

UNFUCKWITHABLE

Take back your life and learn to be
UNFUCKWITHABLE

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FOR

THE EMPOWERED WOMAN TRIBE

Unfuckwithable - Definition:

When you are truly at peace and in touch with yourself. Nothing anyone says or does bothers you and no negativity can touch you.

Rule: Be Unfuckwithable

Extraordinary minds do not need to seek validation from outside opinion or through the attainment of goals. Instead, they are truly at peace with themselves and the world around them. They live fearlessly - immune to criticism or praise and fuelled by their own inner happiness and self love.

Exercise for becoming UNFUCKWITHABLE

Exercise 1: The person in the mirror (creating self-love)

I LOVE YOU: Start by focusing on one eye. Once your gaze is fixed on that eye, repeat to yourself (aloud or silently) I LOVE you. Do it for as long as you feel it is right. Do this every day.

Exercise 2: Self Gratitude.

Journal prompt. What I love about myself.

Your sense of humour, your taste in books, your big heart, etc

Exercise 3: becoming present. Use your 5 senses. Focus on what it is around you. BE PRESENT. Focus on your breath.

Homework:

Journal Prompt: To figure out where you stand, I want you to journal it out with this following journal prompt.... "at what point in your childhood did you begin to believe you weren't enough?"

Let`s see what comes up for you during this process. Remember, don`t judge your thoughts, don`t over think them, forget about grammar and spelling, just write.

How did that feel? Were you able to pinpoint where your beliefs came from? Now that you know where they came from, you need to some healing around that.

Homework:

Pick 1 of the activities above to work on this week. Write it down below.

The activity I am working on this week to heal my belief that I am not enough is.....

The next step is going to feel like it might be corny, but hey you know by know corny is my JAM. Oh and it works!!!

I want you to fill out the permission slip below, cut it out and put it somewhere visual so you can see this EVERY DAMN DAY. We need to change that belief into something powerful and become UNFUCKWITHABLE.

I _____ (name) give myself permission to let go of my past experiences that led me to believe I wasn't enough. I give myself permission to love myself unconditionally, to believe I am enough and to unapologetically be myself.

I choose to believe and I know to my core I AM ENOUGH!

(signature)

(date)
