

THE
DESERVINGNESS
MASTERCLASS

This Workbook Belongs To:

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DESERVINGNESS
MASTERCLASS

Definitions

WORTH:

"Of value equivalent to, such as to justify or repay, having merit.
What a person or this is worth equivalent to money."

vs.

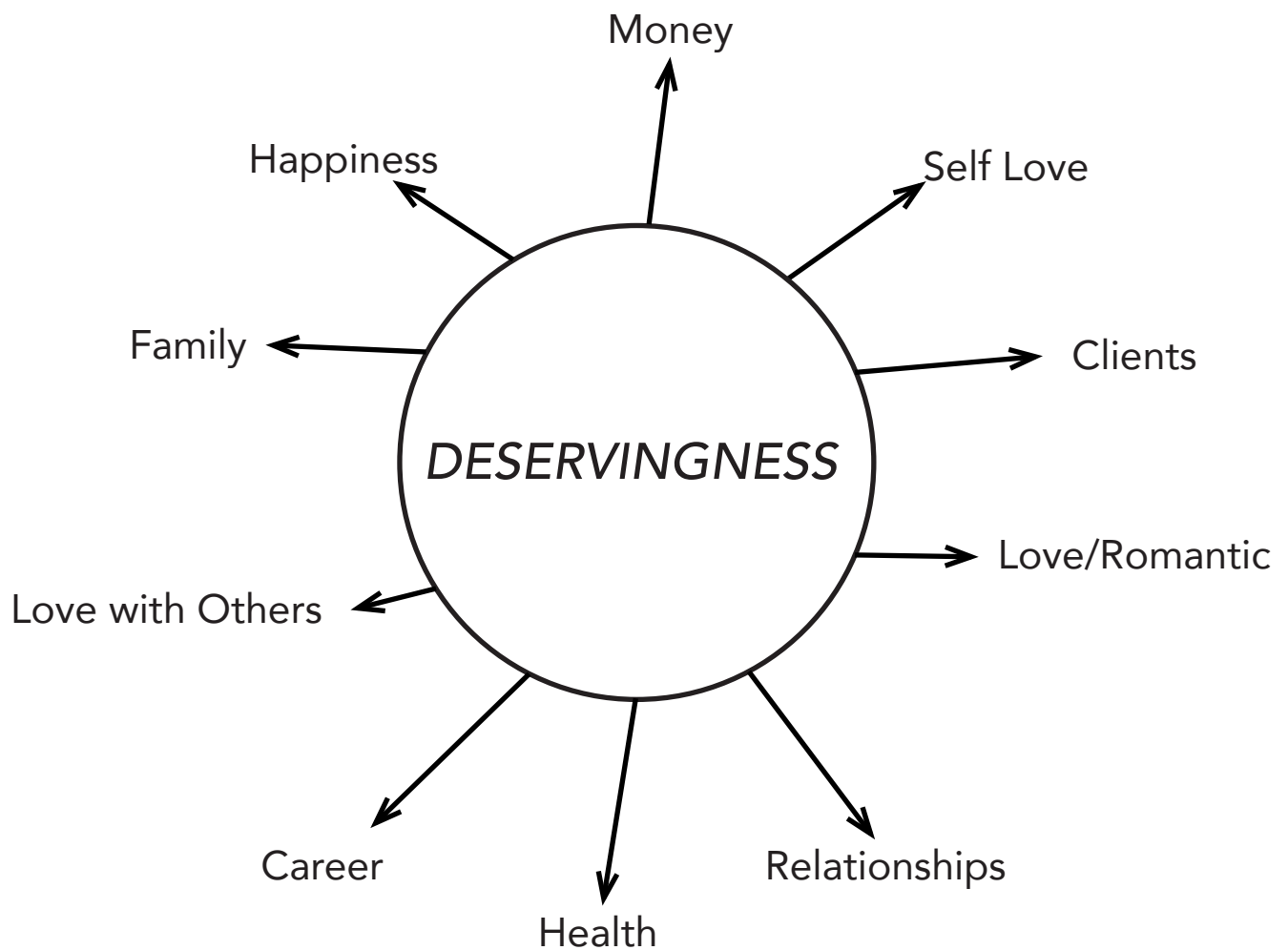
DESERVE:

To be entitled by conduct or qualities. To have established a claim
to [be something]"

DE-SER-VING-NESS

To decide YOURSELF what you will have, experience, accept, or
receive in life that reflects your birthright to the very BEST"

I Think I Deserve the Best...



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What is my life saying that I believe I deserve?

Health

Money/Assets

Self Love

Career/Business

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Happiness

Peace of Mind

Relationships with Others

Love (Romantic)

Other

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[illegible]

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REVISION

THE EVENT	MY PART	BELIEF CREATED	OPPOSITE BELIEF	REVISED OUTCOME
<i>Example:</i> The Breakup	Ignored red flags, choose to suffer, and experience being treated poorly.	I deserve to suffer and prove my worth in relationships.	I am Deserving of an Extraordinary Man who honors and cherishes me.	I honored my intuition, and ended things early saying "I deserve more than this."

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MY DESERVINGNESS STATEMENT

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THE DESERVINGNESS TRACKER

DAY	DESERVINGNESS STATEMENT (e.g. I deserve to do work I love and make money with joy and ease)	FEELINGS (e.g. I felt so "self-happy today")	EVIDENCE (e.g. I found money today)
1	✓		
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