

# Self Nourishment - Week Two



'Don't miss the woman you were meant to be'

So often as women we are disconnected from our authentic sense of self.

We can look in the mirror and not recognise the woman staring back at us.

Its known as a 'displacement of self'.

Let's not miss the women we were meant to be.

Your authentic self has been patiently waiting for you to recognise her and reconnect.

Your authentic self is positive, upbeat, smiling, calm, reassuring and confident – this is YOU underneath all those 'layers'.

Mirror work – This is a powerful emotional exercise and vital in the process of self acceptance to find our flow in life.

We criticise ourselves so much and we need to start connecting with YOU and your soul essence, this is self nourishment.

*If you  
are  
looking for  
that one  
person  
who will  
change  
your life,  
look in the  
mirror'*

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## Ask the following questions:

When you look at the mirror what do you see?

How do you feel about her?

What does she need right now, both emotionally and physically?

How does she feel about the life she is living?

Is she happy with the life she has led?

Who is this woman? Who lives behind the image you see?

What is the true potential of this woman?

What is she passionate about?

What is she capable of if she wasn't afraid?

If she were to allow what she wanted to happen what would she do?

What baby steps would you suggest to help her, to stop fears?

How willing is she out of ten to begin this journey?

*'There will always be someone who doesn't see your worth - don't let it be you'*