



Helping Women Breakthrough The Barriers That Weigh Them Down!

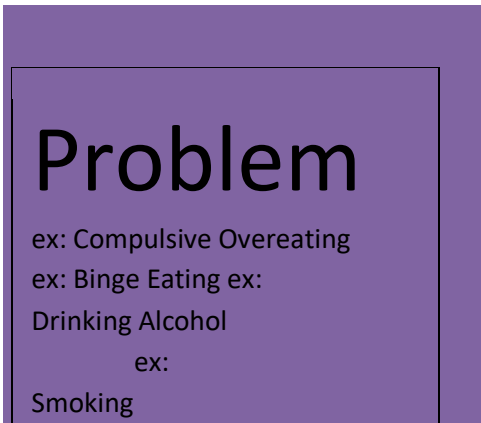
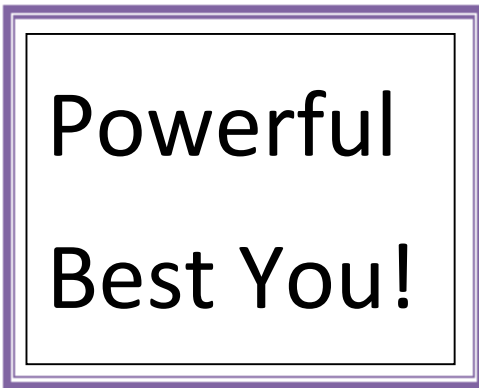
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Developing Self Appreciation & Eliminating Disempowering Behaviors

Developing Self Appreciation

1. Write the qualities and aspects of yourself that you saw and heard as you looked through the eyes of love and appreciation.

Sssshhhhhish Pattern

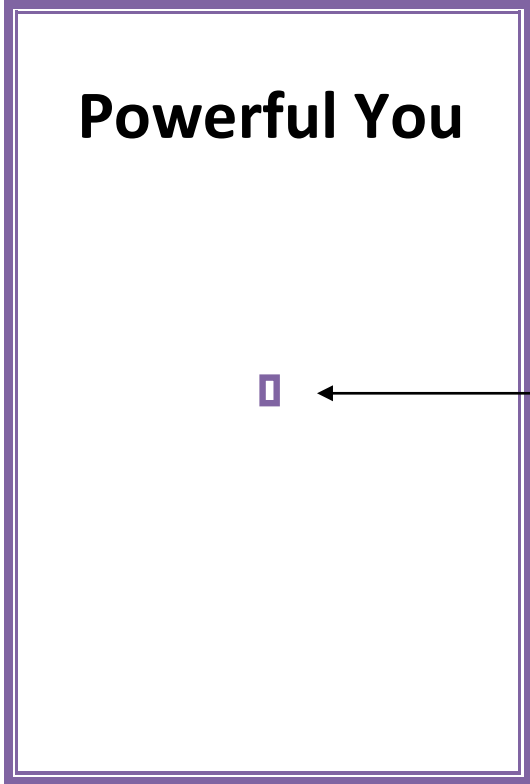


2. Write down what you learned from this

exercise....and share in the forum what you eliminated and what you replaced it with. Keep the problem short and the vision of who you are now big. There is no need to share the story of who you used to be since that is not who you are now. (Repeat this exercise with another challenge you are looking to eliminate.)

Have a

fabulous, awesome, beautiful week. You're FAB!



Problem
reduce pic to create a dot "cue picture" in the middle of the **Powerful You....** like a shutter on camera.
When you click on it will replace the Powerful You and vice versa.