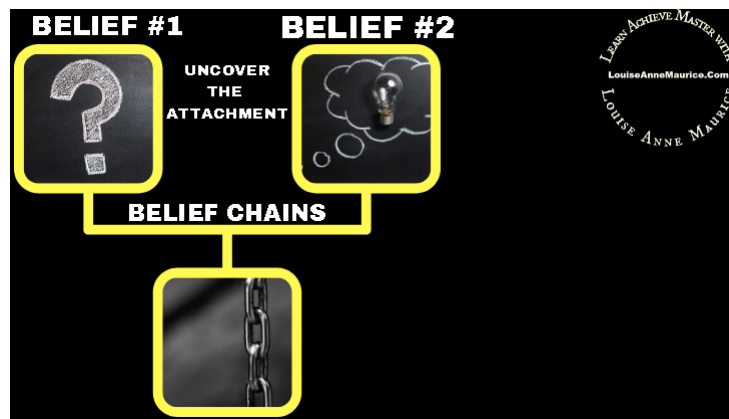


Empowered You Part 11

In the Empowered You Part 10 video you were given coaching questions and an activity to unravel the "not good enough" core belief. Didn't see that video? Simply go to <http://www.youtube.com/c/LouiseAnneMaurice> to watch the videos you have missed in the "**EMPOWERED YOU**" series.

In Part 11, we look at the core belief created from the "WORTHLESS" IDENTITY. Louise offers some strategies for moving beyond the core belief of not worthy that keeps so many people stuck. If "not worthy" was not one of the core beliefs you identified from the original framework ([CLICK HERE TO WATCH THAT VIDEO](#)), you can still use the questions and apply it as needed.

STEP #1 - UNRAVEL THE CHAIN BELIEF OF NOT WORTHY



COACHING QUESTIONS TO UNRAVEL:

- 1) How often were you told as a child that you did something wrong? Did you feel that you were wrong or was it understood that the action or behavior was wrong?
- 2) What was your body language like after you were told you were wrong; did you slump, hang your head low or look away?
- 3) When you make a mistake today and get something wrong, how similar is your body language or your reactions?

As you continue down this path with yourself or your client, you begin to understand that the core belief of "not worthy" is locked into their cells' memory.

COACHING ACTIVITY TO UNCHAIN AND MOVE PAST:

Have them get comfortable and relax.

Have them visualize making a mistake and being told that mistakes are a natural part of learning.

Have them stand tall and see themselves as confident trying the action again.

Have them describe the sensation of course correcting and then being successful.

STEP #2 - BE A PART OF THE SERIES



Over the next 12 videos in the Empowered You Series, we will unravel the chains and guide you to develop a new framework that empowers you!

Subscribe to the [Louise Anne Maurice YouTube Channel](#) so you don't miss any activity in the Empowered You Series.