

MANIFEST YOUR *BEST* LIFE!



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.