

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		



2.	Find the beginning of when you first felt undeserving. Wh	here did it start? How did it start?



affected your decision about what you	other and then with father. How do you think those relationships deserve? Were there any angers or hurts that you failed to address d into a decision that you don't deserve?

What is your pattern eserve something, do elings? Freeze in you	you feel guilty?	Ashamed? D	o you punish y	ourself? Do yo	ou numb out you	ur
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e. If someone else Resentful? Angry?	is successful in obta ? Depressed?	aining what you	've been seeking	g, how do you feel	about it?
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6. How do you hold yourself back from having what you want? For example, do you prevent yourself from doing or having something because you feel guilty? Wrong? Scared that you will be judged? Do you numb out?



ı feel? Numb? S	you find yoursel Sorry for yoursel	f? Resentful?	Powerless?	 	

How do you feel about failures from your past? Does succeeding now cause you to judge the lures, i.e, "I don't deserve to be wealthy after all those times in my past when I've failed." Valgments have you formed about yourself and your past?	nose Vhat

9. What are the pay-offs, the benefits of not being deserving? For example, do you get to feel sorry for yourself? Do you get to avoid responsibility? Do you get to stay where you're at and not move forward?



10. What are the skills or qualities you need to let go of the pay-offs?