Who am I?

- Author of The Self-Worth Path
- Tarot reader
  - www.supportivetarot.com
- Yoga teacher (EYT-500, YACEP)
  - The Fat Yogini, Body Positivity Yoga
- Public speaker
  - Body Acceptance & Self-Worth Advocate
- Content creator
  - Lisa Papez & Tarot with Lisa on YouTube
- Self-proclaimed “vulnerable bad-ass”
What is the Self-Worth Path?

The Self-Worth Path is a guided, virtual labyrinth walk that brings you deeply into yourself where you are reminded of your innate worth. It guides you back outwards so that you can apply what you've learned to all aspects of your daily life.

The Self-Worth Path takes you through twenty-one steps in five major areas of self-worth: **body-acceptance, self-care, self-awareness, accountability and integration.** Through this journey you step into your personal power and live the life that you deserve: a life aligned with your worth.
The Five Major Areas of Self-Worth

1. Body-Acceptance
2. Self-Care
3. Self-Awareness
4. Accountability
5. Integration
Fun Yoga Fact!

The five major areas of The Self-Worth Path were inspired by the five Koshas... or layers of the self... from Yoga Philosophy!

Annamaya Kosha
Pranamaya Kosha
Manomaya Kosha
Vijnanamaya Kosha
Anandamaya Kosha

The 5 Koshas
The Koshas and the Five Major Areas of Self-Worth

- Annamaya Kosha - Food (or Physical) Body - Body Acceptance
- Pranamaya Kosha - Breath (or Energy) Body - Self-Care
- Manomaya Kosha - Mind/Emotion Body - Self-Awareness
- Vijnanamaya Kosha - Wisdom Body - Accountability
- Anandamaya Kosha - Bliss Body - Integration
The Twenty-One Steps of The Self-Worth Path

1. Get to know your body
2. Nourish yourself (mindful eating)
3. Move for the fun of it
4. Focus on actions, not outcomes
5. Release body-image dogma
6. Practice self-care without feeling selfish
7. Put yourself first
8. Build your survival-mode self-care toolkit
9. Practice alone-ness
10. Accept change
11. Understand yourself
12. Stop being a control freak
13. Know when it’s time to let go
14. Hold yourself accountable, without beating yourself up
15. Meet your shadow
16. Create lasting change
17. Get naked (vulnerability)
18. Face your fear
19. Be you (authenticity)
20. Commit to yourself
21. Make your own rules
Fun Tarot Fact!

The twenty-one steps of the Self-Worth Path are inspired by the major arcana cards of the Tarot, which consists of the Fool (Key 0) and 21 primary archetypes that represent the major aspects of life.
Body Acceptance
Why start with Body Acceptance?

Body Acceptance may seem like one of the most challenging places to begin walking The Self-Worth Path... and in some ways it is. So, why start here?

- To begin taking up space in your life, you have to learn how to take up space in your body.
- That means recognizing you have a right to exist, exactly as you are (or appear).
- If you can’t find a way to accept your body or appearance, how can you find a way to accept the deeper, more hidden parts of yourself?
- It is often easier to begin with the tangible or physical than with the intangible or ethereal in any endeavor.
What is body acceptance?
Body-acceptance is the practice of meeting yourself where you are, recognizing the function and form of your body, without judging it, and developing a healthy relationship with food and eating.

— Lisa Papez
“Body acceptance means, as much as possible, approving of and loving your body, despite its “imperfections,” real or perceived. That means accepting that your body is fatter than some others, or thinner than some others, that your eyes are a little crooked, that you have a disability that makes walking difficult, that you have health concerns that you have to deal with — but that all of that doesn’t mean that you need to be ashamed of your body or try to change it. Body acceptance allows for the fact that there is a diversity of bodies in the world, and that there’s no wrong way to have one.”

— adiosbarbie.coms
Why is body acceptance important?
because...
Approximately 91% of women are unhappy with their bodies and resort to dieting to change their body shape.

More than 1/3rd of the people who admit to “normal dieting” will merge into pathological dieting.

Roughly 1/2 of these will suffer from a full or partial eating disorder.

95% of people with eating disorders are between the ages of 12 and 25.
3 out of 4 girls feel guilty, shameful or depressed after just 3 minutes leafing through a fashion magazine.

48% of girls wish they were as skinny as models.

32% of them admit to starving themselves to lose weight.

& none of these statistics seem to take boys, men, transgender or non-binary folks (who also struggle with body acceptance) into account at all.
and because...
$5,000,000,000,000+

Is the estimated revenue earned by the diet, weight loss & beauty industry...annually.
Can you imagine...

what your life would look like if, as a society, we saw all bodies as beautiful and worthy exactly as they are - if YOUR body had always felt just right, good enough, and worthy of your acceptance?
Body Acceptance Vs. Body Love
The Five Steps of Body Acceptance

- Get to know your body
- Joyful movement
- Release body image dogma
- Nourish Yourself
- Focus on actions, not outcomes
Get to know your body
Get to know your body

Your body is not a problem.

Beauty is entirely subjective.

Your body does what it does... for a reason!
2 Nourish Yourself
Nourish yourself

Mindful eating

Eating without shame

Food for vitality and for pleasure
3

Move for Fun
Move for fun

Exercise for fun, not punishment

What would you try if you thought you could?
4
Actions, not Outcomes
Focus on actions, not outcomes

Healthy habits are healthy, regardless of result

Focusing on health, not numbers

Learn to trust your body
5 Release Body Image Dogma
Release body image dogma

What would you buy less of if you loved the way you looked?
Remember ... 
Five *billion* dollars... 

Is the estimated revenue earned by the diet, weight loss & beauty industry... *annually.*
Things you can try right away to improve your relationship with your body

01. Focus on one physical trait you like
Love your lips or your earlobes? Practice loving them EVEN MORE!

02. Don’t look away from the mirror
Do you normally avoid your reflection or certain parts of your reflection? Try not to.

03. Let yourself enjoy what you eat.
Whatever you choose to eat, savour it, without shame.

04. Move for fun
Try ONE type of movement that you’ve never given yourself the green light to try - no expectations - just have fun!
Part 2 coming January 13th!

Join me, Wednesday January 13th for the next chat in this series!
Dive deeper with practices, journal prompts and more in the book, available now from Amazon.
Thanks!

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