

MODULE 5

DIGGING INTO THE HEART & SOUL

INTRODUCTION

Learning to receive without victimizing yourself. Resigning as a martyr and creating a system of support so you can thrive and ultimately succeed.

ASSIGNMENT

Say these daily affirmations daily (alternate between them):

- **I am beautiful. I am strong. I am powerful. I am enough.**
- **I am in control of my life and body.**
- **I am choosing life over sickness & abuse.**
- **I am unstoppable.**
- **I am committed to surviving & thriving because I love me some me!**