to avoid their own childhood pain.

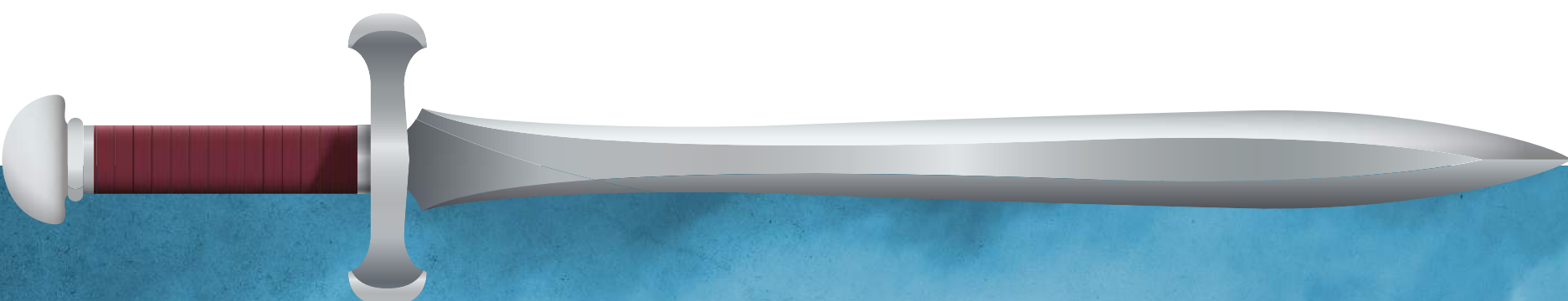
While it's happening, family members are totally unaware of what they are doing and would deny it if confronted with their behaviour. Often, scapegoating begins in childhood and continues into and throughout adulthood. So, why would a family choose a loved one to bully and scapegoat? The answer has a lot to do with the concept of scapegoating and the purpose it serves. Scapegoating is often a way for families to hide problems that they cannot face. The dysfunctional family must keep their image unmarred. This is why they choose certain members of the family to take the blame for any problems that arise.

There's no way these dysfunctional dominant family members will allow responsibilities to be allocated in the right way. It's about covering flaws to the point of ridiculous measure. The Scapegoat does not get picked randomly or by accident. Usually they are either sensitive, unhappy, gifted, vulnerable, ill and/or the outspoken child or whistle blower. Whatever the circumstances, the scapegoat is almost always the child who refuses to look content or stay silent in the unbearable atmosphere created in the family home.

A Most Formidable Challenge

On this planet, abuse is intergenerational. Many parents who abuse their children were also abused when they were young. Additionally, abused children are at a greater risk of inflicting harm on their children. Family Scapegoats often desperately want a sense of power and control over their lives. After all, they have spent so much time being belittled. On a subconscious level, they understand that narcissists gain attention and validation. They may believe those narcissistic methods are the only effective ones.

If you are the family scapegoat, the first thing to recognise is that it is **not your fault**. In fact, being the family scapegoat gives you the opportunity to break this generational curse and heal your ancestral line. This is the noblest of missions. On behalf of humanity, we thank you.





Emotional Ropes

The scapegoat can pay a lifelong price for sins they did not ever commit. Because of this programming, this pattern of being scapegoated repeats in the life of the scapegoat over and over again. The following factors act like emotional ropes to keep people who were scapegoated bound to the cycle of continuously being scapegoated.



It's the only way you know how to fit in.

In a social group that tries to turn you into the scapegoat, you have two options:

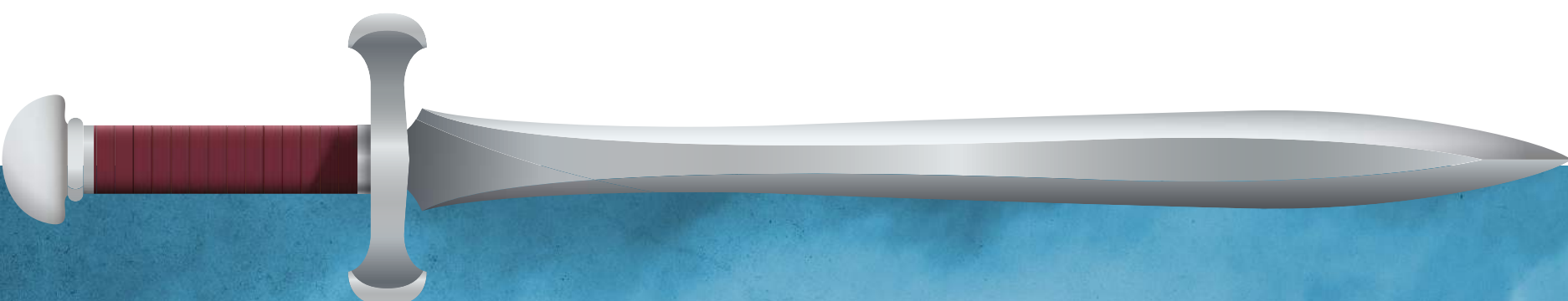
1. Conform immediately so they might turn someone else into the scapegoat
2. Suffer the wrath of being the outcast and blamed

In some cases, you cannot conform. Even when you can, conforming does not get you the love or respect that you seek; it simply provides you a different kind of safety in exchange for a different form of danger. It guarantees you closeness and rapport in exchange for the loss of self. You have to completely buy into the group dysfunction and let go of your true feelings, needs, desires and anything else that may threaten or trigger their unresolved issues. In the past, accepting the role of the scapegoat may have been the only way for you to not end up not feeling completely alone.

Once you accept the role of scapegoat, you begin to buy into the idea that you are the problem. The minute you do this, you are agreeing to the lie. Due to your non-resistance to the blame you are being served, the people making you the scapegoat are now free to switch up their game and avoid their own issues further. They do this by seeing themselves as the fixer of you.

The group focusing on fixing you to avoid their own pain. Here's the thing: they are creating the very pain in you that they say is your personality defect and flipping it under the pretense of healing it. Identify this for what it is. This is one of the most insidious forms of gaslighting.

EXAMPLE: Say I walk up to you and hit you as hard as I can. Then, when you fall to the floor, I get down on the floor with you and say "I just don't know why you're in pain all the time. It's making all of our lives really, really hard because by being down on the floor all the time, you're taking all the attention away from everyone. But I love you, so I'm going to take you to a doctor to figure out why you're in pain like this."





Ineffective Strategy

The problem with this method of coping is that because of extreme gaslighting, you learn to ignore the punch and only feel the connection inherent in the person trying to fix you. Your only reference for feeling loved is when people who see you as the problem, are putting energy into helping you to get better, change or be fixed. This exchange feels the safest feeling because it is the closest you can get to the people who matter to you. Because this is your reference for love and safety, blaming yourself, seeing yourself as the problem and having people help fix you is a pattern you repeat and repeat in order to get your emotional and even physical needs met. You pick people who do this to you and do not end relationships with people who abuse you.



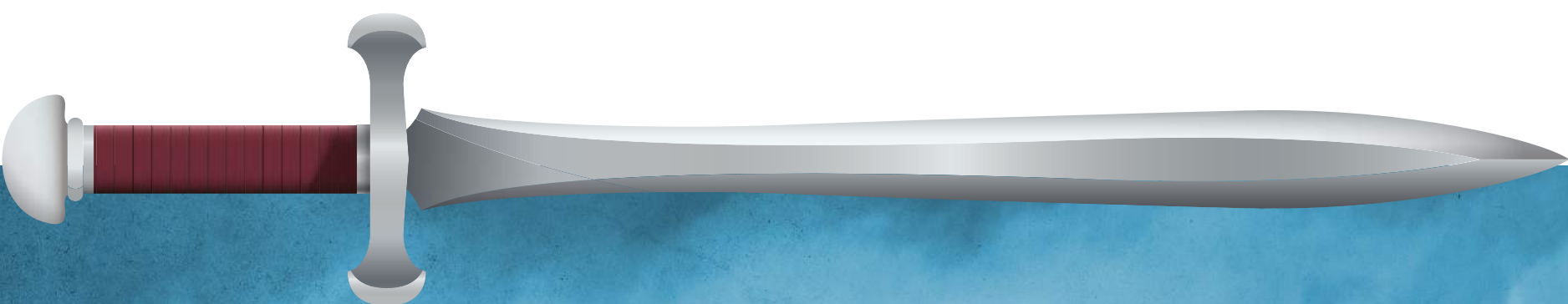
You know how important responsibility is, so you must take 100% of it.

Having a lifetime of being labeled the wrong/bad one; you have now developed a complete love affair with the characteristic of doing the opposite of what they did to you. You LOVE people who take responsibility. This is profoundly healing for you. However, the glorification of this trait can cause you to become hyper responsible. In this way, you take responsibility and blame for anything and everything. By taking 100% of the responsibility and blame, you feel superior (for the martyrdom) and you also get to feel in control and thus safe. If something is someone else's responsibility or fault, you are inherently not in control. And you probably don't trust them to do it. You can change the situation or even rectify it when it's in your hands.



No one else would do it, and now it is a habit for you.

Because you were conditioned that no one will take responsibility, especially for their own issues, you were also conditioned to be the one to automatically do it. It is now simply a habit. You do this naturally. You do not believe that anyone will take responsibility and so you figure you have no other choice but to do it yourself. You take responsibility for what is and isn't yours to take responsibility for. Take a look at your life for what might be someone else's responsibility. Ask yourself, if I didn't take responsibility for X what would happen? By taking responsibility for everything, you rob others of their life lessons. This level of hyper responsibility for others will incapacitate you one day and guarantee that no one around you will take responsibility. You will be a magnet for people who don't want to take responsibility. Do not enable others because of your own stuff. The bottom line is that because of the way you adapted to being the scapegoat, you are a perfect vibrational match to repeated scapegoating. You need to look at what truly is and what truly isn't yours in any situation.





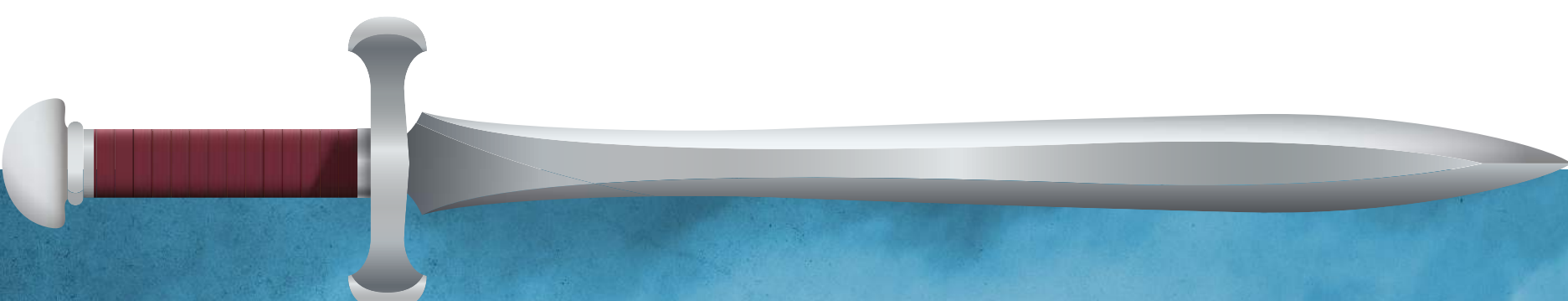
Spellbound by the Scapegoat Dragon

Resilience is a mindset, and a mindset is a strongly held belief. There is evidence that some beliefs have as much as 50% genetic origin. Conservative views, pessimism, risk-taking, and anxiety correlate with inheritance. Nevertheless, we can become more aware of our beliefs and through this learn to challenge and adjust our beliefs. In this way, cognitive behaviour therapy (CBT) can cure depression as well or better than anti-depressants. Likewise, a belief that 'they' are evil and awful can change with constructive engagement to a belief that 'they' are broken and hurt, just like me. Your mindset is a mental representation of how things do or don't work.

Which statement describes your mindset? Tick All That Apply

- People are selfish
- We should be self reliant
- Humans cause climate change
- High taxes are good
- I will take care of myself
- Empathy is a hardwired trait
- I believe I can master 'x'
- Life is brutal, solitary, nasty and short
- People are kind and generous
- We should support people
- Climate change is random
- Tax should be minimised
- Others should care for me
- We can learn empathy
- There is no point trying 'x'
- Life is a creative advance into novelty

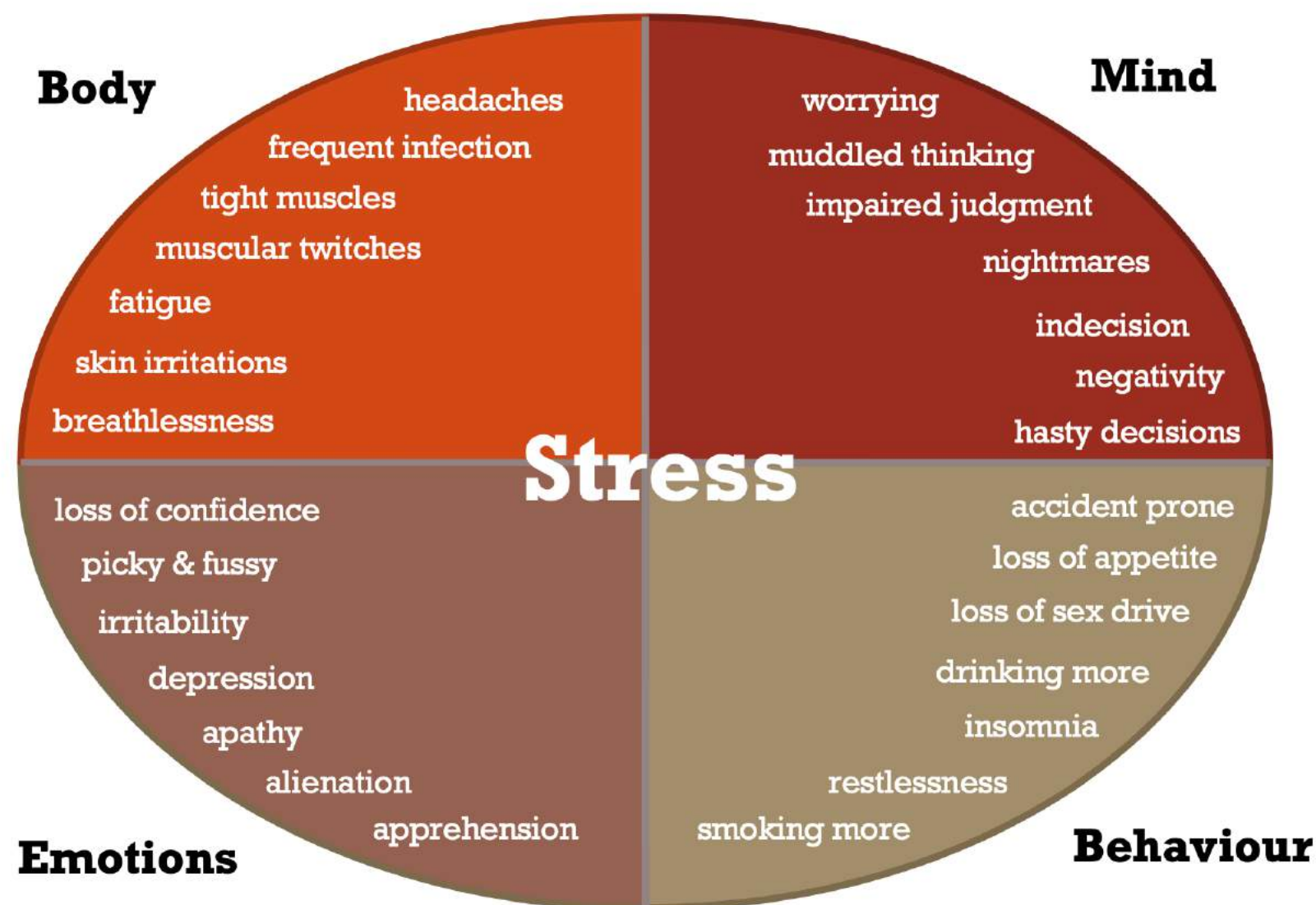
Conscious and deliberate cognition is essential. Your thinking must be clear, ordered, flexible, and creative. In approaching the dragon's lair, you must have a clear view of the complexity of the situation, master your own state, and be able to generate creative options to solve it.





Read the Signs

Stress is not always easy to recognise. Here are some ways to identify the signs that you might be experiencing too much pressure. The problem with stress is that it affects your decision making - and you need to be on form if you are going to slay the dragon.



Types of Stress

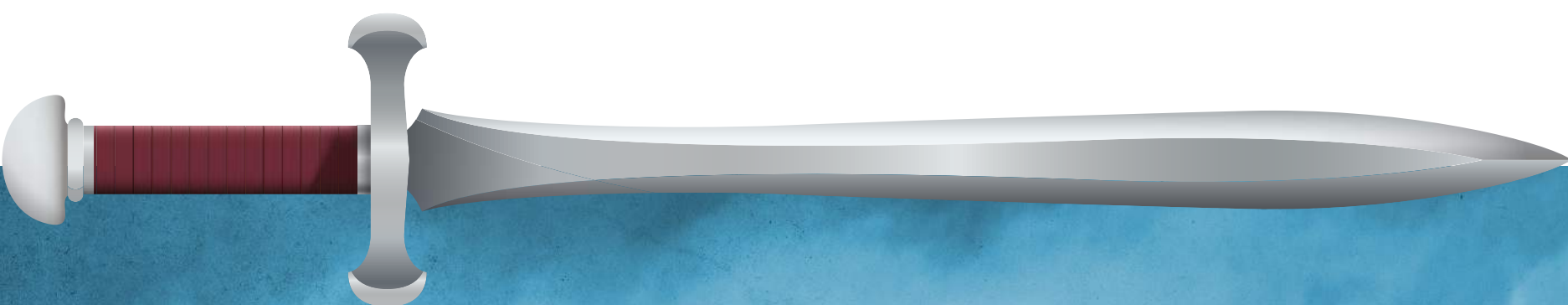
Not all types of stress are harmful or even negative. Some of the different types of stress are:

Acute stress: Acute stress is a very short-term type of stress that can either be positive or more distressing; this is the type of stress we most often encounter in day-to-day life.

Chronic stress: Chronic stress is stress that seems never-ending and inescapable, like the stress of a bad marriage or an extremely taxing job; chronic stress can also stem from traumatic experiences and childhood trauma. Scapegoating is chronic stress.

Episodic acute stress: Episodic acute stress is acute stress that seems to run rampant. It can be easily seen in those who have drama-filled lives.

Eustress: Eustress is fun and exciting. It's known as a positive type of stress that can keep you energised. It's associated with surges of adrenaline, such as when you are skiing or racing to meet a deadline.





3 Magic Keys to the Dragon's Lair

We can choose to act in ways that either favour or impede personal growth: we can become stuck in a bad moment forever or we can put it behind us for good. We decide our path. When trust is shattered, one of the most challenging aspects of rebuilding trust is rebuilding trust in ourselves.



Acknowledge instead of avoid

We invest so much time and energy into seeing things as we want them to be, that we lose touch the reality of how they actually are. Healing often requires you to first come to terms with what happened. When you don't address the trauma, your turmoil can spill over to other areas of your life. Leaning into trauma might seem too painful to even consider. In reality, though, acknowledging it allows you to begin exploring the reasons behind it, which can help kick off the healing process. Channeling your pain into something creative is incredibly effective for healing and release.



Explore your self-knowledge

All acceptance begins with self-knowledge. Accept your emotions and where you are right now in this moment. If you're feeling sad or low or in pain, take a step back and get to the root of those problems and where they come from. Sit in a quiet space and allow yourself to be physically in your body in the present moment, no matter how painful that might be. You have to feel it to heal it. Focus on your breath to keep yourself calm. Learning how to accept our trauma is an uphill battle that can only be won by getting comfortable with it. Spend a few moments alone with your trauma each day and get to know the experiences that made you who you are today.

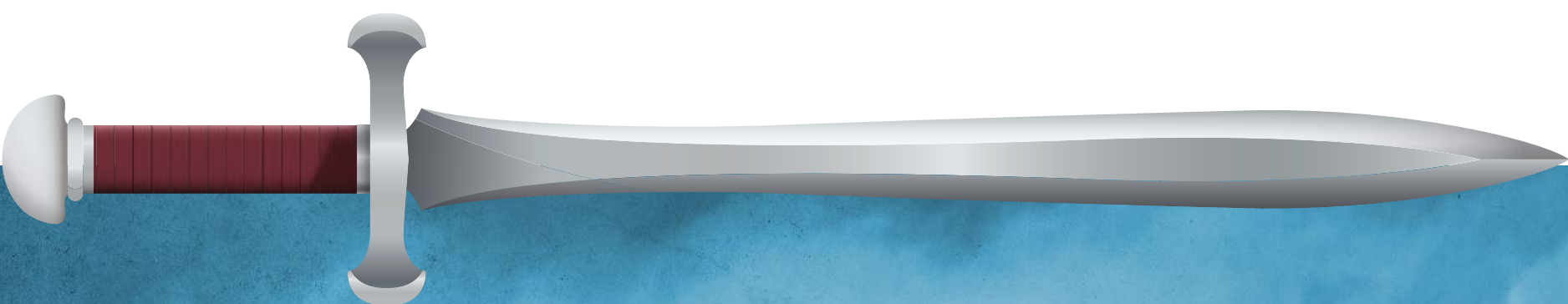


Don't confuse acceptance with preference.

Just because you accept something does not mean you prefer it or even support it. We often fight off acceptance because it feels a bit like "giving in". It's important to be clear with yourself that you're not endorsing something by accepting it, you're simply saying "This happened. I can't change that, but I can move on." When bad things happen to us, we can almost feel a "need" to be uneasy with ourselves and the way things are. It proves a point and makes us feel as though we've regained some of our power over the hurts of the past. The problem is, though, that this leaves us weak and vulnerable and it sets us up for greater delusion and injury in the future.

"Never judge another knight without first knowing the strength and cunning of the dragons he fights."

— *Richelle E. Goodrich*





Epic Battle Part I



Reverse the Curse

What you have come to believe about yourself as family Scapegoat – i.e. that you are bad, weird, inadequate, or defective – is a lie. This lie was created to prevent family members from acknowledging their own crap. This way they avoid taking responsibility for their behaviour and the need to change.



Locate Your Inner Owl

Connect with that wise part of you that knows you have been mistreated and will no longer willingly allow this abuse from others or yourself.



Dispose of the Poison

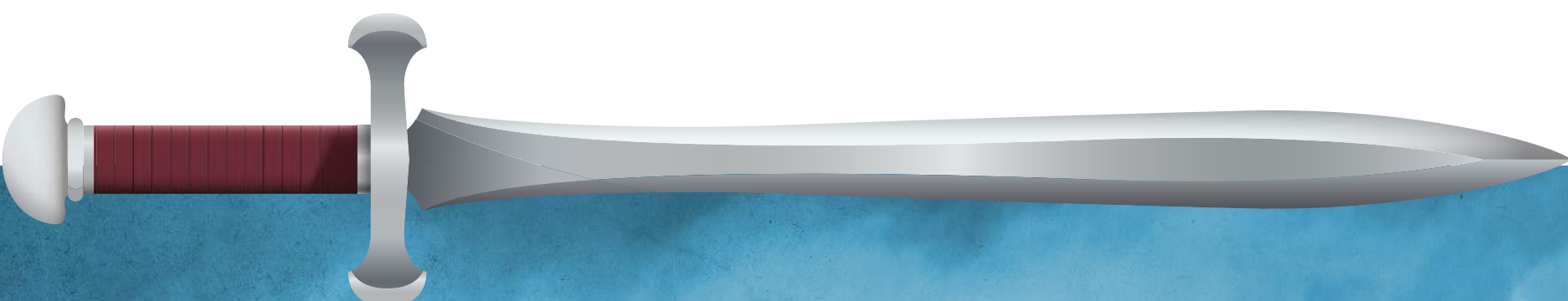
Recognise that feelings of shame, guilt, and fear belong to the perpetrators, not you. You were simply a dumping ground for their bad feelings. To change this, you need to start standing up to the notion that you are at fault. You will have to begin with yourself and your own thoughts. Question and reject every thought you have that sees yourself as 'bad'.



Get to Know the Real You

Get to know your true self. Identify your strengths and all the things you love about you. Pinpoint what is good, likeable, or at least adequate about you – your character, values, actions, etc. Write down your good traits – you will need to be reminded of this alternate universe, which is the truth about you – especially if you start to fall back into the habit of feeling bad about yourself again. Understand that getting better – and feeling better – is a learning curve, and you may slip a few times before you gain solid footing.

*"In the minds of my parents, they are the victims; I am the abuser."
— Christina Enevoldsen*





Epic Battle Part II



Shields Up

Create and maintain firm boundaries. Figure out what you might be doing – consciously or unconsciously – that gives scapegoaters the idea that it's OK to abuse you. Determine how to change any behaviour that draws you into the Victim role by taking full responsibility for your wellbeing.



Drop the Need for Approval

Stop trying to win the favour of abusive and uncaring family members, co-workers, or 'friends'. Demonstrate you know your worth by walking away and only associating with people who love and appreciate you.



Let Go of the Need for an Apology

Don't expect abusive family members to apologise or make amends. They will only blame you more if you attempt to hold them accountable. Move on. Let karma sort it out.

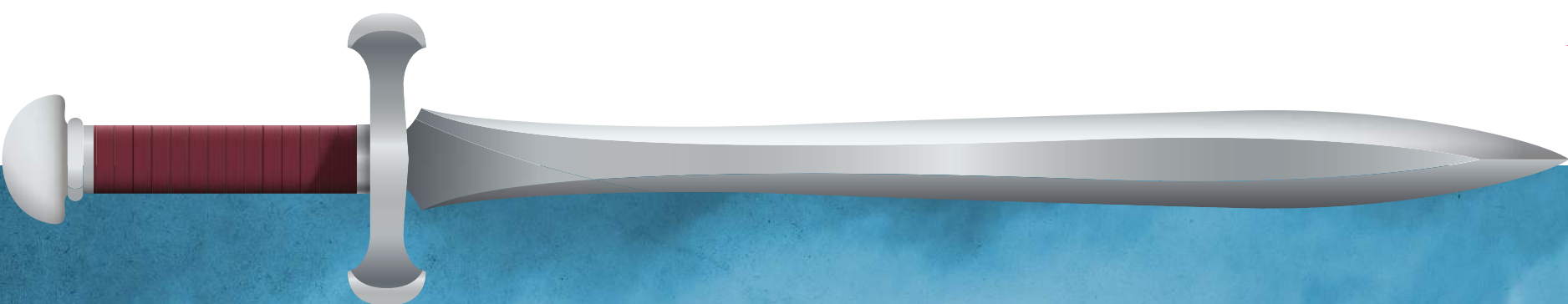


Assert Your Position From a Place of Strength

Start asserting your right to be treated respectfully with family and other people who abuse you. "Your behaviour is unacceptable, and I never want to be spoken to like that again", or "If you want to have a relationship with me, you will stop the angry outbursts, name-calling, accusations, etc." Know that you may not be heard or respected by aggressive or disturbed people. The point is that YOU hear and respect yourself! Don't do this until you are ready to follow through with your commitment to yourself.

"I was in denial of the glaring reality that my existence depended on my willingness to comply with the family policy of me earning the splinter of space they granted to me."

— M. Wakefield





Epic Battle Part III



Accept What Is

Accept that you may never have a healthy relationship with your scapegoater(s). This may involve limited or no contact with those who are determined to continue to abuse you. At first, you may experience feelings of grief. Work through the painful feelings, and get support if needed. This pain is much less harmful than continuing to allow yourself to be abused by anyone.



Become Your Own Hero and Your Own Best Friend

Get in the habit of treating yourself with kindness, caring, compassion, appreciation and acceptance. Practice viewing yourself as a person of worth and loveability. This will likely feel weird at first as it is unfamiliar. But even though it is unfamiliar, treating yourself in a loving manner is never wrong.



Reprogramming

Understand that it will take time to learn how to love and appreciate yourself. You have been trained to be overly self critical and may believe you are defective. Be patient as this false image gradually crumbles. Get counseling to help you overcome this painful legacy, and find your true self – the strong, valuable person you are meant to be.

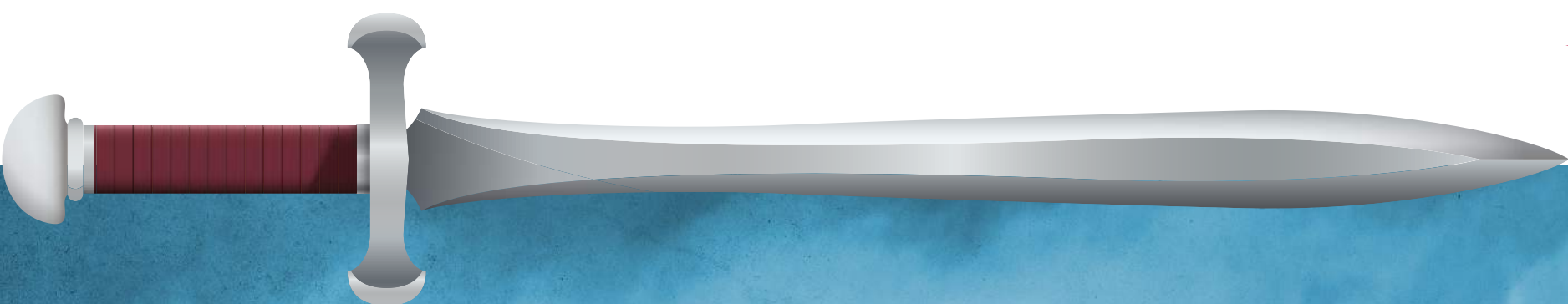


Break the Cycle

Practice what you preach with others. Show everyone how it's done.

“Perfectionist parents seem to operate under the illusion that if they can just get their children to be perfect, they will be a perfect family. They put the burden of stability on the child to avoid facing the fact that they, as parents, cannot provide it. The child fails and becomes the scapegoat for family problems. Once again, the child is saddled with the blame.”

— Susan Forward Ph.D,





Safe Passage

Once you have slain the beast, you can begin to heal your trauma. It's not easy - it's a brutal journey - but YOU are oh so worth it!



Distance yourself from toxic people

No matter where you are on your Hero's Journey, it's imperative that you distance yourself from the toxic people who could hinder this process. Get away from anyone who creates more stress and disharmony. Healing can't take place in a turbulent environment; it needs peace and quiet to go within. Those who lie, cheat, steal or otherwise manipulate and blame are toxic for your development and poisonous to your sense of self. Cut them free today before they do even more damage.



Practice self-regulation and stress-reduction techniques.

Stress has a funny way of forcing us back into the coping mechanisms and the negative behaviours we develop as damaged children. By learning simple techniques like mindful breathing, positive self-talk and relaxation we can build resilience skills to stay calm under pressure. The last thing you want to do is cave when the dragon is breathing down your neck.



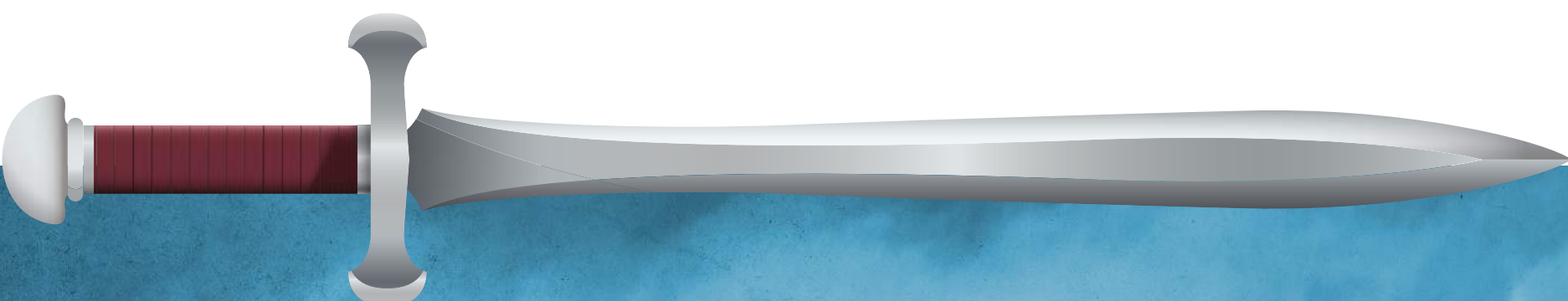
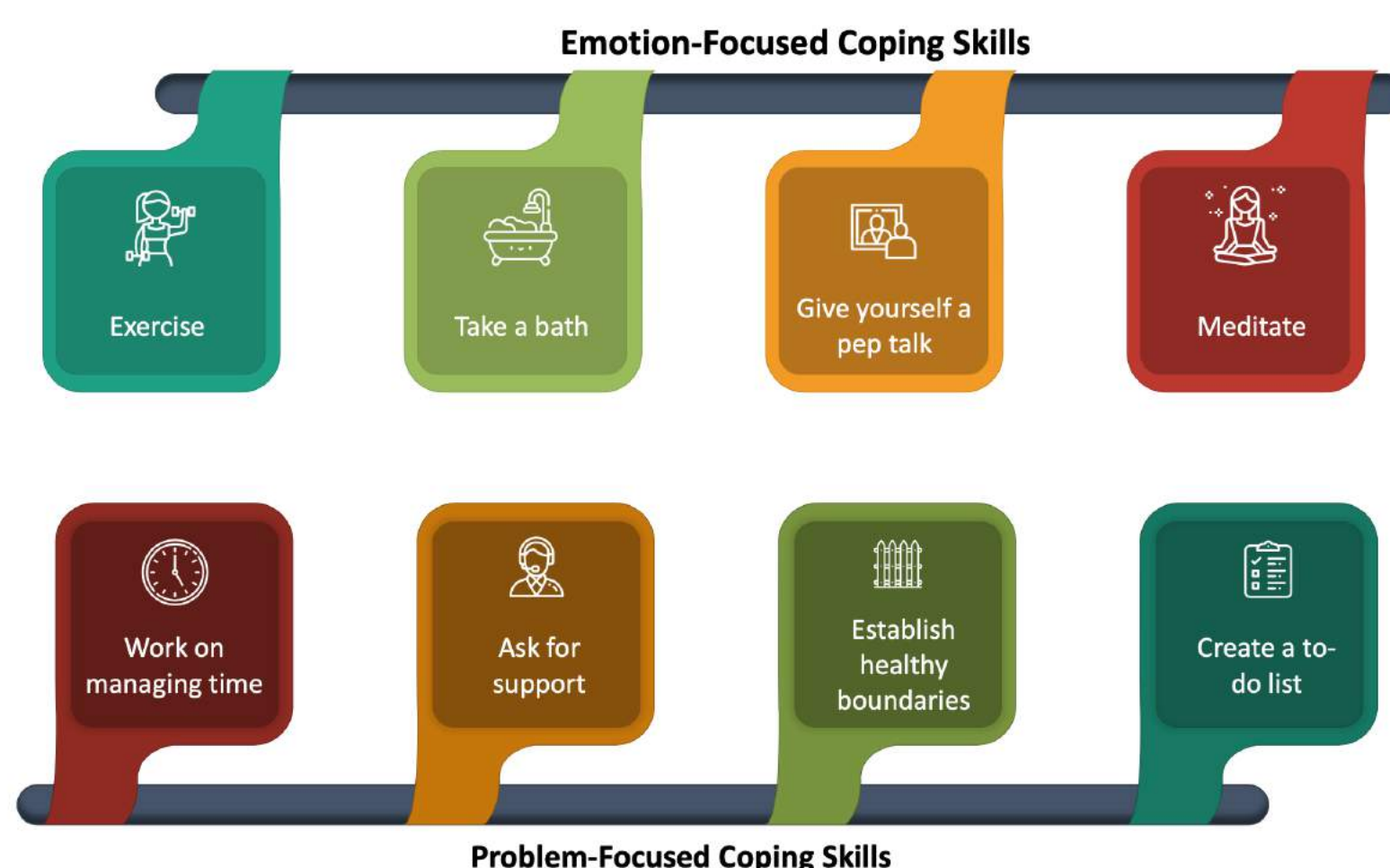
Seek out support

It's common for scapegoats to become isolated, but this isolation is actually counter-productive to slaying the dragon and commencing your healing. Unfortunately, your experience is much more common than you might first think. If you really want to find your way back to harmony, start by seeking out support and get the strength you need to put the pieces back together. You are not alone. In fact, your experience may just be the way out of the darkness someone else needs.



Demonstrate Self-Love

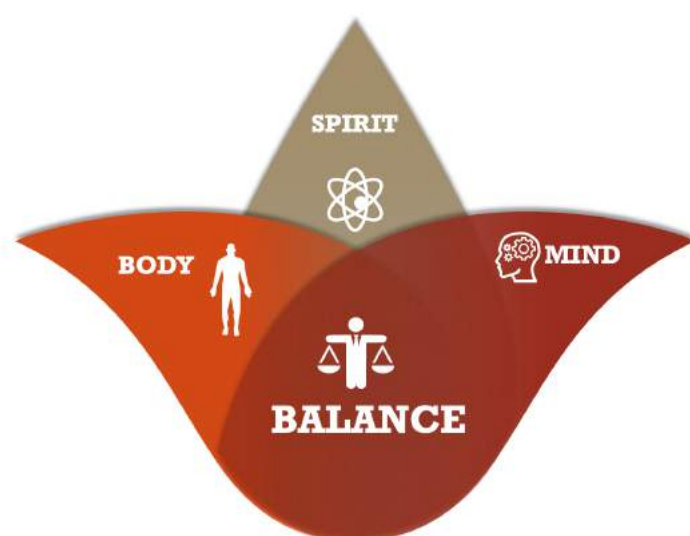
Here are eight coping skills that demonstrate self-love. By giving yourself the love that you were deprived of, you take your power back! To fall in love with yourself is the first secret to happiness. Do at least one thing every day that demonstrates self-love. How you treat yourself sets the tone for every other relationship in your life. Be clear on how you want to be treated. Know your worth. Always.





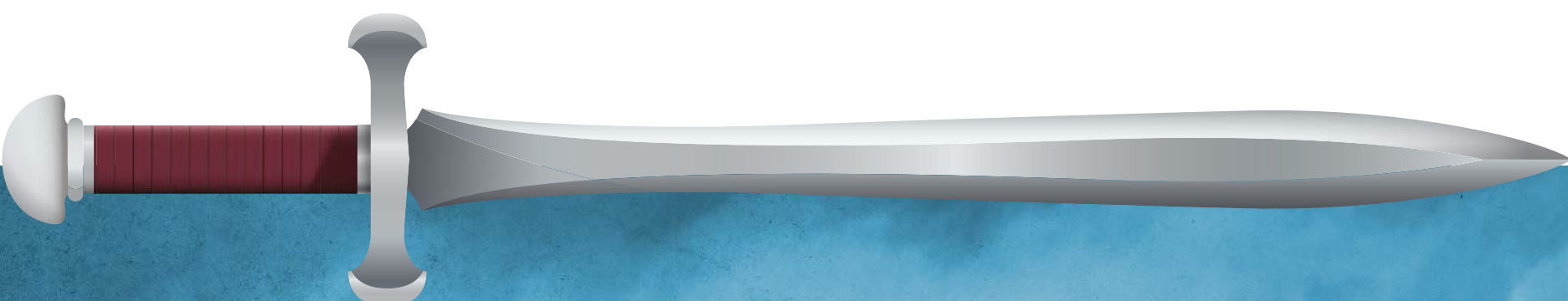
Balance

Happiness is not a matter of intensity but of balance and order and rhythm and harmony. Next to love, balance is the most important thing. Here are our tips for maintaining balance as you move forward.



| | | |
|--|--|--|
| <p>BODY</p> <p>I am disciplined and strong</p> | <p>MIND</p> <p>I am enough. I have enough and I am doing enough. I love & accept myself exactly as I am right now</p> | <p>SPIRIT</p> <p>I honor my spirit & trust my intuition</p> |
| <p>Tips</p> <p>Drink Water Stay Active Progress Over Perfection</p> | <p>Tips</p> <p>Learn/Try something new Journal Go out in nature</p> | <p>Tips</p> <p>Meditate Gratitude Positive Self-Talk</p> |
| <p>Essential Oils</p> <p>Geranium Lavender Peppermint</p> | <p>Essential Oils</p> <p>Rosemary Sandalwood Lemon & Orange</p> | <p>Essential Oils</p> <p>Frankincense, Cedarwood Cyprus</p> |

“Wisdom is your perspective on life, your sense of balance, your understanding of how the various parts and principles apply and relate to each other.”
- Steven R. Covey





Reclaiming Your Self-Worth

As long as you look for someone else to validate who you are by seeking their approval, you are setting yourself up for disaster. It's time to become whole and complete in yourself. No one else can give you that. You have to know who you are - what others say is irrelevant.

What my body does for me.

- 01 _____
- 02 _____
- 03 _____
- 04 _____

What I love about my body.

- 01 _____
- 02 _____
- 03 _____
- 04 _____

Self-Esteem Exercise

What's unique about me.

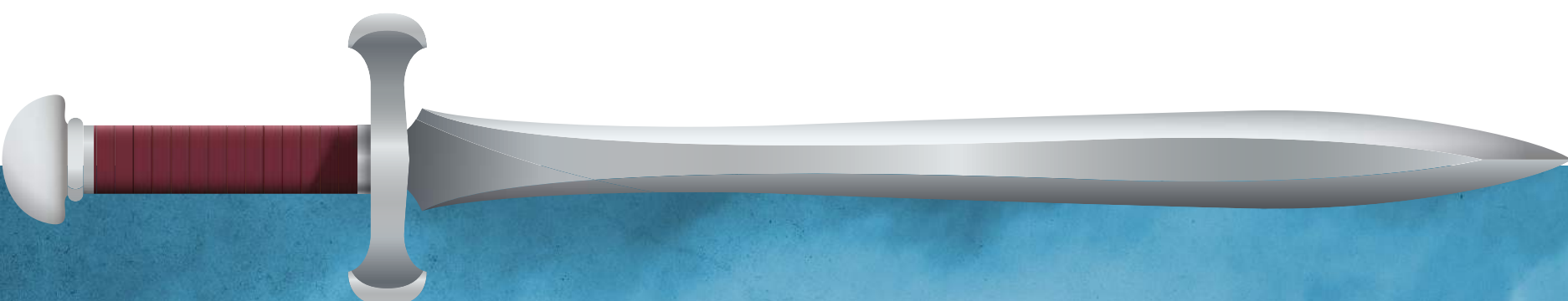
- 01 _____
- 02 _____
- 03 _____
- 04 _____

What I can do to stay strong and healthy.

- 01 _____
- 02 _____
- 03 _____
- 04 _____

7 Tips for Building Your Self Esteem

- 01** Pick up new strengths and skills
- 02** Don't be afraid to ask questions
- 03** Cut yourself some slack
- 04** Toot your own horn
- 05** Walk with pep in your step
- 06** Surround yourself with positive people
- 07** Improve your body language





The Sword of Emotional Wellness

You now carry with you The Sword of Emotional Wellness. This is your talisman for a happy, healthy, empowered life. The world needs you healed. By choosing to heal your own trauma you help humanity rise.

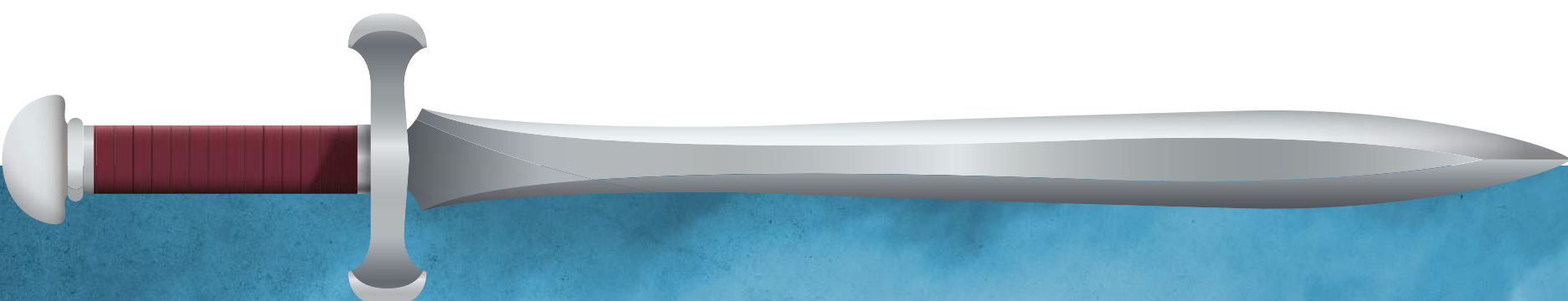
For that, we thank you.



The Sword of Emotional Wellness

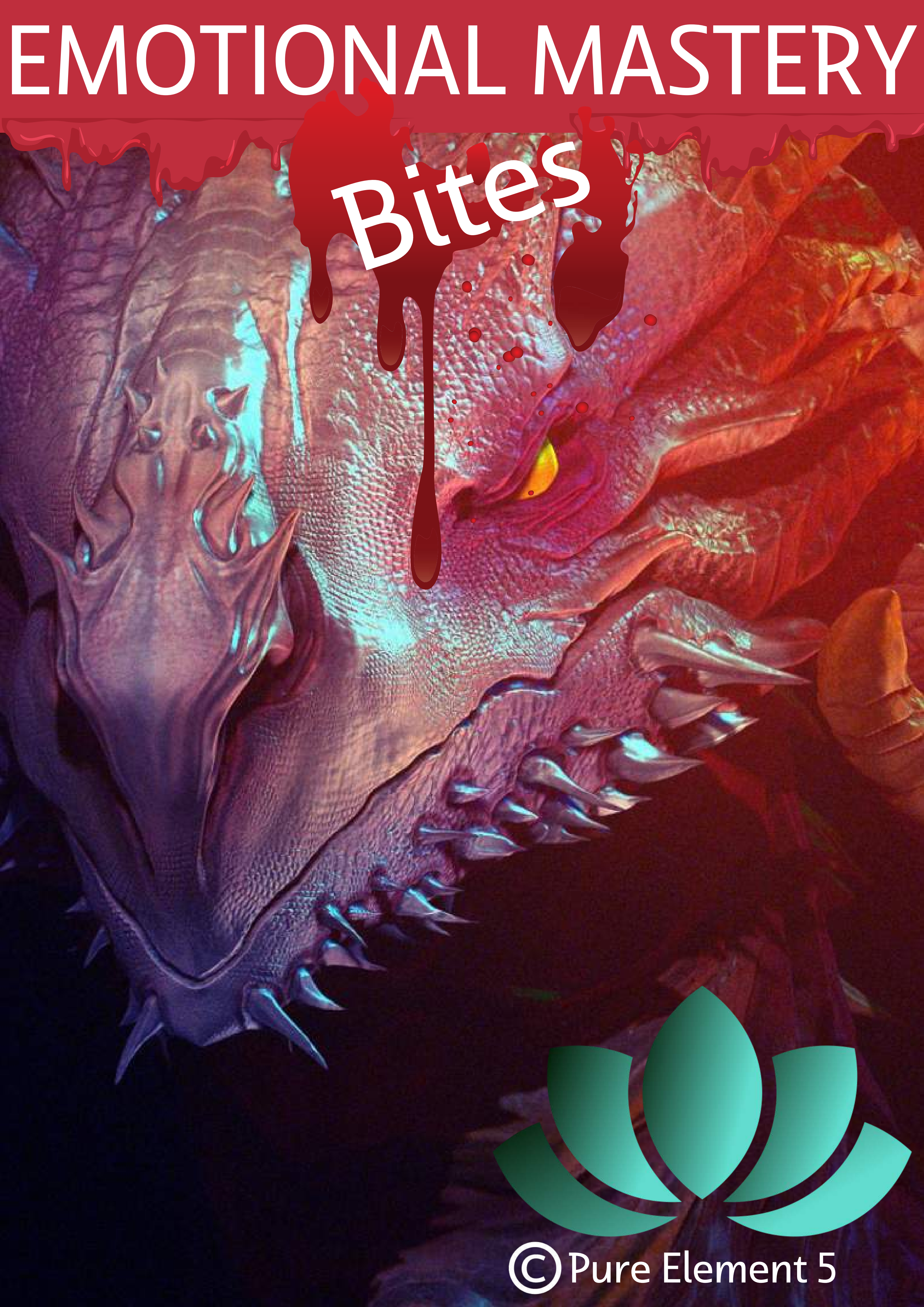
*“Never be bullied into silence. Never allow yourself to be made a victim.
Accept no one's definition of your life, but define yourself.”*

— Harvey Fierstein



EMOTIONAL MASTERY

Bites



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