

LIVING AS A 10

What would it be like to live each day as a “10,” fully embracing and embodying high self-worth? Please complete the questions below as you explore what your day at work and in your personal life would look like living as the “10” that you inherently are.

If I lived as a 10 (meaning in high self-worth) today, I would. . . .

Feel like. . .

Act like . . .

Take action on . . .

Let myself dream about . . .

Speak to myself. . .