

WORKBOOK

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LADIES,
YOU ARE ENOUGH!

3 WAYS TO
EMBRACE YOUR INNER CHILD &
HEAL SELF WORTH

DES CAMINOS
EMBODIMENT LIFE COACH



I WANT TO ACKNOWLEDGE... YOU

When it comes to healing self worth, it can be fun, exciting, adventures... *and* it can also be scary, exhausting, and FULL.

I want to acknowledge you for choosing to push past any fears or resistance and for registering for this transformational event.

I see you in your courage, bravery, and resilience.
I see you in your commitment to heal, expand, and THRIVE.

I am so honored and grateful to connect with you and I can not wait to connect with you more Thursday as I pour resources into this community!

I'M DES, BY THE WAY! DES CAMINOS

I am an Embodiment Life Coach!

I help women **unleash** their full potential and **transform** self-doubt into self-worth!

Why?

So they can experience more energy, fulfillment, and a deep **inner trust** in themselves.

I have lived a life filled with pained past experiences. I am no stranger to trauma...

I am so grateful to be able to share my **MESSAGES** with you and the other women so we can all live **free and empowered**.





SELF WORTH...

We grow up being told to know our worth.. to..

- Know your value
- Love ourselves first

But no one really tells us HOW to do that.

This can leave a lot of people feeling broken, as if there is some missing piece that they just can't get but everyone else seems to have.

It can also feel unattainable for people who have experienced a lot of pain because the idea.. the imagination of something different seems impossible.

But I promise IT IS NOT.

YOU ARE NOT BROKEN.

You are worthy, you always have been and you always will be!



THE INNER CHILD

The inner child is so much more than our childlike wonder, innocence, and curiosity...

Our inner child is also the part of us that went through emotionalized experiences, that part of us that didn't know how to process so we integrated these experiences into our nervous system so we could feel safe in the future and avoid feeling that same emotion.

Thank you for being YOUR own SHE-ro, for being brave and courageous!

This workshop is going to involve play because well children love to play and it's time we take a break from the weight and expectations of being a stressed out adult!

REFLECTION PAGE

I invite you to use this space for any Ah-Ha's, Oooh's, really anything that resonates or calls to you

A large, empty, light beige rectangular area intended for reflection. It occupies the central portion of the page, below the introductory text and above the footer. The area is completely blank, providing a space for the user to write their reflections.

1

_____.

I can do this by:

2

_____.

I can do this by:

3

_____.

Why is this important?

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YOU ARE NOT ALONE!

You are such a gift to the world, ALL parts of you.

I am here to be the resource for women
I wish I had had in my journey of healing and expansion.

I've got your back.

If there is a part of you that is **ready** or called for more...

I invite you to follow that
readiness with **action**
because well...

Nothing cuts through fear more than taking action.

Book your *complimentary* Breakthrough To Trust Call with me [HERE](#)

Remember...

You are worthy, you always have been and you always will be



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