I AM DESERVING

I AM DESERVING 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.

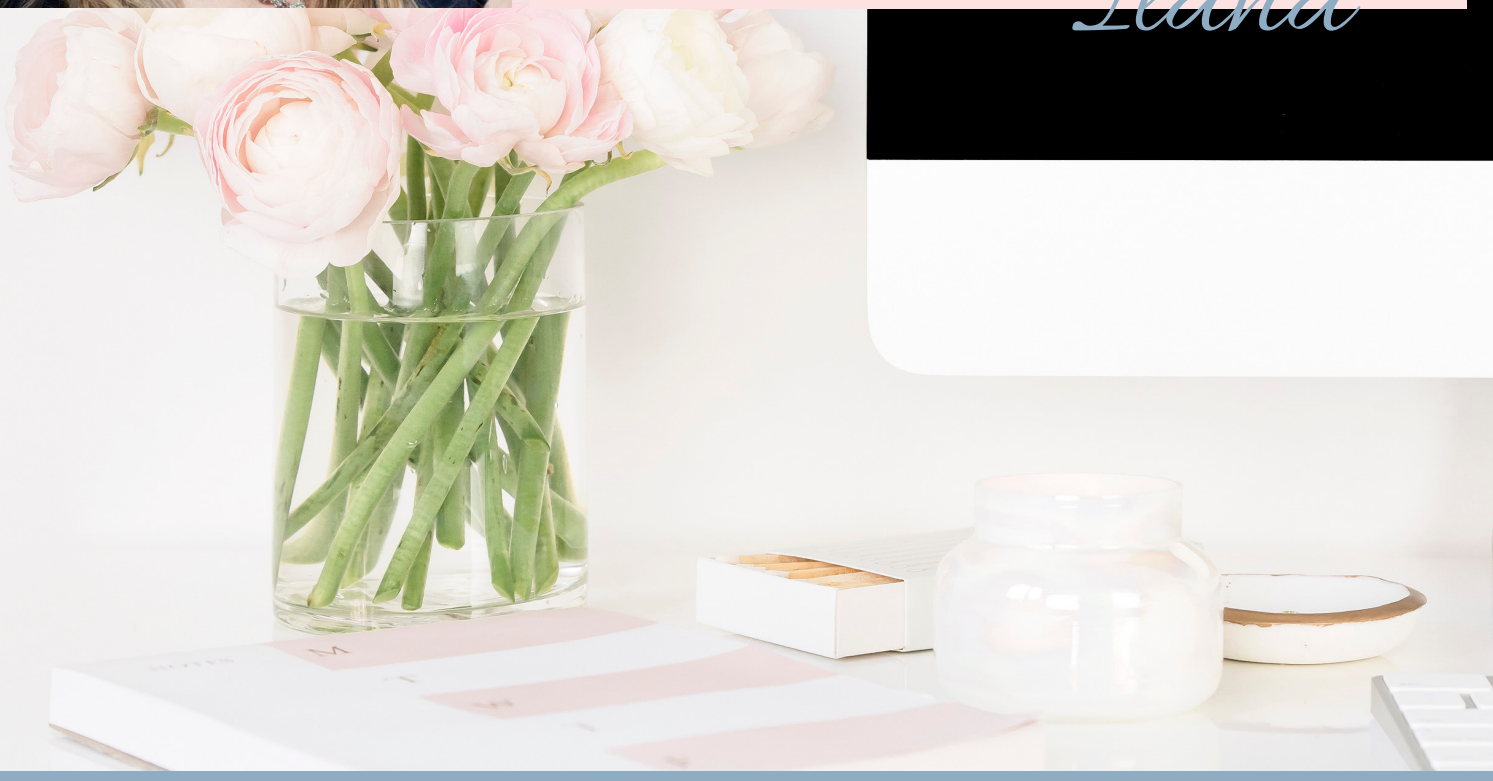
From Ilana's Desk

You can have all of the things you want in life: a great relationship, thriving business, beautiful home, a happy healthy family, whatever it may be. But if you don't truly believe you deserve those things then inside you will still feel lacking.

In this workbook we'll be exploring your self-esteem and confidence in a little more depth, to help you step into knowing that you are worthy and absolutely deserving of everything your heart desires.

Let's begin...

Ilana



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EXERCISES TO BOOST YOUR SELF-ESTEEM

Self-esteem - how much you like yourself - comes from within. Answer the questions below and then reflect on what you write down.

Recall a time you felt confident and successful. Reflect on all the steps you took to get to that point.

Think about your ‘confidence role model’ someone who comes off as self-assured, but not arrogant or pushy. Write about the qualities of this person you admire. You’ll find you can emulate this fearlessness during a tense moment.

Practice acceptance of your strengths and your challenges. List your three greatest strengths and why you're grateful for them. List your three greatest challenges and what you can learn from them.

When you've worked hard, give yourself some credit. Write down three things you did today that went well.

Accept validation from others. Write about a time when you shrugged off a compliment. What would it have been like to instead, simply say, “Thank you.”

Describe a time you initially labeled a “failure,” but later realized it was a stepping stone to something great. What happened?

What does confidence feel like to you? What does your body feel like? What are you saying to yourself?

List your favorite books and/or movies about someone who pushed past limiting beliefs to achieve something great.

Notes