MANIFEST YOUR BEST LIFE!

SELF- RESPECT

To build self-respect, feel your emotions and respond to them. Feel and process your disappointments. Celebrate your efforts and attempts.

SELF-AWARENESS

Become your best self observer! See yourself truthfully and know your impact, both positive and negative. Stay awake and curious!

SELF-REALIZATION

SELF-CONFIDENCE

To build Self -Confidence, take healthy risks that align you with your best self. Step out of your comfort zone. Act with courage, trust, hope, drive and humility.

SELF-LOVE

Love and accept yourself as you are, while reaching for a more awakened version of you. Let go of perfection! Everyone has strengths and weaknesses, successes, and failures.

SELF-WORTH

Your value or worth is your birthright! You are inherently worthy. You do not need to prove your worth. There is nothing you can do that will decrease your worth or increase your worth. Your worth is fixed.

SELF-ESTEEM

To build self -esteem, live up to your personal standards: act in alignment with your own goals and principles. Make choices that are in your Highest and Best Interest!

Your valued self thinks clearly, acts wisely, feels authentically, and knows without reservation your innate value. Your optimal valued self is strong, flexible and takes full ownership and responsibility for creating your reality. This self-actualized responds wisely to life's inevitable challenges and guides you to manifest your best life.

SKILL BUILDING for Experiencing your Valued Self

Using your Inner Fitness skills and practices, to experience more fully your valued self: self-awareness, self-love, self-worth, self-respect, self-esteem, and self-confidence.