



Module 1

How do you see yourself?

Welcome to The Majesty in You



My intention for this program is to create a space where we will be able to see the majesty that lies within you and tap into the power, grace and splendor that truth brings. I intend for this to be a life transforming experience as you let go of anything that is holding you back and begin to take hold of the life you desire with its majesty, abundance and splendor.

This or something even better for the good of all concerned.



What drew you to this course? What is it that you are looking to bring into your life?

Take some time to really connect with yourself and list three things you want to bring into your life.....

1. _____
2. _____
3. _____



Contract to Yourself

I _____, hereby commit to doing this course one module at a time. I will also take the necessary time to do the worksheets for every module, and open myself up to receive inspiration, direction and guidance. I do this at my own pace with no judgement.

This _____ day of _____ 20____



Definitions of Majesty:

Elegance, Power, Dignity, Honor, Praise, Wealth, Beauty, Splendor, Confidence, Grace, Awe, Graciousness, Compassion, Love

How do you feel when I say to you, “You are Majestic”?



In order to see Your Majesty it's necessary to be aware of how you are currently seeing yourself.

When you take a good look at yourself what strengths and or positive traits do you see?

When you take a good look at yourself what weaknesses and or negative traits do you see?



What are the three main positive?

1. _____
2. _____
3. _____



What are the three main negative?

1. _____
2. _____
3. _____



Take the 3 negative traits you wrote about yourself and write the exact opposite.

1. _____
2. _____
3. _____

Now add these three positive traits to your list of 3 positive traits. Write the 3 positive traits again here and add the 3 three positive traits from above:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



Now expand them.....

- 1. _____

- 2. _____

- 3. _____

- 4. _____

- 5. _____

- 6. _____
