



Dear Worthy Woman,

Congratulations on downloading the mini-nugget: **ARE YOU READY TO CLAIM YOUR WORTH!®?** which will help you determine if where you are right now on your own personal path - is a good time for you to discover, connect with and transform into your most radiant, soulful, confident, and courageous *Self!* Take some quiet time to read through the description below – and if what is described resonates with you – you are most likely ripe and ready to do some serious transforming and claiming!

WHERE YOU ARE RIGHT NOW

If you've found this resource, you're most likely a woman who has been successful in the past and has been able to accomplish things that you're proud of. You're ambitious and love to feel successful – and give to others by being of service – where you can help loads of people, and make a worthy contribution to society.

You most likely have a mind that never stops, you have a million ideas, and you feel alive when you're able to get things done, be productive, and mark things off your to-do list!

Yet, you're also tired of the habit of constantly putting loads of pressure on yourself by consistently raising the bar of achievement – and trying to do better.



You're tired of not knowing how-to give yourself credit for what you do right, and wish you could know how to be more loving and gentle with yourself – but struggle because you never feel like you're doing enough.

WHERE YOU YEARN TO GO

If you get really honest with yourself, in your quietest moments, you know that deep down, your deepest desire and yearning is to simply enjoy your life – and for it to feel more meaningful, whole, and just plain easier and less stressful.

You're tired of life feeling so hard and feeling tense with pressure to achieve. You long to feel more confident, secure and safe in the world – and to know that you're being taken care of – and that your outer circumstances aren't your sole responsibility – but that you have a loving Divine Source who truly does love you and 'have your back'.

If this description speaks to you and resonates with your soul – then you're a woman who has a strong feminine essence –and someone whose soul yearns to guide you in life – where you're able to live a more soul-directed life – a life where you're ready to go to another level of growth, evolution and awareness.



WHAT'S POSSIBLE FOR YOU

The thing to know is - there is another way to live outside of the goal-oriented society we live in, and another way to view your value and worth in this world. This other way is a much more simpler, more aware, more meaningful, more joyous, and graceful way to approach and live your life.

And simple doesn't mean less successful, it simply means - your time feels meaningful to you, you feel at peace no matter what you're doing, and you know that you're living in alignment with your greatest passion and purpose - and that whatever you're doing, it's what you're meant to be doing – and that is what makes you feel successful.

Each year, without us realizing it or not, we all have the same goal and that goal is: to continue to become more self-aware, to continue to transform into our truest, most unique Selves, and to be in alignment with what the Divine Creator has designed and planned for your life. **Realizing what those designs/plans are is the goal – and becoming aware of who you really are, and being that person, is the process.**



Is This You?

Below are some common ailments that women have had before they've delved into the Claim Your Worth!® process and principles. These are intended to help you recognize yourself, and to know that you're not alone and that focused, effective support and help is available to help you become your Best Self in your life, work and relationships! See if you resonate with most –if not all – the points below.

ARE YOU A WOMAN WHO...

- Is yearning for more support and clarity on where you're supposed to be going next in your life and what direction(s) you should be taking.
- Struggles with a consistent, everyday feeling of anxiousness and worry - where you can't seem to relax and feel as if you should always be doing something –and if you're not 'doing' and accomplishing - you feel guilty, unproductive and useless.
- Longs for more balance in your life – and wishes you didn't feel so overwhelmed. You create massive to-do lists but then feel chained and pressured by how much there is to do!
- You consistently beat yourself up with heavy expectations and struggle with constantly feel like you're never doing enough.
- You dream of creatively and confidently expressing yourself in different ways – and acting on all the ideas you've tucked away in journals and notebooks– but stop yourself because of self-doubt and perfectionism.

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- You fear that time is running out and you're going to miss the boat – which is the life you're meant to be living!
- You'd like advice on how-to stop the pattern of comparing yourself to others – and feeling inferior to them, while learning how-to acknowledge, value and honor yourself.
- You secretly wish you could run away from it ALL – and experience the concepts expressed in the book/movie Eat, Pray Love – but have a household and responsibilities that keep you from escaping to get any time for yourself.
- You'd give anything to feel more whole, fulfilled, at peace, happy, joyful and content with your life – but have absolutely no idea how-to grasp onto that new life or what it even looks or feels like.

If these points resonate with you – you've come to the right place. The Claim Your Worth![®] community is in business to provide you with the services, resources, tools, and information you need to get un-stuck, and to feel better in your own skin – and to enjoy your life and how your time feels.

This work is about helping YOU – an accomplished, hard-working, ambitious woman who has a history of getting things done, and making things happen – learn about the other side of YOU – the side that is aching and yearning to be heard, seen and expressed. This other side of YOU is where you dream of having more time for yourself – where you can simply BE – and enjoy and witness life.

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Whether you're a woman who is in a high-pressure, un-fulfilling corporate career -and longs for meaning and fulfillment in your life – OR – you're a creative female entrepreneur who feels her fire has burnt-out – and you're fed-up with helping everyone else with their needs - that you've lost yourself and what you need – there are solutions here to help you.

As a first-step, I encourage you to sign-up for your complimentary weekly subscription of *Note Worthy*, where you'll receive your free gift: [A STARTER GUIDE: CLAIM YOUR WORTH![®] IN LIFE, WORK & BUSINESS](#) - to learn more about the transformational process that other women have experienced on the journey.

And if you're ready to learn more about [PRIVATE COACHING](#) or [GROUP TRAINING](#) options that are designed to meet you exactly where you are on your journey....and to help you accomplish what you're desiring.

And if you'd simply like to browse and soak-in some of the content and principles, make sure to visit the [CLAIM YOUR WORTH! KNOWLEDGE CENTER](#) to give you a better feel for the process and how we can help.

Please [CONTACT US](#) with any questions or inquiries and we look forward to connecting with you! inquire about support options.

To Your Worth,



Brenda

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