

*This interactive pdf can be
completed in 2.5 hrs hours
or 5 days/30 min a day).*

THE GREATEST GIFT YOU CAN GIVE YOURSELF

WORTHINESS

SELF

LOVE

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Welcome!

I'M RENEE

Do you have a passion for self-development as I do?

At the age of 48 years I discovered about the BRAIN's amazing ability to effectively ACCEPT, FEEL & RELEASE or ENJOY emotions from unwanted circumstances. Training brain to maintain inner peace despite challenges.

I have found after sharing this life changing information the past 4 years with 100's of individuals, a common denominator that motivated the desire to not just "saying and wanting" to make a change but to actually MAKE THE CHANGE was one's self worth.

So to help ALL to succeed in making the changes they want. I designed this short self-love interactive pdf. To boost self worth.

SELF-LOVE

The brain can be your best friend forever (BFF). If you train it to be. The mindsets you create within your brain can be impeding or cause you to thrive.

What does impeding look like: low vibe emotions ([see bonus page](#)). What creates a mindset: Experiences/Info + emotion = beliefs/mindsets/feelings

The brain can accept, feel & release UNLOVABLE, UNWORTHY & UNDESERVING feelings.

You can address these situations, so that the lingering emotion detaches from the experience.

If this sounds interesting to you continue!
The next 5 pages will inspire you to see the power of your BRAIN.



PART 1

WHO ARE YOU?

LIST THE TOP QUALITIES YOU SEE IN YOURSELF EVERYDAY



SELF-LOVE

[WATCH VIDEO ON SELF-LOVE](#)

*Downloadable
Interactive
PDF*

*W/ Instructional
videos*



What did you learn from the video?

At what age was your visualization & emotion?

What useful "words" did you tell yourself?
(Did you avoid words/concepts talking about bad things happening)



PART 2 It may take you 2 or 3 days.

What situations when you think of them produce feelings of being:

Unlovable, Unworthy or Undeserving

1) Start with your youngest age to current

2) WRITE A BRIEF 1 OR 2 SENTENCES FOR EACH SITUATION

3) Use follow-along video to help brain implement and practice technique.

VIDEO

3:54

repeat this
video 3x

WHAT IS YOUR 1ST MEMORY?

(BEFORE)
LEVEL OF
EMO 1 to 10

(AFTER)
LEVEL OF
EMO 1 to 10

VIDEO

30:03

2ND MEMORY

(BEFORE)
LEVEL OF
EMO 1 to 10

(AFTER)
LEVEL OF
EMO 1 to 10

VIDEO

30:41

3RD MEMORY

(BEFORE)
LEVEL OF
EMO 1 to 10

(AFTER)
LEVEL OF
EMO 1 to 10

Repeat video's for other memories, thoughts or current situations.

NOW CHECK-IN WITH YOURSELF

*just
breathe*

HOW DOES YOUR OVERALL WELL-BEING FEEL?

Do You Feel Less Stressed?

Do You Feel More Confident? Do you easily see additional qualities (who I am page).

Think About "Something" You Have Not Accomplished, Yet....
Do You Feel Less Pressured?

Is Your Brain Saying That You Are:

RATE

#1-10

UNLOVEABLE

#1-10

UNWORTHY

#1-10

UNDESERVING



YOUR FEEDBACK

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DONATE the value you **FEEL** you received. [https://cash.app/\\$diymentalboost](https://cash.app/$diymentalboost)

BONUS PAGES



Name of Level	Energetic "Frequency"	Associated Emotional State	View of Life
Enlightenment	700-1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

by David Hawkins

UNDERSTAND THE 3 STEP THOUGHT PROCESS

YOUR BRAIN IS LIKE A COMPUTER, THE SOFTWARE CAN BE UPGRADED SIMPLY!! THE COMBINATION OF THESE 3 STEP REPEATEDLY DONE IN SUCCESSION IS WHAT CAN CAUSE THE "RELEASE". (PERMANENTLY)

1

Briefly focus on what is the problem (video)

This step is the acknowledging and feeling of one's emotions. This is also the gathering of information so that you truly come to understand what your self-talk is really saying. Your self talk produces how your brain will make you feel.

Experiences/Information + emotions = the feelings you have in life.

2

Now re-engage your mind...Distraction (video)

Each step is important....this step is like a de-frac, lessens the impact. Each time one distract the brain from the low vibe emo direction of thought (see bonus page) the emotions will start losing its power on making one feel bad.

3

Go to a HAPPY thought (video)

This brings in "feeling" of an emotion (sensation). Not just a thought or words saying "I feel safe", but REALLY feeling the safety. This ability to "feel it" will replace the "low vibe emo" (see bonus page) and this is the feeling the brain will give about the situation. This is the step that helps one to "feel good emotions".