

# YOU ARE WORTH IT presented by Louise Griffith

## Honor Your Wisdom

Wisdom is the memory of the soul. Wisdom brings perspective that informs your choices.

*Reflection: What is it that you know you know, even though you may not have all the details at this moment?*

## Choose Your Story

Did you ever hear any of these messages as a child?

Don't Be A Know-It-All    Keep Peace At Any Cost    Be Happy With What You Have  
Be Quiet    Be Good    Do What I Tell You    Don't Be Too Bright

*Reflection: Which of these messages are still part of your current story? How have they impacted your life today?*

Imagine hearing messages like these...

Be Proud Of Who You Are + What You Know    You Make A Difference    You Are Wise  
Trust You Know What To Do Next    You Count    Think Big    Speak Your Truth

*Reflection: You can tell yourself these messages every day. If your story isn't making you feel worth it, choose a new one. You decide. What do you want your story to be?*

## Celebrate Your Magnificence

The most selfish thing you can do is to let yourself be consumed with fear, self-doubt, self-criticism and concerns about your own inadequacies. By letting yourself be preoccupied with these negative thoughts, you rob yourself and others of your greatest talents.

*Reflection: What is possible for you as you stand in the essence of your gifts and strengths, knowing you are worth it and you have a contribution to make as you let your light shine brightly?*

When you decide you are worth it, no matter what your "it" might be,  
you make a conscious choice and often take a leap of faith.

The result can be stepping into the magnificence of the shining light you truly are. Your time is now!

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