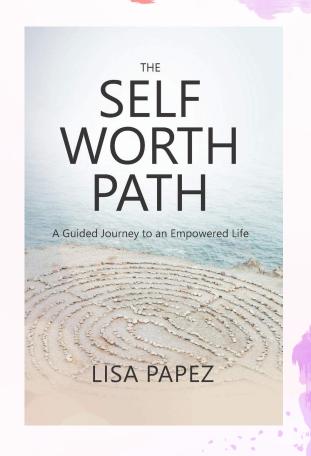


A Guided Journey to an Empowered Life

by Lisa Papez

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 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 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?



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.





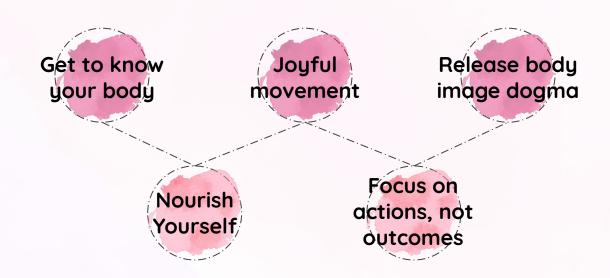
beauty industry...annually.



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 Body Love

The Five Steps of Body Acceptance



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!

Nourish Yourself

Nourish yourself

Mindful eating

Eating without shame

Food for vitality <u>and</u> for pleasure

Move for Fun

Move for fun

Exercise for fun, not punishment

What would you try if you thought you could?

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

Release Body Image Dogma

Release body image dogma

What would you buy less of if you loved the way you looked?



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

Love your lips or your earlobes? Practice loving them EVEN MORE!

03

Let yourself enjoy what you eat.

Whatever you choose to eat, savour it, without shame.

02

Don't look away from the mirror

Do you normally avoid your reflection or certain parts of your reflection? Try not to.

04

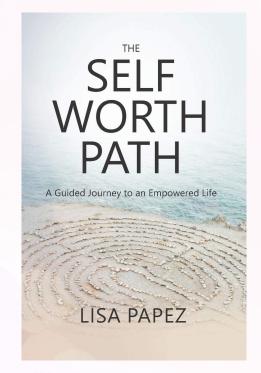
Move for fun

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.





Stay in touch:

Email: tarotwithlisa@gmail.com

Web: www.lisapapez.com

YouTube: youtube.com/c/supportivetarot

Instagram: @supportivetarot

CREDITS: This presentation template was created by **Slidesgo**, including icon by **Flaticon**, and infographics & images from **Freepik**