

# Already Worthy Program Schedule

September 25 - December 18, 2023

Twelve Mondays 5-7PM & five Thursdays 5-6:30PM Pacific on Zoom

## LEARNING SESSIONS

Monday September 25, 5-7PM Pacific  
Monday October 2, 5-7PM Pacific  
Monday October 9, 5-7PM Pacific  
Monday October 16, 5-7PM Pacific  
Monday October 23, 5-7PM Pacific  
Monday October 30, 5-7PM Pacific  
– No session the week of November 6 –  
Monday November 13, 5-7PM Pacific  
Monday November 20, 5-7PM Pacific  
Monday November 27, 5-7PM Pacific  
Monday December 4, 5-7PM Pacific  
Monday December 11, 5-7PM Pacific  
Monday December 18, 5-7PM Pacific

## COACHING CALLS

Thursday October 19, 5-6:30PM Pacific  
Thursday November 2, 5-6:30PM Pacific  
Thursday November 16, 5-6:30PM Pacific  
Thursday November 30, 5-6:30PM Pacific  
Thursday December 14, 5-6:30PM Pacific

## PROGRAM CURRICULUM

### **Session 1 | Unconditional Worthiness**

*What ideas have you internalized about what makes you worthy? In this session we'll explore common misconceptions about how worthiness works, how it actually works, and what it looks like to start embracing a paradigm of intrinsic worthiness.*

### **Session 2 | Releasing Narratives Of Inadequacy**

*What disempowering stories of personal inadequacy are you ready to set down? In this session we'll look at how dominant narratives and systemic oppression fuel our unworthiness, and how we can transform our internal narratives to align with our own dignity.*

### **Session 3 | Reclaiming Self-Worth**

*How can you work through your unworthiness triggers and find your way to a stance of empowerment?*

*In this session we'll practice a step-by-step process to shift out of feelings of unworthiness and cultivate a deep sense of self-worth from within.*

#### **Session 4 | Seeing Ourselves Clearly**

*What's the unique energetic frequency you're here to radiate in this lifetime? In this session we'll go through a process to help you find your core traits: the ways of being you personally are meant to embody that will naturally reconnect you to your own worthiness over and over.*

#### **Session 5 | True Sources Of Meaning**

*What motivates you and gives you a sense of purpose and meaning? In this session we'll go through a process to help you find your core intentions: the sacred uses of your life energy that will create the greatest fulfillment for you and ground you in unshakeable self-worth.*

#### **Session 6 | Unlocking Our Genuine Drivers**

*What comes so naturally to you that it feels effortless, and also contributes massively to those around you? In this session we'll take a look at the intersection of your natural gifts and what our world needs, and how striking this sweet spot will be a powerful magnet for your worthiness.*

#### **Session 7 | What Blocks Our Brilliance**

*What stands in the way of you seeing and believing your own goodness and magnificence? In this session we'll take an intimate look at shame (a close relative of unworthiness). We'll learn how to notice its presence in our experience, and how to start loosening its grip on our personal power.*

#### **Session 8 | Cultivating Imperfectionism**

*What if you didn't have to be perfect? What if there was no such thing as mistakes or failure? In this session we'll explore the liberating concept of imperfectionism, and how you can harness it to start taking more courageous, messy, empowering steps in your life.*

#### **Session 9 | Aligning With Intuition**

*How much do you lean on your inner knowing to guide your life? In this session we'll explore the powerful link between intuition and worthiness, how these two forces work in synergy, and how strengthening them naturally generates abundance and alignment.*

#### **Session 10 | Transforming Comparison**

*How can you break free of the impulse to compare yourself to others? In this session we'll explore how to free ourselves from the unhelpful (though universal) habit of comparison, and some simple, effective ways to pivot toward true belonging when our comparison gets activated.*

#### **Session 11 | The Bridge To Wholeness**

*How can you open a supportive channel of communication with your own unworthiness? In this session we'll help you create the conditions for ongoing healing and self-care so you have a place to turn when feelings of unworthiness crop up in your experience moving forward.*

#### **Session 12 | Grounding In Worthiness**

*What helps you come home to your own worthiness again and again? We'll close the program with a review of the key concepts and tools from our journey together, and an inspiring discussion around how to sustain this beautiful work in your life.*