



Senior
Digital
Academy
of Mérida

I AM POWERFUL MINI SELF-WORTH FLIPBOOK COURSE

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WORKING: ON MYSELF BY MYSELF FOR MYSELF



Self Worth

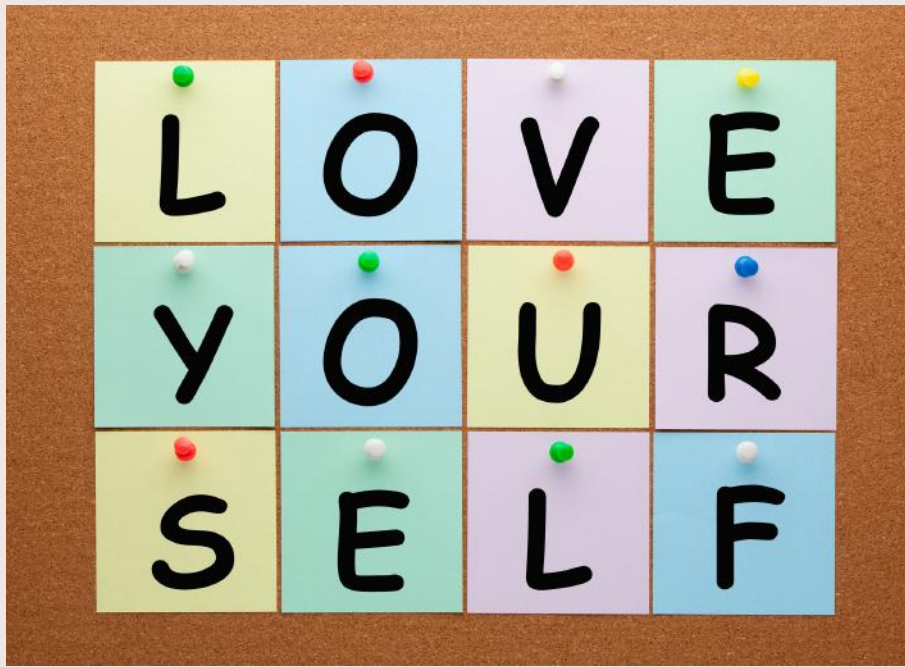


There is an undeniable cord in which we are all connected. There is a spectrum of darkness or negative thinking that holds us back in life and a higher frequency or a “living in the light,” where we glow our best. Consciously we have the choice to live at either end of this spectrum. Because our lives are made up of many moving factors it can be difficult to understand and navigate at times, especially when embarking upon a new journey, it can unquestionably shake us. It is no small task to break the work, eat, sleep, and repeat pattern that the U.S. has ingrained into our nature.

My deepest desire in this guide, is too impart the wisdom and lessons I’ve learned through my experiences. When taking on a journey of this magnitude, I will tell you emphatically, it takes courage, and this courage begins in our minds and ends in our hearts.

This guide allows you a moment to breathe, take inventory, and truly think through fears, limitations, and emotions to clear your path to sovereignty.

Whether it be Merida or another country, I beckon unto you ... take a chance and change your life for the better.



Hey! I'm "Your Conscious"
IT IS SELF-ASSESSMENT TIME!





Step one

How much do you value yourself?



Step two

Honestly ask yourself; what are my dreams?

What are my life lessons, and experiences worth?



Step three

Would I trade my life, loves, and challenges, for another person's trials and pain?



Reflection Page

In this section you will answer questions from page 3. Answer all the questions from your heart. Be honest with yourself with the willingness to tune into your higher self as well as your shadow side and ask yourself what is my life worth?

If you are like me, your answer may be EVERYTHING! I deserve everything, all my hand and heart can hold.

Once you understand that you are worth your weight in gold and you bring value to those around you, there is nothing that can stop you, and you are ready to make a pivotal change in your life!

How much do you value yourself?

Honestly ask yourself; what are my dreams? What are my life lessons, and experiences worth?

Would I trade my life, loves, and challenges, for another person's trials and pain?

Keep
Growing



Exercise Page

Do you think there is no way out? Discover that there absolutely is ... there is only ONE caveat; to gain a new life you must surrender the old one and be content on doing things diversely; moving, thinking, and being different.

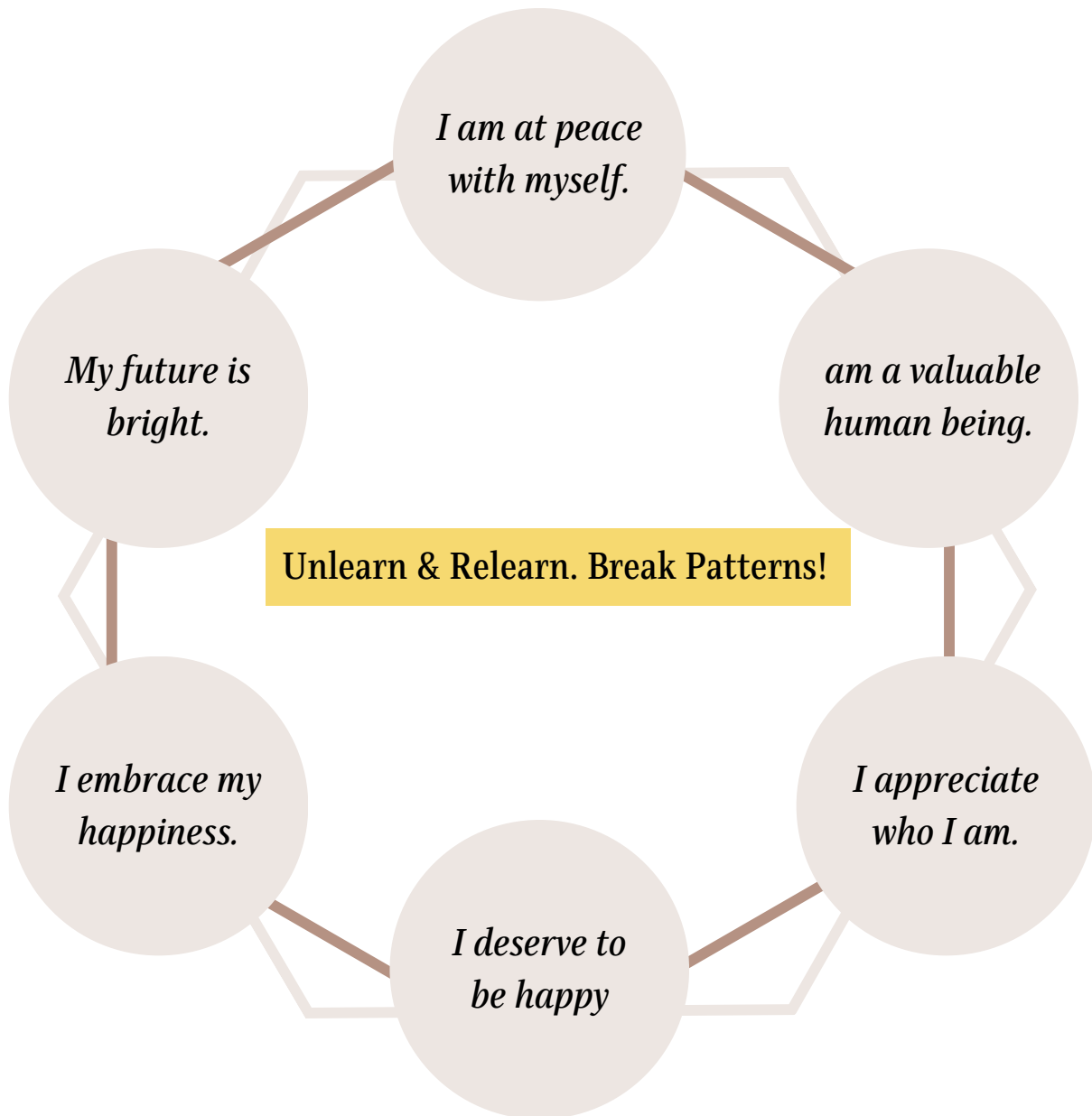
In this exercise, WRITE about how **fabulous you are! All that you can offer yourself and your world. Write down, your value as you WANT to see it, this is your assignment; To live aloud opposed to in your head.*

I AM FABULOUS AND THIS IS WHY?



Daily Mirrored Affirmations

Since change starts internally, know that your desires, and dreams are only a thought away. Change your mind, change your reality.
*Repeat these affirmations first thing in the morning and at night before you go to bed **IN THE MIRROR.***



Notes to Myself

*I dedicate this page to the **ALL of me!** All that I am and all that I will become. I realize the beauty I behold both inner and outer and I will talk with myself and too myself with love and kindness. I accept my genius as well as my shadows and I understand that both make me, all of me, there is only ONE me and I love and appreciate myself.*

A large, vibrant pink tulip with yellow centers is the focal point at the top. Below it are several smaller tulip buds and stems with green leaves.

Today I'm Powerful





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MEET YOUR INSTRUCTOR

Nichelle (Niki)

Founder

Senior Digital Academy of Mérida



Senior Digital Academy of Mérida was created to help adults and seniors feel more confident using today's technology through friendly, practical, hands-on learning experiences.



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