

The Journey to ME

Unleash Your Potential with Empowering Confidence

Session Three 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 Theatre of the Mind

1	2	3

The Future You Now Playing on Three Screens

Screen 1

Why was this important?
Relationship 1 & 2
Action Step

Screen 2

Why was this important?
Relationship 2 & 3
Action Step

Screen 3

Why was this important?
Relationship 3 & 1
Action Step

What did I learn?

The Island of Faith & Trust

Meeting Wise Individuals Stephanie and Rai

The Phase of Faith & Trust: confident expectation of something or someone

Everything you want... all the money you can spend is waiting for you on the other side of trust. ~ Tom Pauley

We live in an abundant universe. It can never run out or what you desire and there is more than enough for everybody.

The Scary Side of Trust & Faith

"Learn to trust that you'll be taken care of, doors will open, the means will be provided, the way is clear and you are safe and guided on the way." ~ Tom Pauley

Learn to Let Go with small steps

Trusting your inner voice and follow your instincts

Trusting everything you need will be provided

Faith gives you the ability to surf on the waves of life

Island of Self Acceptance

Meeting Wise Individual Laura

The Phase of Self Acceptance: Seeing and totally accepting you as you really are... divine, creative, beautiful and perfect in every way.

Courageously let go of the false story about yourself and boldly step into your **M**agical **E**ssence

Add Gold Doubloons to Your Treasure Chest.

Gold Doubloons... Any treasure chest of great value contains Gold.

Gold holds a special place in history and human development.

This rare sun yellow metal is the only metal that will not tarnish or rust.

Gold continues to remain a store of value... It can be saved and retrieved much later with predictability of its value and usefulness.

If want gold in your treasure chest, you must put it there.

The gold doubloons represent the **value** you bring to the world.

Developing and sharing your treasure, releasing your inner gifts to improve and enhance the lives around you adds value to what you do.

Next 9 Affirmations

- This year I do the mental work for positive change
- I am my own unique self
- I am a natural winner
- I trust the intelligence within me
- I am a harmonious being
- I freely express who I am
- I love myself totally in the now
- I have unlimited potential
- I am a Yes person

Forward Action Steps

Read the 9 Self-Worth Affirmations upon rising and again before bedtime.

1. Do the action steps from the Future You visualization
2. Create Your Trust List - Located in your Chart Your Destiny Treasure Map Journal
3. Inner Treasure Discovery Guidebook - Complete questions, determine your Money Making Idea
