

MANIFEST YOUR *BEST* LIFE!



SKILL BUILDING

Develop your Valued Self: Using your Inner Fitness skills and practices, grow your valued self: self-awareness, self-love, self-worth, self-respect, self-esteem, and self-confidence.

SUMMARY

Your optimal valued self thinks clearly, acts wisely, feels authentically, and knows your innate value. Your optimal valued self is strong, flexible and takes full ownership and responsibility for creating your reality. This self-actualized you responds wisely to life's inevitable challenges and guides you to manifest your best life.