

The Journey to ME

Unleash Your Potential with Empowering Confidence

Session Two Guidebook





Publication Notice

Ann Rusnak - A R Success
Marketplace Strategies Inc.
16205 Chatfield Avenue
Cleveland, OH 44111
1-216-941-7059

Notice of Rights

This manual contains material protected under international and Federal Copyright Laws and Treaties. Any unauthorized reprint or use of this material is prohibited. All rights reserved worldwide. No part of this book may be reproduced or transmitted in any form by any means, electronic, mechanical, photocopying, recorded or otherwise, without the prior written permission of the publisher. For information on receiving permission for reprints and excerpts, contact <http://annrusnak.com/helpdesk>

Notice of Liability

The authors and publisher, Marketplace Strategies Inc., have taken every precaution to produce a high quality, informative and helpful book. But they make no representation or warranties of any kind with regard to the completeness or accuracy of the contents of the book. Nor do they have any liability to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by following the instructions contained in this book or by the computer software, or websites described in it. This publication guarantees no amount of money to be made and the authors and Marketplace Strategies Inc. cannot be held responsible for any actions taken. All links are for information purposes only and are warranted for content, accuracy or any other implied or explicit purpose. By clicking and using of the web sites in this book, you agree the Marketplace Strategies, Ann Rusnak and her licensors have no liability whatsoever from these third party sites and your usage of them.

This information is not presented by a medical practitioner and is for educational and informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.

All information contained within this publication represents the view of the author as of the date it was produced. Because the Internet and marketing change frequently, the author has the right to change or update the following information based on new conditions. The author's opinion can also change without notice. The author has done their best to ensure that all information contained in this publication to be accurate and currently up to date, but takes no responsibilities because of changing conditions.

While every attempt has been made to verify the information provided, the author takes no responsibility for errors, omissions or inaccuracies. The author is not liable for any actions that may result from the information contained within this publication. The author shall not be held liable to any party or person for any, indirect, special, incidental, direct or any other consequential damages arising from use of the information contained in this publication. The material is provided "as is" and without warranties.

Self-worth is important to your ultimate happiness



Think of your self-worth as a treasure chest. A treasure chest is worth something... even an empty treasure chest is worth something. Even if the chest is battered and weather worn... it's still worth something. Just because the chest exists, it's worth something. It is not worthless.

Let's take it a step further... Suppose somebody smashes the treasure chest and shatters it into a thousand pieces. The pieces of wood are still worth something.

Those shattered pieces may represent your pain, hurt, your inner beauty and your uniqueness.

The difference between Worth & Value

Worth - simply knowing you are a child of God, appreciate yourself and to be nobody but yourself. Your self-worth cannot be taken away from you as it is intrinsic, internal, and eternal.

Value - That which is rendered desirable, something has intrinsic utility to one or more persons. Value is subjective.

Your treasure chest if filled with gems, pearls, silver and gold. While you are disconnected from your self-worth, you lose sight of the contents and the value bring to the world.

Let's examine the contents of your treasure chest.

- Gems - Self Confidence - How trust & believe in yourself
- Pearls - Self Esteem - How you see yourself
- Silver - Self Respect - How feel about yourself

All three of these attributes measures **YOUR** perceived self-worth. What evolves on the inside is reflected on the outside. Your self-worth shines outwardly by the actions you take.



The Island of Forgiveness

Meeting Wise Individual Judith

The Process of Forgiveness: The decision to let go of resentment and thoughts of revenge.

Forgiveness doesn't mean that you deny the other person's responsibility for hurting you, and it doesn't minimize or justify the wrong. You can forgive the person without excusing the act.

Forgiveness brings a kind of peace that helps you go on with life.

Unforgiveness unchecked is like cancer in your soul...it does not stay where it started...it begins to affect us, our family, work, mood, attitude, etc. ~Bishop T. D. Jakes

The Silver Coins in your Treasure Chest - Self Love/Self Respect

M _____
I _____
S _____
T _____
A _____
K _____
E _____
S _____

Where Do You Need to Forgive Yourself

Polishing Your Silver

Showing Self Love/Respect Toward Yourself -

- ❖ Forgiving yourself for past actions
- ❖ Stop All Criticism
- ❖ Stop Terrorizing yourself with negative thoughts
- ❖ Treat yourself as you would treat someone you loved
- ❖ Gently change your thoughts of self-hatred to more loving ones
- ❖ Praise yourself
- ❖ Be loving to your "flaws"
- ❖ Take care of your body
- ❖ -----
- ❖ -----

Write down one action you will take everyday for the next 7 days to show self love/respect

Self-love has very little to do with how you feel about your outer self.

It's about accepting all of yourself.

Tyra Banks

The Island of Gratitude

Meeting Wise Individual Marcus

The Process of Gratitude: Emotionally expressing appreciation and acknowledgement for what one has and the benefit you receive or will receive.

It is the Master Key that opens all doors of possibility and true greatness.

The Gems in your Treasure Chest - Self Confidence

Self-confidence is perhaps the most important quality that sets successful people apart from others.

The Creative Force of Dreams & Desires.

God doesn't give an idea or dream without giving you everything you need to see it realized. He placed those talents in you so you can use them for your joy, happiness, self-expression and fulfillment.

Your dreams, desires, ideas are there for you to use the gifts God gave you. Using your gifts... talents honors your true self... your **Magical Essence**. You and I are here for a purpose... to accomplish our life's work and realize our true potential.

Your true self is always screaming to be heard. Ignoring and denying our true nature can cause stress, anxiety, depression... Often leaving you with the feeling something is missing is in your life.

Your dreams are the maps of our lives. Your dreams will direct you, chart your course. Your dreams will guide you to prosperity, joy and fulfillment.

Questions of Self Confidence Exploration

- ❖ Are you grateful for the gifts God gave you?
- ❖ Are you using the gifts God gave you?

- ❖ Are you comfortable accepting compliments?
- ❖ What are some of your talents and assets that you downplay?

Polishing & Shaping Your Gemstones

Connecting with your inner talents & natural abilities

- ❖ **Listen Within** - What is your inner voice telling you?
- ❖ **Finding your Passion** - Write out your ideal day/month or year. This exercise brings out how you like to spend your time and what you're passion about doing.
- ❖ **Listen Outward** - Sometime we take our talents for granted. What do your children and others ask you do? Listen to your compliments. Just ask others.
- ❖ **Reflect Backwards** - Think back to your childhood and remember the simple things that made you incredibly happy. What makes your heart dance and your eyes light up?
- ❖ **Going Outside Your Comfort Zone** - take course, develop a skill, do something scary.

**Gratitude makes sense of our past, brings peace for today,
and creates a vision for tomorrow.**

Melody Beattie

Next 6 Affirmations

- I love and accept myself
- I treat myself with unconditional love
- I am perfect exactly as I am
- I am willing to see my own magnificence
- I think and speak positively
- I accept all parts of myself
-

Forward Action Steps

Read the 6 Self-Worth Affirmations upon rising and again before bedtime.

Write out a letter of forgiveness toward yourself

Show self-love everyday - what's the one thing you will do over the next 7 days

Answer the Self Confidence exploration question

List 10 things you are grateful for in relation to your inner gifts.

List 10 things you are grateful for in your life

Use the 5 Polishing Your Gems Questions to Identify your gifts
