



CREATING YOUR KICK-ASS IDENTITY

Lesson 5: Daring to shine

DARING TO SHINE





CREATING YOUR KICK-ASS IDENTITY

Lesson 5: Daring to shine

Think of someone who you have been envious of... or perhaps still are....

- what do you envy in them?





CREATING YOUR KICK-ASS IDENTITY

Lesson 5: Daring to shine

“If we place ourselves in the shadows, then we not only prevent our true light from radiating out, but we're also left feeling envious of those that are basking in their own fabulous glow...”





CREATING YOUR KICK-ASS IDENTITY

Lesson 5: Daring to shine

Think again:

What are you envying? That's pointing you to the exact area that you are wanting to develop in your life.

Write it down



Barbara Roux-Levrat

Emotional Strength



CREATING YOUR KICK-ASS IDENTITY

Lesson 5: Daring to shine

Do we have the right to shine?

Should we shine?

Would that lead us to arrogance?



Barbara Roux-Levrat

Emotional Strength



CREATING YOUR KICK-ASS IDENTITY

Lesson 5: Daring to shine

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. **We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same.** As we are liberated from our own fear, our presence automatically liberates others.

Marianne Williamson, A Return to Love



Barbara Roux-Levrat

Emotional Strength



CREATING YOUR KICK-ASS IDENTITY

Lesson 5: Daring to shine

What are the thoughts that have kept you from shining?

That still keep you from shining?





CREATING YOUR KICK-ASS IDENTITY

Lesson 5: Daring to shine

What thoughts would make you free to shine?

What would you need to believe about yourself to allow yourself to shine?





CREATING YOUR KICK-ASS IDENTITY

Lesson 5: Daring to shine

If you would dare to shine, how would your life be different?

- your relationships?
- your finances?
- your career?
- your vacations?



Barbara Roux-Levrat

Emotional Strength



CREATING YOUR KICK-ASS IDENTITY

Lesson 5: Daring to shine

To shine:

1. Be in LOVE with yourself - ALL of you!
2. Believe in yourself - shamelessly
3. Focus on what YOU think of yourself
4. Handle your flaws and mistakes with humor
5. Don't judge yourself or others - simply love
6. Take steps of courage knowing that the universe has your back!





CREATING YOUR KICK-ASS IDENTITY

Lesson 5: Daring to shine

**“When you focus on your darkness,
you create a black hole....**

**When you focus on your light,
you create a star!”**

What are you creating?

