



*Class Five*

RAISING YOUR WORTH &  
RECEIVING MORE

WOMEN'S GROUP COACHING PROGRAM  
WITH CONNIE CHAPMAN

“You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You, yourself, as much as anybody in the entire universe, deserve your love and affection.”

~ Sharon Salzberg

## WELCOME TO CLASS FIVE!

In today's class we will be taking a deeper look at your patterns of giving and receiving and how this relates to your feeling of self-worth.

As a big hearted, generous woman, you may often focus your energy on giving - giving to others, giving to your work, giving to the world, and you may forget to also focus on what you are receiving. You may find it hard to receive support, ask for help and receive love, affection or attention.

Feminine energy is all about receiving. As a woman, we deserve to receive in big ways and opening up our energy to receive is a beautiful way to come deeper into our feminine.

Today, will be exploring any blocks you may have around receiving. You may have self-protective barriers preventing you receiving more love, inner stories preventing you receiving more money, or you may feel safer being in a giving role.

Receiving more often asks us to explore our sense of self-worth and what we believe we deserve. As a woman, it is important for us to remember that we don't have to do anything to earn what we want to receive. Instead, we are worthy and deserving of receiving everything we want just as we are now.

As you continue to love, honour and value yourself, your feelings of worthiness will increase. You will hold a higher standard for how you want to be treated, you will ask for more and you will create a life that brings you joy, abundance and fulfilment because you believe you deserve it.

## IN THIS CLASS WE WILL COVER:

- Balancing giving and receiving and healing patterns of over-giving.
- Creating clarity on what you truly desire to receive.
- Opening your mind and expanding your energy field to receive more.
- Clearing the blocks you hold to receive the money you desire.
- Exploring and healing your blocks or wounds around receiving love.
- Upgrading your self-worth and raising the standard of what you desire to receive from life and others.
- Releasing unhealthy patterns that you use to get what you want.
- Seeing your value and exploring what makes you loveable, worthy and whole.
- Re-writing your inner story about what you deserve.
- Asking for and communicating what it is you want and need.

## 1. GIVING & RECEIVING

DO YOU FEEL MORE COMFORTABLE GIVING OR RECEIVING? WHY?

IF YOU ARE SOMEONE WHO TENDS TO OVER-GIVE, TAKE A MOMENT TO REFLECT ON WHY THAT MIGHT BE. IS THERE SOMETHING YOU ARE TRYING TO GET OR FEEL THROUGH THIS GIVING?

## 1. GIVING & RECEIVING

WHAT IS ONE AREA WHERE YOU FEEL THAT YOU ARE GIVING MORE THAN YOU ARE RECEIVING?

WHAT ARE YOU WANTING TO RECEIVE IN THIS AREA THAT YOU ARE NOT RECEIVING?

WHAT ARE SOME STEPS YOU COULD TAKE TO BALANCE THIS OUT?

## 2. RECEIVING MORE

WHAT DO YOU WANT TO BE RECEIVING MORE OF IN YOUR INTIMATE OR ROMANTIC RELATIONSHIPS?

WHAT DO YOU WANT TO BE RECEIVING MORE OF IN YOUR FRIENDSHIPS?

HOW MUCH MORE MONEY DO YOU WANT TO BE RECEIVING?

## 2. RECEIVING MORE

WHAT DO YOU WANT TO BE RECEIVING MORE OF IN YOUR CAREER?

WHAT DO YOU WANT TO BE RECEIVING MORE OF FROM LIFE AND THE UNIVERSE?

WHAT DO YOU WANT TO BE RECEIVING MORE OF FROM YOURSELF?



## 2. RECEIVING MORE

CLOSE YOUR EYES AND IMAGINE RECEIVING EVERYTHING YOU HAVE WRITTEN ON THE LAST TWO PAGES. WHAT DO YOU FEEL?

DID YOU NOTICE RESISTANCE, UNWORTHINESS OR DOUBT THAT YOU COULD RECEIVE WHAT YOU DESIRE?

### 3. WORTHINESS

REFLECT ON WHAT MAKES YOU FEEL THAT YOU ARE WORTHY AND DESERVING OF WHAT YOU WANT TO RECEIVE.

WHO DO YOU FEEL YOU NEED TO BE IN ORDER TO BE WORTHY TO RECEIVE WHAT YOU WANT?

WHAT DO YOU FEEL YOU HAVE TO DO IN ORDER TO BE WORTHY TO RECEIVE WHAT YOU WANT?

IN WHAT WAY DO YOU FEEL YOU HAVE TO GIVE IN ORDER TO BE WORTHY TO RECEIVE WHAT YOU WANT?

### 3. WORTHINESS

IMAGINE THAT YOU BELIEVED YOU WERE COMPLETELY WORTHY AND DESERVING OF EVERYTHING YOU DESIRED, NO MATTER HOW BIG IT WAS OR HOW MUCH YOU WERE ASKING FOR.

IMAGINE BEING A WOMAN WHO FELT SAFE TO RECEIVE AND FULLY CLAIMED ALL THAT SHE DESIRED.

DESCRIBE WHAT IT WOULD BE LIKE TO BE THIS WOMAN. HOW DOES SHE FEEL, THINK AND ACT? WHAT DOES RECEIVING LOOK LIKE FOR HER? WHAT IS HER SENSE OF SELF WORTH AND CONFIDENCE LIKE? EXPLORE AS MUCH ABOUT HER AS YOU CAN.

#### **4. CLEARING BLOCKS**

WHAT ARE YOUR BLOCKS TO RECEIVING LOVE? THINK ABOUT WHAT FORMS OF LOVE YOU FIND DIFFICULT TO RECEIVE OR WHERE YOU CLOSE OFF TO RECEIVING LOVE.

IF YOU COULD OPEN UP TO RECEIVE MORE OF THE LOVE THAT YOU ARE CRAVING, WHAT WOULD THAT GIVE YOU? HOW WOULD IT FEEL?

#### **4. CLEARING BLOCKS**

WHAT ARE YOUR BLOCKS TO RECEIVING ABUNDANCE? THINK ABOUT WHAT GETS IN THE WAY OF YOU RECEIVING MORE MONEY OR WHAT INNER BLOCKS YOU HOLD AROUND LIVING AN ABUNDANT LIFE.

IF YOU COULD CALL IN AND RECEIVE MORE MONEY AND GREATER ABUNDANCE, WHAT WOULD THAT GIVE YOU? HOW WOULD IT FEEL?

## 5. OPENING UP TO RECEIVE

IDENTIFY THREE THINGS YOU MOST WANT TO RECEIVE AT THE MOMENT AND WRITE THEM BELOW:

1.

2.

3.

RECEIVING IS A PROCESS OF ALIGNMENT AND OPENING UP YOUR ENERGY FIELD TO ALLOW IN WHAT YOU MOST DESIRE.

SO, TAKE A MOMENT TO CLOSE YOUR EYES, PLACE YOUR HANDS ON YOUR HEART AND TAKE DEEP SOME BREATHS INTO YOUR BODY.

IMAGINE THE ENERGY OF WHAT IT IS YOU DESIRE TO RECEIVE FLOWING TOWARDS YOU. IMAGINE OPENING UP YOUR ENERGY, YOUR HEART, YOUR MIND AND YOUR BODY TO LET IT FLOW INTO YOUR LIFE RIGHT NOW.

LET EVERYTHING YOU DESIRE WASH OVER YOU, FLOW THROUGH YOU AND EXIST AROUND YOU. IMAGINE YOURSELF RECEIVING IT GRATEFULLY AND WHOLEHEARTEDLY.

IMAGINE IT BEING IN YOUR LIFE AND SEE YOURSELF LIVING WITH IT AND EXPERIENCING IT FULLY. FEEL THE FEELINGS OF HAVING IT AND RECEIVING IT AND ALLOW YOURSELF TO COMPLETELY EMBRACE IT. FEEL DEEP APPRECIATION FOR WHAT YOU HAVE CALLED IN.

CONTINUE ALLOWING YOURSELF TO ENERGETICALLY RECEIVE WHAT YOU DESIRE WHETHER IT IS SOMETHING SPECIFIC OR JUST A FEELING AND STAY WITH THIS VISUALISATION UNTIL YOU NOTICE A SHIFT IN YOUR ENERGY AND HOW YOU FEEL.

## WELL DONE!

Well done for diving deep and looking within to answer these questions. There is no right or wrong way to complete this workbook, so please trust that whatever has flowed onto these pages is perfect.

If you have had any insights or realisations while working through these questions, or if there is anything you feel to share, please do come over to our Facebook group and post your experiences. If you have questions or feel stuck in any area, again come into our community and let us know.

While you may feel that something you are going through is quite specific to you, I want to reassure you that others in the group will gain so much from what you share. I have no doubt everyone will be able to relate on some level to what you are working through.

Allow yourself to be vulnerable and to be seen and held. Remember that you are part of a community and we are all here for you. The more that you share yourself and your experiences, the more you will open up to receive the support you need.

With love,

Connie x

