You're Perfectly Okay - How to Believe it.

AN ONLINE COURSE

Module 1	**Module 2**
Big picture of self awareness	The selves
Wholeness	Self understanding, self concept
How well do you know yourself?	Thoughts, feelings and behaviours
How we behave in our world	Detailed self identity and self esteem
Authentic Abundant Living	Your inner voices
How do you start to change?	Emotions
Module 3	**Module 4**
Our invisible jails	Control and Uncertainty
Ego vs Spirit	Expectations
Perception vs Reality	Judgement
Comparison to others	Choices
Module 5	**Module 6**
Monsters in your closet (Beliefs)	Fears & their types
Inner Wisdom	Self limitations
Your rules of life	Overwhelm
Module 7	**Module 8**
Self-regulation	Mirror Work
Surrender	Self Acceptance
	How to become Authentic
	Gratitude and Abundance

Module 1	Module 2
Module 9	**Module 10**
What do I want?	Co-creation
Intention	Purpose
Subconscious Drivers	Vision
Attachment	Meaning
Affirmations that work	