

# FEELING GOOD ABOUT YOU

THE JOURNEY OF DISCOVERY  
THAT LEADS TO SELF-ESTEEM



## *Module 7 – Worksheet 3*

### **Moving Forward**

Congratulations on completing this workbook. It has provided you the opportunity to move ahead in your personal development. As you read the book and worked through the exercises you have looked at values and behaviors you were taught as a child, noted which still work for you today and which don't, and given yourself permission to change those that no longer fit the assertive adult you are now.

You've also become aware of your inner child and how s/he might subconsciously be trying to protect you from emotional or physical harm, and in the process undermining the adult you now. Your inner child provides running dialogue in your head, which creates perceptions that in turn create your feelings and behaviors. You now know you have the right to take care of your inner child by changing your self-talk. And acting in the way that's best for you now as a capable, competent adult.

You now understand the importance of your need and right to have personal power, and your rights in relating to others.

The worksheets have also helped you become aware of the connection between your thoughts and feelings. You now know that only you are in charge of your self-talk, and through this you create your own positive feelings and emotional responses in given situations. You have also learned that these experiences are a painful, yet necessary part of self-discovery.

The videos and exercises in this program have led you to look honestly at who you are today,, complete with skills, attitudes, beliefs, values, likable/unlikable characteristics, preferences, fears and dreams.

The goal has been for you to look at all the qualities you received from your family and friends, to recognize what you need in order to feel supported, understand your rights and need for personal power, see how self-talk influences you and creates your emotional responses, and accept all of the incredible person you are in a loving, nonjudgmental way.

If there are exercises you found particularly uncomfortable or were difficult to do, we encourage you to go back and try them again. These are most likely the issues that are holding you back. When you revisit them they will guide you to look deeper into yourself and discover why these particular exercises were uncomfortable. This discomfort may be a sign to you that this is still a problem in your life. If so, we encourage you to refocus on the particular exercise. If it's still too difficult for you to do, we encourage you to talk with a professional trained in counseling to help you deal with whatever is causing you excessive pain or problems.

This composite of the person you are, your past, present, and future, is yours alone, and needs no approval from anyone but yourself. You have completed these exercises to better understand and accept the amazing person you are.

This might have been a difficult yet joyful journey of rediscovering the special person you have always been. We hope you will now accept yourself in totality, and feel love and compassion for your whole being.

It's time for you to honor your rediscovered self and use that knowledge to move ahead and create the life you've always dreamed of.

**CONGRATULATIONS!** You are now self-aware and **FREE TO BE YOU!**

This is what positive self-esteem is all about!

Please know that now that you've finished your Feeling Good About You Breakthrough, you always have a positive community to connect with. You are welcome to continue on our calls, and email Sandy whenever you feel the need of some support.

Again Congratulations! You've done a terrific job and have much to be proud of yourself for.