



21 Days of Worthiness Journey

Pre-Post - Begin

- 1) Take Inventory
- 2) You Have Nothing to Prove
 - 3) Clear Space
 - 4) Inner Child
 - 5) Forgive
 - 6) Move
 - 7) Affirmations
 - 8) Nourish
- 9) Cultivate and Create
- 10) Who Are You When Noone is Watching?
 - 11) Limiting Beliefs
 - 12) Rest and Restore
 - 13) The Invitation
 - 14) Tools
- 15) Spirituality Redefined
- 16) Beauty is Valid
- 17) The Pursuit of Peace
 - 18) Joy
 - 19) Reflect
- 20) Set Intentions
- 21) Celebrate

Post-Post - The Evolution Continues