



I am
bad ass

The Fullness & Grace Self-Empowerment

MASTER CLASS

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IN THESE PAGES IS LOVE + MAGIC

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SELF-EMPOWERMENT

So what is self-empowerment, really? I feel like self-empowerment sounds like this strong, amazing thing and we all know what it is, but would we really be able to explain it? I feel like we would say, "Yeah, I know what self-empowerment is; but how about you say what you think it is first and then I'll tell you if I think something different!?"

We know what it is but have we really understood how it applies to us?

So let me share with you what self-empowerment means to me and my heart:
I view self-empowerment as something that you have.

It lives within you.

It fuels your ambitious fire, it nurtures your emotional side, it encourages your imagination, it catches you when you fall, it challenges you when you need to be stretched, it celebrates you when you reach goals, it gives you a hug on days that you're just needing a hug. It is the most pure, simple, strong version of self-love and self-acceptance.

So I looked up the definition of empowerment and I found that it means 1) having authority or power to do something and 2) the process of becoming stronger and more confident. So self-empowerment would then mean having authority or power within yourself. It's the process of developing strength and confidence within yourself.

So let's dive a little deeper.

It's easy to say it means having authority over yourself and developing confidence in yourself, but what does that look like in day-to-day life? How does that show up each day?

SELF-EMPOWERMENT

I have 7 foundational practices that you can focus on to really embrace self-empowerment.

You can practice self-empowerment through:

- **Self-acceptance** - loving yourself, both your talents and your flaws.
- **Self-respect** - having kind and respectful self-talk (the thoughts you have about yourself)
- **Self-awareness** - this means when you feel or think something, you honor it and listen to it and get curious about it. You are interested to reflect on things and understand yourself. You also take responsibility for those thoughts and actions. You understand that you are in control of yourself.
- **Self-worth** - believing that you are just as worthy as anyone else. And that they are just as worthy as you.
- **Self-acknowledgement** - acknowledging your steady progress and exciting wins in life
- **Self-commitment** - you don't cancel on yourself. You don't blow off your goals and plans. You honor yourself and your time and you put in the effort to show up for yourself.
- **Self-empathy** - you don't beat yourself up when you have a bad day. You're kind with yourself, give yourself grace and feel pride in yourself because you know that you're trying your best and that is enough.

What it is that all of these things have in common is that they're all grounded in self-love and self-acceptance.

By approaching life with these practices in mind, you are supporting yourself, loving yourself, getting to know yourself, feeling more courageous and less fearful, feeling more comforted and less judged. These are the foundations of practicing self-empowerment.

SELF-EMPOWERMENT

So now, let's go through to take a quick inventory to see how each of these practices show up in your life. You can write down your thoughts in a journal or on the worksheet I created for you—which ever process works best for you!

First, let's determine how each of these practices show up in your life. We are all different, we all have different goals, different life experiences. So take some time to determine what these practices look like for you. And remember—be kind with yourself. All of these practices focus on self-love, self-acceptance and self-empowerment. Move through this exercise with a posture of kindness and honesty with yourself. Anything that comes up is exactly what you need to be embracing right now.

- **Self-acceptance:** Loving yourself, both talents and flaws. So in what areas of your life do you really embrace and celebrate yourself? In what areas do you struggle with accepting your true self? Here's another way to look at it: in what areas of your life do you feel your own validation is enough? And in what areas of your life do you look externally (to other people or to what society is saying or what social media is saying) to validate yourself? This is a very personal question. A deep and expansive question. So just see what comes up for you. In what areas of your life do you really embrace and celebrate yourself? In what areas of your life do you struggle with accepting your true self?
- **Self-respect:** Having kind, respectful, empathetic self-talk. In what areas of your life do you have confident/complimentary/empathetic self-talk about yourself? In what areas do you find yourself having negative/judgmental/hurtful self-talk about yourself? Remember, the main goal is to have kind self-talk, not hurtful self-talk. And that doesn't necessarily mean that you're always obsessed with everything about yourself. But what it does mean is when you're in a challenging moment, you're kind and empathic with yourself—not abusive and judgmental and making the situation worse. Do you see the difference there? So take a look to see how this is showing up for you.

SELF-EMPOWERMENT

- **Self-awareness:** This means you are interested to reflect on things and understand yourself. And you take responsibility for your thoughts and actions. How frequently are you aware of your thoughts? What areas in life do you think you could be a little more reflective and curious about yourself? How honest are you being with yourself that you are responsible for your thoughts and your actions?
- **Self-worth:** Believing that you are just as worthy as anyone else. And that they are just as worthy as you. So how frequently do you find yourself looking at others and feeling inspired and motivated and excited and encouraged? How frequently do you find yourself comparing yourself to others and feeling less-than, jealous, judgmental? Remember—we are all equally worthy. Believing this means you look at other women and feel inspired and encouraged! Not believing this means you look at other women and feel jealous or threatened. So how is this showing up for you?
- **Self-acknowledgement:** Acknowledging your steady progress and exciting wins in life. How frequently do you stop and feel proud of yourself for your successes in life? How frequently do you acknowledge the steady, consistent work you do that makes you strong and successful? What does this acknowledgement look like and sound like? And if you don't do this yet—what could this acknowledgement look like and sound like?
- **Self-commitment:** You don't cancel on yourself. You don't blow off your goals or your plans for yourself. You honor yourself and your time and you put in the effort to show up for yourself. What goals/plans are you very committed to in your life? What areas do you have trouble showing up in? How is this showing up for you?
- **Self-empathy:** You're kind with yourself, give yourself grace and feel pride in yourself because you know that you're trying your best and that is what matters. How do you respond to yourself when you make a mistake?

SELF-EMPOWERMENT

- **(Self-empathy continued)** How do you respond to yourself when you have a bad day? Do you respond the same way you'd respond to a friend who made a mistake or had a bad day? With that same kindness, support, understanding? Or do you respond to yourself with judgement, disappointment and negativity. Are you showing yourself understanding?

Great job—go ahead and re-read the notes you jotted down for each. Let that sink in for you.

Now, let's take a look at your findings.

What are the practices that are strong and come naturally to you? Which practices resonate with you most and make you feel most empowered by? Look at all the positive things you wrote down — acknowledge how strong and amazing you are!

What are the practices that don't come so naturally and you can be proactive in trying to strengthen and improve on? Show yourself empathy, commit to yourself that you are going to be intentional in strengthening yourself in those practices, embrace your self-awareness and really dig deep. Get excited to grow!

And you know what, there's a chance that you discovered that none of these practices come naturally to you right now. And that's TOTALLY FINE! Because you are learning about all these practices. This is how growth happens. You start with day 1, and you begin to learn and you consistently put in the work to continue to improve. You'll always hear me say this: it doesn't happen over night, it happens over time.

FOOD FOR THOUGHT

A Common Misconception of Confidence:

A common misconception about self-empowerment and confidence is that you'll get it AFTER you get something else. Once I GET that job I'll be confident. Once I get that relationship I'll feel worthy. Once I have that big house, then I'll feel empowered. But it needs to go the other way around. You must believe that your confidence comes from within (not from external validations). You must believe that you are worthy/loved/enough as you are (and that the external things are just bonuses in life). You must understand that you need to have that confidence within so that you can CREATE that life for yourself.

And also, be aware, because if your confidence does lie within a job or a relationship or a house—then that means your confidence can easily slip away if you no longer have those things or when those things lose the excitement factor. You'll just find yourself looking to the next thing you NEED to feel confident. So focus on creating confidence WITHIN you so that it's your TRUE confidence.

FOOD FOR THOUGHT

The True Life Changer: Thought Management

The number one most important thing to understand for self-empowerment is that your thoughts are what create your entire world. It's as simple as that. Your thoughts are what tell you how to feel about something and then in turn, determines how you respond or act in your life.

I know that sometimes it seems like life is just happening around us and our thoughts are just our observations of what's happening, as though we don't get to decide how to feel about it.

But I'm here to remind you—in life, things happen and then you get to CHOOSE how to think about it. You have control of how you think about it. And being AWARE of that fact gives you SO MUCH power in your life and your mind.

By being aware of yourself and being aware of the thoughts you're having in your day-to-day life—you can be proactive in choosing positive thoughts and support thoughts and productive thoughts.

SELF-EMPOWERMENT

7 FOUNDATIONAL PRACTICES TO EMBRACE EACH DAY

Self-Acceptance

loving yourself, both your talents and your flaws

Self-Respect

having kind and respectful self-talk

Self-Awareness

when you feel or think something, you honor it and listen to it; you are interested to reflect on things and understand yourself; you take responsibility for your thoughts and actions

Self-Worth

believing that you are just as worthy as anyone else and that they are just as worthy as you

Self-Acknowledgement

acknowledging your steady progress and exciting wins in life

Self-Commitment

you don't cancel on yourself; you don't blow off your goals and plans; you honor yourself and your time and you put in the effort to show up for yourself

Self-Empathy

you don't beat yourself up when you have a bad day; you're kind with yourself, give yourself grace and feel pride in yourself because you know that you're trying your best and that is enough

SELF-EMPOWERMENT INVENTORY

How do you connect with each of these 7 Foundational Practices? How do they show up in your life? And if they don't currently show up, what could it look like to begin practicing them?

SELF-ACCEPTANCE

Loving yourself, both talents and flaws

SELF-RESPECT

Having kind and respectful self-talk

SELF-AWARENESS

When you feel or think something, you honor it and listen to it; you are interested to reflect on things and understand yourself; you take responsibility for your thoughts and actions

SELF-EMPOWERMENT INVENTORY

How do you connect with each of these 7 Foundational Practices? How do they show up in your life? And if they don't currently show up, what could it look like to begin practicing them?

SELF-WORTH

Believing that you are just as worthy as anyone else and that they are just as worthy as you

SELF-ACKNOWLEDGEMENT

Acknowledging your steady progress and exciting wins in life

SELF-COMMITMENT

You don't cancel on yourself; you don't blow off your goals and plans; you honor yourself and your time and you put in the effort to show up for yourself

SELF-EMPOWERMENT INVENTORY

How do you connect with each of these 7 Foundational Practices? How do they show up in your life? And if they don't currently show up, what could it look like to begin practicing them?

SELF-EMPATHY

You don't beat yourself up when you have a bad day; you're kind with yourself, give yourself grace and feel pride in yourself because you know that you're trying your best and that is enough

INVENTORY OF FINDINGS

Practices that come naturally:

Practices I will focus on embracing:

GROW
WHERE
YOU ARE
PLANTED.

F & G

10-Day Self Reflection Project

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Welcome to your

10-Day Self Reflection Project

I'm so glad you're here!

What's this project all about?

Self-observation and self-reflection is so important when creating a positive, growth-minded environment for yourself and within yourself.

I found myself feeling a bit stuck last month and I didn't really understand why. So I told myself I'd do the work to explore why I was feeling stuck, and I'd do what I could to help get myself out of it.

I planned out these 10 questions (one for each day) and sat with myself for about 15-30 minutes each morning. It helped me be intentional with my time. I was able to really sit, think and observe myself. By walking through these questions (and writing down my answers), I was able to understand where I was, and determine a plan of action to get me to where I wanted to be (and it set my soul on fire in the process!)

I was so encouraged and inspired by this experience that I couldn't wait to share it with you too!

It's a 10-Day Project, but...

I completed this project over the course of 10 days. I picked a time of day for myself to sit and think. My goal was to get into the routine of self-reflecting/journaling each day - and it totally worked! I'm done with the project and I'm still journaling each morning.

BUT some of you might not be able to make mornings work, or you aren't able to commit time every single day--and that's not a problem at all!

If mornings don't work for you, maybe instead you do it during your kids' nap time, or you do it at night before you go to bed. Pick a time that works for YOU so that you can feel focused and excited to dive in.

If you aren't able to commit time every single day and would prefer to sit down and do the activity all in one sitting--do it, girl! The most important thing is that you set time aside for yourself to explore the questions. Whatever looks right for you is exactly how you should complete the project!

10-Day Self Reflection Project: At a Glance

Day 1 | Chapter 1

What are my goals/intentions for this project? What am I hoping to take away from it?



Day 2 | Chapter 2

What am I most excited for in life right now? What sets my soul on fire?



Day 3 | Chapter 3

What am I most anxious about in life right now? What has me unsure or confused?



Day 4 | Chapter 4

What is my biggest prayer/wish for my life right now?



Day 5 | Chapter 5

Where do I see that my heart/soul wants to grow and develop in life right now?



Day 6 | Chapter 6

What dreams/goals do I want to accomplish in the next 12-18 months?



Day 7 | Chapter 7

What dreams/goals do I want to accomplish in the next 3-5 years?



Day 8 | Chapter 8

In what ways do I need to grow and develop to prepare for these dreams/goals?



Day 9 | Chapter 9

What self-care routines/patterns can I add to my life to help support my growth?



Day 10 | Chapter 10

What positive affirmations do I want to write down for myself right now?

Start date:

Day 1 | Chapter 1

What are my goals/intentions for this project? What am I hoping to take away from it?



Day 2 | Chapter 2

What am I most excited for in life right now? What sets my soul on fire?



Day 3 | Chapter 3

What am I most anxious about in life right now? What has me unsure or confused?



Day 4 | Chapter 4

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What dreams/goals do I want to accomplish in the next 3-5 years?

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In what ways do I need to grow and develop to prepare for these dreams/goals?

Day 9 | Chapter 9

What self-care routines/patterns can I add to my life to help support my growth?

Day 10 | Chapter 10

What positive affirmations do I want to write down for myself right now?

Your Self Reflection Key Findings

Look back on everything you jotted down in response to your 10 questions. Summarize your main findings using single words and/or short phrases.

1 - Main goal/intention for this project

2 - I'm most excited for

3 - I'm most anxious about

4 - My biggest prayer/wish

5 - Where my heart/soul wants to grow most

6 - Top 3 goals for next 12-18 months

7 - Top 3 goals for next 3-5 years

8 - Ways I need to grow and develop

9 - Self-care routines I can add to my life

10 - My number one affirmation for my life right now