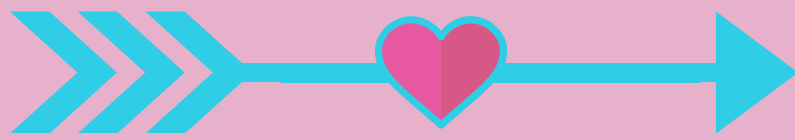




HOW TO
Love Yourself



& BE A LIGHT
IN THE WORLD

with Kim Wilborn

WORKBOOK

3 Ways to Change Your Life with this Workbook

1 - Print this workbook and use it during our webinar to create your own action plan.

2 - Think of one question you want answered. There will time during our Q & A session for me to answer your question:

3 - At the end of our time together, choose one practice to begin right away:

Experience #1

The example that changes everything

What was most surprising to you about this part of the webinar, and how did it feel in your body?



Experience #2

The Circle

How did your circle behave, and how did this make you feel?



Practice #1

House of Loving Yourself

What do you want to remember most,
in order to make this an ongoing practice?



Practice #2

Temple of Self-Acceptance

What came up first for you, and how did it transform?



Practice #3

Color & Self-Love

Where were you directed, and what was the outcome?



Experience #3

The Review

Was this easy or hard, and how do you see it changing your future?



Extra Notes:

