

A woman with a large, voluminous white wig and a pink dress with large bows is smiling. The background is a solid blue color.

FAKE, FAUX,

FOOL, AND...

4 LETTER WORDS TO

FORGET SO YOU CAN

REIGN YOUR WAY

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WEEK 1

BACK TO BASICS

Looking back, write out some times where you felt like you didn't belong or didn't deserve the opportunity available.

With those situations in mind (or anything else that comes up) what were the reasons you felt undeserving?

Anything else? Epiphanies? Frustrations? Notes?

Explain the situation that is making you feel like a fake.

What's the current story you're telling yourself about it?

Anything else? Epiphanies? Frustrations? Notes?

# WEEK 1

## MANTRAS

Everything I've been  
through and experienced  
has made me who I am.

I'm thankful for the times I  
felt I didn't belong. They  
helped me grow.

THE

END

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