

MY WORTH

MY PURPOSE

MY JOURNEY

8 week program





“WHAT LIES BEHIND YOU AND WHAT LIES IN FRONT OF YOU PALES IN COMPARISON TO WHAT LIES INSIDE YOU.”

## KNOWING YOUR WORTH + VALUE

Your worth and value doesn't come from what you do, what you have, or what others think of you. It's an internal, unchangeable and foundational part of who you are.

## YOUR 'FIT' AND 'SHAPE'

Each of us are unique and we each bring something to the table that is both valuable and needed. Start to discover the value of what's already in your hands.

## APPRECIATING YOUR JOURNEY

Every single one of us are on a different journey and every season of our journey is packed with purpose - the highs and lows included. Nothing in our lives is ever wasted.

## VALUING YOUR VESSEL + SELF-CARE

Each of us have been given one vessel, one body to live in. This body is unique and of immense value, and looking after it goes beyond the physical and what we see.

## GUARDING YOUR HEART & MIND

Our mind and heart matters - it's the real us, the place where our dreams, desires, and passions live, the seat of our self-worth, emotions, and trust, and the place that everything flows from. “As a man thinks, so he is.”



## DOING LIFE CONNECTED + IN COMMUNITY

None of us have been created to do life alone. Every single one of us are wired for and worthy of connection and community. Connection that is real, creates a safe space for us to be our authentic selves, and that builds us up.