

november The Thankful Self

Masterclass: Gratitude, Boundaries and Family, OH MY!
Tuesday Nov, 3rd at 3pm PST

week 1

ATTITUDE OF GRATITUDE

Journaling Prompt

3 Things you are grateful for about yourself

Mantra

I am grateful for myself. I am grateful for myself. I am grateful for myself

Live Event

Q&A with Paul Wednesday November 3rd at 12pm PST

week 2

THANK U, NEXT

Journaling Prompt

What is a habit or thing you'd like to change about yourself and why haven't you done it yet?

Mantra

I accept myself as I am. I am exactly where I'm meant to be.

Live Event

Q&A with Paul Thursday November 11th at 9am PST

week 3

WE ARE A FAMILY

Journaling Prompt

What does Family Mean to Me?

Mantra

I am my own family. I am my own family. I am my own family

Live Event

Q&A with Paul Wednesday November 17th at 6pm PST

week 4

BOUNDARIES + GRAVY BOATS

Journaling Prompt

What is a boundary I'd like to set? Why haven't I set it yet?

Mantra

I am worthy of clear boundaries. I am worthy of clear boundaries. I am worthy of clear boundaries.

Live Event

Q&A with Paul Monday November 22nd at 12pm PST

week 5

FIRESIDE CHAT WITH YOURSELF

Journaling Prompt

What are the questions I've been avoiding answering? Am I brave enough to answer them?

Mantra

Self Intimacy is my birthright. Self Intimacy is my birthright. Self Intimacy is my birthright.

Live Event

Q&A with Paul Wednesday December 1st at 9am PST