

Homemaker In High Heels

Module 5 - VIDEO #1: You Are Good Enough

You Are Worth It (Overcoming Imposter Syndrome)

What areas of your life are you dismissive about?

What areas of your life do you find yourself trying to prove yourself? and WHY?

What are you afraid of being found out about? and WHY?

What have you've been praised or acknowledged for?

What does leaving "free to be me" mean to you?

List two ways you can use your gift right now..."AS IS"

Module 6 - VIDEO #2: Do It Anyway.... Because YOU ARE WORTH IT!!!

What are you going to do anyway?

Give me two reason you have to do it anyway?

What is three goals you want to complete in the next 6 months? (BE SPECIFIC)

If you were to teach a 30 minute class what would you teach on? and WHY?

What would you wear to teach your class? And what do you want your client to walk away knowing or getting from your class?

Monday, December 11, 2017

Module 6: Video 3

Assignment

Please Write A Testimony of What you got out of this class and How it helped you in your journey. Please send your testimony and professional pic to:

cstemmons@hotmail.com

Assignment #2

Manage Your OVERWHELM, Go at your pace, and live everyday as if God is watching and directing your steps!!!

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