


Day 4



I Am Worthy!

When it comes to manifesting, a big piece of the puzzle is feeling worthy of the thing you desire.

Cultivating feelings of self-worth and self-love can be a struggle, especially if you have experienced a lot of criticism, rejection, or feelings of not belonging.

When you nourish your inner sense of validity and worthiness, it's as if you glow from within. You become a beacon of light, calling to you all the things that light you up even more.

In order to raise your sense of worthiness and self-love, you're going to focus on the things you already feel good about. You aren't going to try and shift your negative perceptions at this time. Much like Day 2, you're instead going to *pivot*, taking your attention off of what you perceive to be wrong and looking at what you like.

If you feel as if you have a short list of likes and a long list of issues, it's okay. You're starting where you are and accepting how you feel now is the first step in experiencing true self-love. Give yourself permission, right now, to feel what you feel.

My name is _____ and I give myself permission to feel what I feel. I know I am a work in progress, and good things can come to me no matter what stage of my journey I'm on.

Before you dive into your self-worth practice, let's revisit Day 3.

Let's call in the support of your guides and angels and ask them to assist you in seeing how truly loved and worthy you are. Put your hands on your heart, take a few deep breaths, and ask them to support you. Ask your powerful guidance team to help you to see yourself as they see you.

With your hands still on your heart, ask your team to give you three positive words about yourself. Trust whatever words they give you and write them here:

Celebrate yourself!

Below, you're going to list out ten accomplishments from your life so far. Keep in mind that what feels like a success or accomplishment is completely unique to you. Sometimes the things we value the most are things that came easy to other people.

This isn't about an external scale of how far you've come – it's completely internal. Only you know your story, the obstacles you've faced, and the things you've triumphed over. Additionally, nothing is too small or silly to celebrate. If you walked around the block, and you never walk or move your body, put it on the list!

I am proud of myself for...

Now you're going to write down 20 things you love about yourself

If 20 feels like an impossible number to get to, just start writing. Once you get in a flow, more will come to you. If you get stuck, take a break and set the intention that you'll come back to it when you're ready. You can even fill this in throughout the day, keeping this sheet tucked away somewhere safe with you.

I love my....

You're doing great! Let's go even deeper into your worthiness.

Let's consider your value in the same way we attribute value to the natural world. When you feel love and appreciation for a flower or a butterfly, what is it that makes you feel this?

You do not appreciate a flower because it's wealthy, spiritual, educated, popular, or wears the right size. The flower does nothing to "earn" your love, and yet you love it. You love it because it exists, and because it adds color to the world.

You too add color to the world, just by being you!

Complete the following prompts with whatever feels right to you:

I Am connected to the entire Universe, and that makes me feel...

I Am created from the same material that composes our powerful, life giving Sun, and that makes me feel _____

I Am created from an All Knowing, All Loving source of cosmic power. I Am a child of this Eternal Source of Love, and as its child, I am never without its love or support. That makes me feel...

I Am an eternal spirit. I am the self I see, and I am also so much more. When I see myself as an eternal being on a cosmic journey, I feel...

Return to your *I Am* from page 1 of Day 1

I am manifesting _____

Whatever it is you're manifesting, consider now how your Creator, the Source of the Universe, feels about your desire. Your Creator sees you as one of Its beloved children, and as a member of Its cosmic family, It only wants you to be happy and to feel loved.

Below, write yourself a note from your Higher Power in relation to your dream. Talk to yourself the way an All Knowing, All Loving power would talk to you.

If your mind is drawing a blank here, return to your Inner Guidance. Put your hands on your heart, close your eyes, and take some deep breaths. Trust that the words will come.

Dear (your name) _____,

I have heard your request, and as Your Creator, I want you to know _____

Love, _____ (Your Higher Power)

And now you. Tell yourself why you deserve this thing your heart longs for.

If you get stuck here, refer back to your previous entries. Re-read your accomplishments, what you love about yourself, your connection to the Universe, and your note from your Higher Power. Use any of that as a jumping off point.

I am manifesting _____

I am worthy of it because...

You'll now go to the audio for Day 4. After you listen to it, come back and complete the following: <https://soundcloud.com/melissafield/day-04-the-beach>

During the meditation, your loved ones spoke about your achievements. List below some things they might say. As before, nothing is too small to note here. It can be anything from a time you were there for someone to how you're always helping people to laugh and feel better.

At the end, you were given a chance to speak to everyone from your heart. What do you think you would have said in this moment?

If you were going to give yourself an award right now, what would it be for? Forget being humble – this is your chance to privately celebrate you and your awesomeness.

Re-read everything you wrote for Day 4. What are some positive words or phrases you wrote that stand out? And remember, all of that came from you! On some level, your self-love and self-worth is a seed that's already inside of you, taking root and growing *right now*.

Yesterday, you returned to your favorite *I Am* and added onto it (Day 3 – page 3). Once again, you'll write it and add on (and if you want to change it, feel free! This should be an organic process that evolves with you).

I am... _____

and my powerful guidance team supports me in this by _____

and I know I am worthy of receiving this manifestation because _____
