

Module 2 Exercises

Self-actualization desire to become the most that one can be

Esteem

respect, self-esteem, status, recognition, strength, freedom

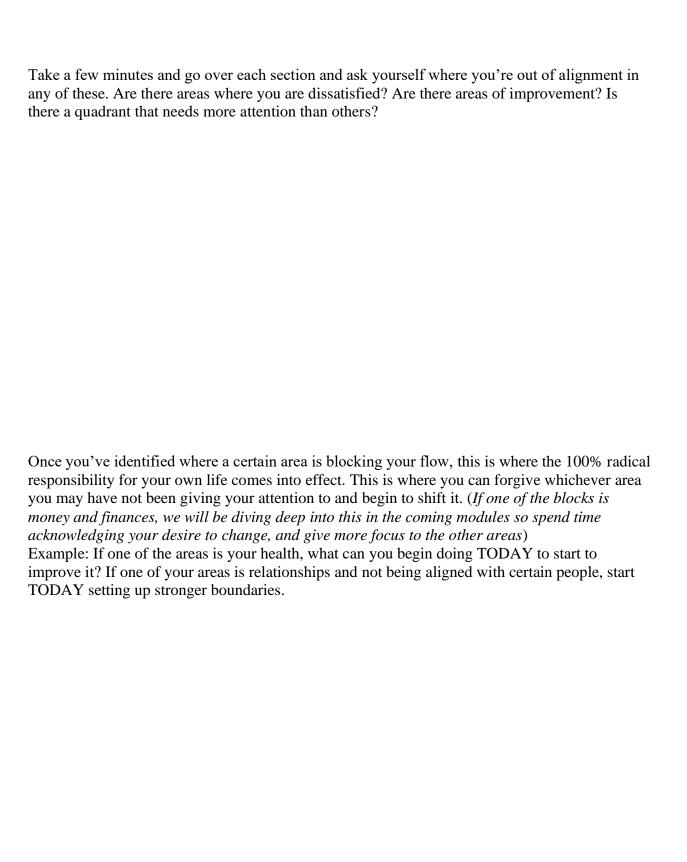
Love and belonging friendship, intimacy, family, sense of connection

Safety needs

personal security, employment, resources, health, property

Physiological needs air, water, food, shelter, sleep, clothing, reproduction

Maslow's hierarchy of needs



Tapping into more abundance in your life and raising your frequency can only occur when you come into alignment with it. Where you give your attention will keep it in your vibration. If the areas you feel most out of sync with are Love and Belonging and Esteem, use tapping to start to release these energies and instill more powerful beliefs. Do this daily if not multiple times a day to start coming into alignment with your higher self and release what's preventing you from embodying her.

If you truly want to thrive, you have to start making different decisions than what you've previously been making. You have to realize that excuses as to why you aren't where you want to be are energizing your circumstances instead of empowering change. Where in your life are you allowing excuses to unconsciously run your life? List out the current excuses you have as to where you aren't where you want to be. After you've done this, prove yourself wrong by listing out all of the reasons why it IS possible. Once you realize the potential and possibility, the answers and support will begin to show up.