

Female Business Owners

WAKE UP  
TO YOUR  
WORTH

*for greater success!*





## DO YOU OFTEN FIND YOURSELF

- Working hard doing all the 'things'?
- Not feeling as confident as you would like to feel about your business?
- Undervaluing yourself and your service?
- Holding back from showing up as your true self?

YOU ARE NOT ALONE .....

*and you are not broken!*

You don't need to be fixed **you need to reclaim your worth!**



It's time to STOP!

*Remind yourself of your true value.....*



.....and embrace it for amazing success!

The following 5 step  
V.A.L.U.E. method will help  
you start to embrace your  
true value....

*Created by Sandra Wilson*

You are everything you need for success!

# V.A.L.U.E METHOD

IT'S TIME TO WAKE UP TO YOUR WORTH



**V**

Simply start to **v**alue  
yourself



**A**

Focus on your  
**A**chievements



**L**

Rekindle your **L**ove  
for yourself



**U**

Discover what  
makes you **u**nique



**E**

**E**nergise yourself  
with self-care



# SIMPLY START TO VALUE YOURSELF!



**V**alue yourself, That's it .... simply value yourself!  
Yes, it's easy for me just to say that!

However, to awaken to your worth, It's important that you start with your belief about your **own value!**

Start today by noticing what limiting beliefs are niggling at you and replace them with powerful new beliefs.

When was the last time you decided that you were absolutely worth showing up and being rewarded with success?



# FOCUS ON YOUR ACHIEVEMENTS

**A**chievements - remembering everything you have achieved from every area in your life, is an amazing way to waken up to your worth.

It provides solid evidence as to why you have true value in your field and why you deserve the success you desire.

You may be surprised, but **owning your achievements** is one of the best ways to waken up to your true value. It is often what others see but it is not so easy to see yourself until you make it a point of focus.

# REKINDLE YOUR LOVE FOR YOURSELF

**L**oving yourself is not selfish, it's essential for success. This may seem a strange business essential, but self-love is just as important as any strategy you are implementing in your business right now.

What I love about you **Loving Yourself** allows you to take imperfect action to get things done and giving yourself the grace to move forward even if you may have to keep learning ..... and maybe even make mistakes).

Love yourself for being YOU!







# DISCOVER WHAT MAKES YOU UNIQUE

**U**nique entrepreneurs are those who stand out! When you are fully aligned with what makes you unique you will forever stand out to your clients and future potential clients.

Sometimes to just get started in business, we look at what others are doing, which can be helpful. Now though it's time to **bring YOU into your business.**

When you shine in your true brilliance, you will be unstoppable and become irresistible to your ideal clients.

# Energise yourself with self-care



**E**nergising yourself with self-care will boost your own feeling of worth. Running your own business can take a lot of your energy.

When you **truly** take care of your physical & mental health you boost your energy, productivity & feel completely valued.

You will start to create powerful boundaries for you and your business that takes care of you so that you can take care of your clients in the way you want to.



START TODAY AND  
START WAKENING  
UP TO YOUR  
WORTH *now!*



There are 2 ways you can do this

1 - Work through these value steps yourself

2 - Get support from a coach who knows the support you need!

Scroll down ....



It's your time ....  
and i'm ready to  
support you!

Use the links in the next page  
to get in touch

Or

Book your Breakthrough Call  
[HERE](#) if you are a fire starter and  
ready to step into the next best  
version of you right away!!

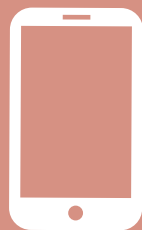
# Connect With Sandra

Click the links below to connect the best way for you....



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