



## DAY 3: What Would You Do If You Knew Your Worth?

**Today's Focus:** Envisioning the worthy life

### The Worthy Life Visualization

**Complete these sentences quickly. Don't overthink. First answers only.**

If I knew my worth, I would charge \_\_\_\_\_

If I knew my worth, I would leave \_\_\_\_\_

If I knew my worth, I would say no to \_\_\_\_\_

If I knew my worth, I would ask for \_\_\_\_\_

If I knew my worth, I would stop \_\_\_\_\_

If I knew my worth, I would start \_\_\_\_\_

If I knew my worth, I would choose \_\_\_\_\_

If I knew my worth, I would walk away from \_\_\_\_\_

If I knew my worth, I would take up more space in \_\_\_\_\_

If I knew my worth, I would finally \_\_\_\_\_

**Look at your answers. What patterns do you see?**

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*This is not fantasy. This is the life I am worthy of.*



## DAY 4: Practice Receiving Without Earning

### Today's Focus: Breaking the earning pattern

You've been taught that you must EARN: love, rest, care, money, attention, value.

Today, you practice receiving without earning. Just because you exist.

### Today's Practice: Receive Without Earning

- ☐ Accept a compliment without deflecting or returning one
- ☐ Let someone help you without feeling obligated to reciprocate
- ☐ Rest without earning it through productivity
- ☐ Take up space without apologizing
- ☐ Say yes to something that serves only you

### Track: What happened when you received without earning?

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### What did you feel? (Guilt? Relief? Discomfort? Freedom?)

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*I am worthy of receiving simply because I exist.*



## DAY 5: Charge What You're Worth (Or Ask for the Raise)

**Today's Focus:** Worth in the marketplace

Your worth shows up most clearly in how you value your time, energy, and expertise. Today, you're adjusting your prices, asking for the raise, or renegotiating the terms.

### Money Worth Practice

Choose ONE:

- ☐ **Option A:** Raise your prices (if self-employed)
- ☐ **Option B:** Schedule conversation to ask for raise (if employed)
- ☐ **Option C:** Renegotiate terms of an existing arrangement
- ☐ **Option D:** Stop discounting/over-delivering to prove value

**What did I choose and why?**

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**What fears came up?**

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**What story am I ready to release about my financial worth?**

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*My value is not determined by what others are willing to pay. I set the standard.*



## DAY 6: Stop Over-Giving to Prove Value

### Today's Focus: The over-giving pattern

When you don't believe you're inherently valuable, you over-give to earn your place. You do more than you asked. You give more than required. You exhaust yourself proving you're worth keeping. Today, you stop.

#### Recognition: Where Am I Over Giving?

Where do I give more than is asked or required?

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Who do I exhaust myself for to prove I'm valuable?

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What am I afraid will happen if I stop over-giving?

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What would 'right-sized giving' look like instead?

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#### Today's Action: Pull Back

- ☐ Give exactly what's required. No more.
- ☐ Notice the discomfort of not over-performing
- ☐ Sit with the fear that you're not doing enough
- ☐ Let others have their feelings about your boundaries

What happened when I stopped over-giving today?

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*I do not need to earn my place. I belong simply because I am.*



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## DAY 7: Embody 'I Am Enough As I Am'

## Today's Focus: Integration and embodiment

You've traced the wound, seen the system, envisioned the worthy life, practiced receiving, adjusted your worth in the marketplace, and stopped over-giving. Today, you integrate it all into one embodied truth: I am enough as I am.

## Morning: The Integration Letter

**Write a letter to yourself titled: 'I Am Enough As I Am'**

Include:

- What you learned this week about your worthiness wound
- What you're releasing (old beliefs, over-giving patterns, people-pleasing)
- What you're claiming (your inherent value, right-sized giving, worthy choices)
- Your commitment to living as worthy from this point forward

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are approximately 20 lines visible. A faint vertical margin line is present on the left side, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled document.



## Today: Live As Worthy

**For this entire day, make every choice from 'I am enough as I am':**

- ☐ What you eat (what your body wants, not what you 'should')
- ☐ How you rest (without earning it)
- ☐ What you say yes and no to (based on worth, not obligation)
- ☐ How you show up (authentic, not performing)
- ☐ How you receive (gracefully, without deflecting)

**End of day reflection: How did living as worthy feel different?**

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*You are not becoming worthy. You are remembering that you always were. 💎*



## DAY 2: Who Benefits from Feeling Small?

**Today's Focus:** Understanding the system that needs you to doubt yourself

Your worthiness wounds someone. It keeps you small, manageable, controllable, profitable, or safe. Today, you're seeing who benefits from your doubts.

### Morning Inquiry: The Beneficiaries

Answer honestly:

1. Who needs me to stay small? (People, systems, institutions)

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2. What would I do if I knew my worth? (That scares them)

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3. Who would I outgrow if I claimed my value?

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4. What industries profit from my insecurity?

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5. Who would be threatened by my full power?

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**Reflection:** Am I protecting them by staying small? Or am I protecting myself from their reaction if I grow?

*My worth is not negotiable. Not for their comfort.*



## DAY 1: Where Did You Learn You're Not Enough

**Today's Focus:** Tracing the worthiness wound to its origin

Your worthiness wound didn't appear out of nowhere. Someone taught it to you. A parent, teacher, partner, culture, religion, experience. Today, you're going back to find it.

**When was the first time you remember feeling 'not enough'?**

**How old were you?**

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**What happened?**

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**What did you decide about yourself in that moment?**

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**Who taught you that you weren't enough? (person, system, culture)**

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**Afternoon Reflection: The Pattern**

**How has this belief followed you through life?**

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*That belief was taught to me. It is not the truth.*





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