

Exercise 16:

1. What messages do you recall receiving as a child about deserving? Look for messages from parents or caregivers where you were told things like: *"You don't deserve to have nice things."* *"What makes you think you deserve to have something for nothing?"* *"People who aren't nice, don't deserve to be rich!"* Or, *"Because you worked so hard, you deserve a special treat."*

TODAY'S CHECK LIST

- ☐ Times I read Statement of Desire
- ☐ Read instructions
- ☐ Completed Exercises
- ☐ **Times I did** visualizations
- ☐ Times I did meditations
- ☐ Times I did affirmations

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