



I AM READY
TO BE SEEN

I AM READY TO BE SEEN WORKBOOK

I AM...

The I AM journey is made up of four parts, with each part building on the next.

We begin at the beginning with low self-esteem (I AM More Than Enough workbook) which, when healed, moves you forward to...

Creating a higher level of confidence (I AM Confident workbook). A heightened level of confidence naturally brings with it a sense of knowing that...

You are deserving of greatness (I AM Deserving workbook). Great self-esteem, confidence and belief that you deserve everything you desire frees you so you can...

Be seen for who you are and the gifts you have to share (I AM Ready to be Seen workbook).

And then, with all four pieces in place, the money in your business is unlocked and begins to flow.



From Ilana's Desk



No more playing small and hiding your brilliance – it's time to turn up the dial and let the amazing and talented person you are be fully seen.

In this workbook you're going to discover where you've been playing small and censoring yourself, and what you can do to turn that around. This is the final step that will allow the money to start flowing into your business.

Let's begin...

Ilana



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M i n d f u l M o n e y C o a c h i n g . c o m



I AM SHOWING UP FOR MYSELF

You do NOT need to hide your body, your feelings or your opinions. You also do NOT need to 'sideline' yourself or postpone your happiness until later. In fact, when you stop hiding, allow yourself to be seen for who you really are, when you create fabulous memories and experiences now, not 'someday later' you'll experience life-changing results in all areas of your life. Your life will truly bloom.

Where can you be seen in your life? Where are you censoring yourself?



How do you feel when you think about showing up in the ways listed above?



Do you feel comfortable about being seen? Why or why not?

Write out the steps below to make it happen. What do you need to do?

Comit to the actions listed above. Decide, right now, that you are going to show up for yourself. How do you feel now? Capture those feeling here and revisit them whenever you need to remind yourself that you can do this.



Are you living your true purpose? If so, how?

Do you feel aligned with your work and life balance?

What is fun to you?



Are you enjoying what you do every day?

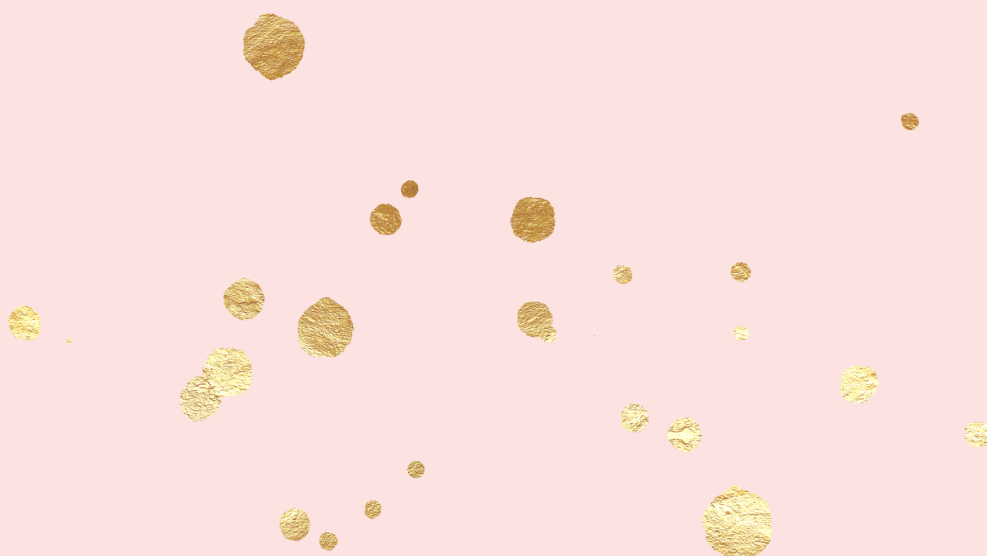
Do you feel you are getting everything out of life, if not, why not?

What could you do differently to be the best version of yourself?



How do you want to be remembered?

What do you believe to be true about yourself?



Notes

