



HAVASS
Academy & Coaching

DAY 8

We have had a huge, productive week; We are picking up where we left off. It's going to be another great week for you, I promise!

You may have made every effort to critique yourself up to this point. Now it's time to put everything you can on the table! Are you ready to shine this week? You're probably asking yourself, "And why are we doing this?" right? Let me try to explain with a very simple example. Think about the people you know. Some people seem beautiful, attractive and flawless to us for no reason. Maybe his appearance doesn't fit the perception of beauty that society imposes on us in the first place, but we think he's great.

"Maybe he / she is not beautiful, but looks very attractive to me."

"I don't understand what this woman has"

"She has a different energy"

"This man has something special..."

"Actually, I don't think his face is very pretty, but he still looks good."

I can multiply the examples, it goes on and on Let me tell you what makes these people so attractive: this person's beliefs about himself. He doesn't have to say it, we feel the energy of the person validating himself. That's why they say; what you are on the inside, you are on the outside. Whatever you believe about yourself; is true. Where your focus is on yourself, that very person is you.



That's why this week you're going to change the way you look at yourself. You're going to find everything you're good at, take it out of its hiding place and let it shine beautifully. I'm just going to guide you; remember, you are the hero of this story. When you're ready, let's get started!

Today I want you to look at yourself: what physical features do you like? Your eyebrows, your eyes, your hair, your legs, your nails, your eyelashes, your chin.... Then ask three people from your circle of acquaintances whose sincerity you trust: "Which of my physical features do you like the most?" If you ask us, everything is great; you are great. See you tomorrow!



Tasks

- Write down the physical characteristics you like on the worksheet.
- Ask three people from your circle of acquaintances, whose sincerity you trust, which of your physical features they like. Write it down on the worksheet.
- Listen to your affirmation before you go to sleep at night.

