

SELF EXPLORATION ACTIVITY

Do you believe you are worthy? Why or why not?

Do you believe you, your life and your place in this world are infinitely valuable? Why or why not?

Do you believe you are capable of giving and receiving love unconditionally? Why or why not?

For any of the questions above to which you answered NO, how might your life be different if you believed differently? Describe below.

If you're interested in learning more about what creates and sustains your own belief and behavior patterns, and how you can unlearn the negative perspectives that may be keeping you stuck, [CLICK HERE](https://joyfuldvm.com/vetlifeacademy) (joyfuldvm.com/vetlifeacademy) to be notified the next time Vet Life Academy for Life opens to new students! The journey toward everything you want for your life is one intentional decision away!