



Module 3

Stepping into Worthiness

Feeling worthy of receiving what you want

Feeling unworthy blocks your ability to manifest what you really want into your life. Getting to the place where you feel worthy of what you desire opens the door to manifestation.

In this Module you will:

- Determine what you feel unworthy of having
- Get to source of those feelings of unworthiness
- See yourself as worthy of having what you want

Be the
ENERGY
you WANT
to attract

Review of Module 2

What FEARS did you discover that were blocking your abundance?

How successful were you at beginning to release these fears?

Were you able to bring in feelings or worthiness, love, joy and prosperity?

What manifestations did you see in reference to abundance this last week?



Feel into yourself and determine if you feel “worthy” of having everything you want manifest in your life. If the answer is no, write down why you don’t feel worthy.

1. _____

2. _____

3. _____

4. _____



RELEASING FEELINGS OF **UNWORTHINESS**

Now feel into what the source of these feelings of unworthiness are:

Did someone tell you that you were unworthy?

Did you do something you haven't forgiven yourself for?

Do you feel you are being judged?



Seeing yourself as worthy

Think about someone you love, truly love. Allow that love to flow completely through you. How does that feel?

Take time to journal about this.

Now make yourself the focus of that love. Send that love to YOU. How does that feel? Take time to journal about this.

As you make yourself the focus of love, begin to feel worthy of receiving everything you want in your life.



Listen to the 2nd audio meditation EVERY day. Use headphones so you will not have any distractions. Below, write how you feel each day after your listen to the recording:
