



Exercise: Becoming More Vulnerable

Journal on the following questions:

How comfortable are you loving and accepting yourself for who you are? Rate yourself on a scale of 1-10.

1 - I am unable to love and accept myself in anyway, shape or form.

10 - I completely love and accept myself for my true self.

Unlovable 1.....2.....3.....4.....5.....6.....7.....8.....9.....10 Lovable

What makes you feel vulnerable?

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Walk yourself through the process below to identify and let go of your pattern around vulnerability.

1. What's your pattern around vulnerability?

2. What's the underlying belief or pattern keeping you from?

3. What's the desire or need at the heart of my belief?

4. Is it okay to let yourself _____?

5. By not letting yourself _____ how do you feel?

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6. Feel into that feeling as vibrantly as you can.
7. What do you need to let this go?

8. Can you give _____ to yourself?

Go through this process until you feel a shift or feel lighter. That tells you when you've let go of something.