



CHAPTER 5: **ESSENCE**



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Therapy Session Number 5

Hello there! In this session you will become aware of how your ego is harming your financial health. You will also learn how connecting with your essence—your inner light—can catapult you into higher heights of success! Let's get started. Please write your responses to the following questions:

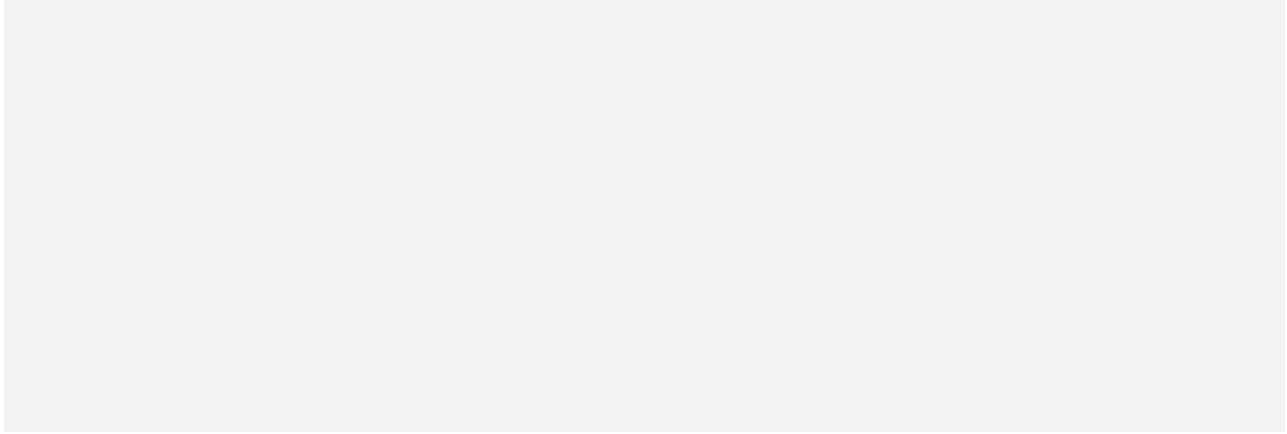
20 MINUTES

What did my “Dear Ego” letter bring up for you in relation to your own ego?

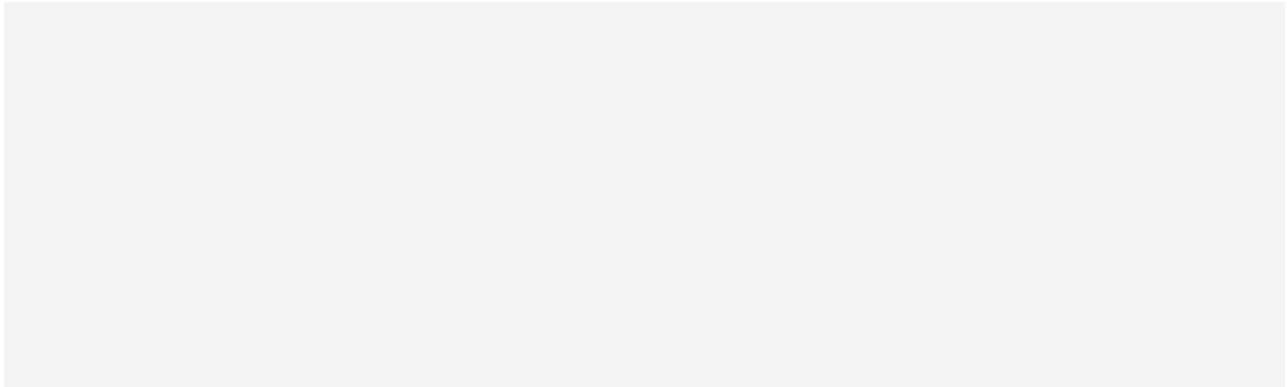
How might your ego be hurting you financially?

In what ways do you connect with your inner light (essence) and let it shine?

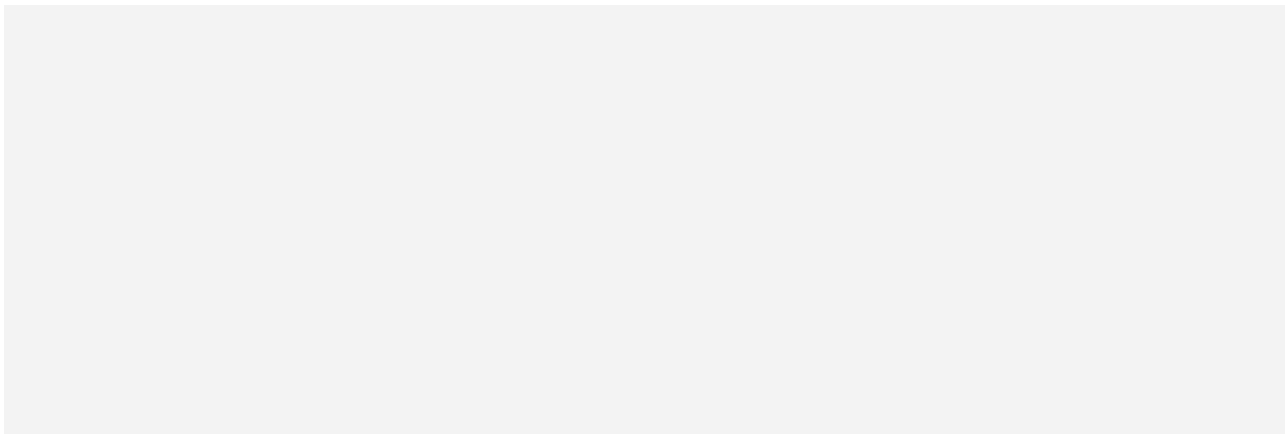
How has that connection increased your prosperity? How can you expand on this?



What do you imagine I, as your therapist, might say about what you wrote?



What are two or three insights you gained from this session?



Excellent self-reflection! You will benefit from having taken a deeper look at yourself. Now, let's give you some tools to continue to detach from your ego and connect with your essence.



Align with Your Essence

Answer the following questions to help you get back to your core self:

What values do you hold most deeply?

Do you live in a way that is congruent to these values? In what ways is your life incongruent with these values?

What broad steps might you take to change your life so you can live in a way that is more consistent with your core values?

20 MINUTES; LIFETIME PRACTICE



Cancel Your Ego Trip

Answer the following questions:

Which Diva and Doormat characteristics do you recognize in yourself?

Blank response area for the first question.

When do these characteristics get expressed? How has this hurt you financially?

Blank response area for the second question.

What will you do to re-center yourself and become your Successful Self with healthy self-esteem?

Blank response area for the third question.

20 MINUTES; LIFETIME PRACTICE



The Essence Wheel

Date _____

Rate your response after each question using a number from the following scale: Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10)

20 MINUTES

Poor

Fair

Good

Prosperous

1

2

3

4

5

6

7

8

9

10

Essence Alignment: This is about connecting with your deepest self and unique light through presence. How are you aligning your life with essence, this core aspect of self and choosing love over fear?

Ego Detachment: This is the ability to observe and separate from harmful aspects of ego such as defensiveness, competition, arrogance, feelings of superiority or inferiority, and focusing on externals, such as appearance and accomplishments. How well are you able to avoid having your financial perspective become distorted by ego?

Healthy Self-Esteem: This comes from feeling positive about yourself in relation to others in a balanced way, and includes healthy ego strength, confidence, and assertiveness. How good are you at celebrating your strengths and recognizing your areas of needed growth and development?

Humility: Humility involves a healthy awareness of all you do not know or understand, your areas of deficit, and keeping your ego in check. How good are you at remaining humble, modest, and down-to-earth even as you achieve great success?

Respect: How would you rate yourself when it comes to demonstrating respect for yourself and others in your communication?

Authenticity: How good are you at being honest, real, and genuine with others, while remaining kind and not putting up false pretenses?

Vulnerability: Vulnerability is about breaking down the walls created by your ego for self-protection. These walls prevent the honest communication that leads to support, connection, intimacy, and growth. How good are you at admitting what you do not know and asking for help?

Enoughness: I define “enoughness” as resisting the urge to feed ego with materialism and staying connected with essence as you welcome true prosperity, which includes generosity. How good are you at knowing that on the essence level, you are always enough?

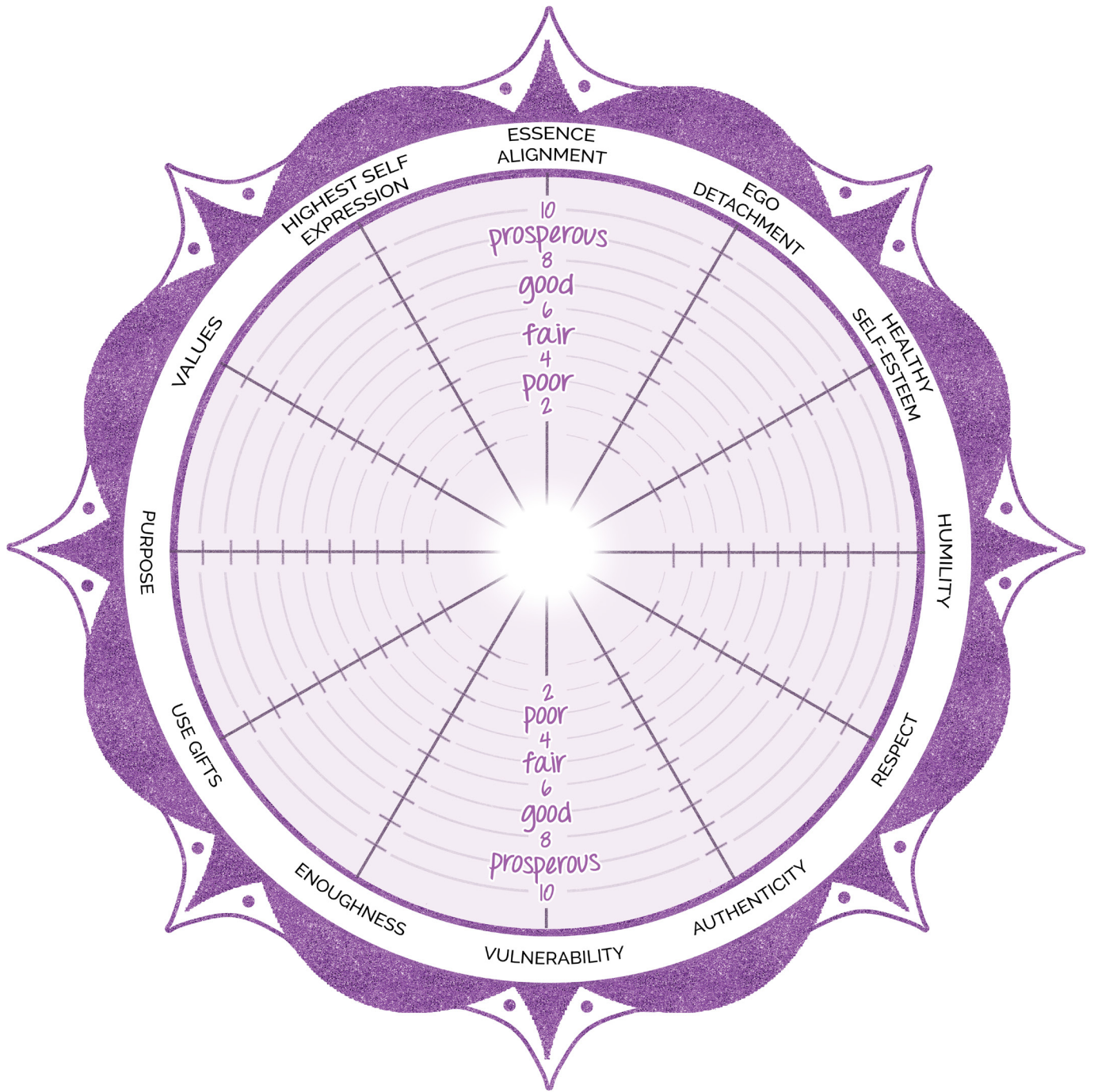
Use Gifts: How good are you at celebrating your gifts and strengths and aligning them with a need in the world?

Purpose: How would you rate yourself when it comes to identifying your higher personal and professional feeling of purpose, which is fueled by your essence?

Values: How good are you at staying true to yourself and living your life in a way that is aligned with your core values?

Highest Self-Expression: How would you rate yourself when it comes to letting your inner light shine by showing up and thriving in the world as your most expansive, vibrant, and prosperous self?

Chart your responses on The Essence Wheel. Start at the top: are you Poor, Prosperous, or somewhere in between when it comes to Essence Alignment? Put a dot on the spoke next to the number that corresponds with your answer. Now, continue going around the wheel and after scoring yourself on every spoke, connect the dots to create a circle.



The Essence Wheel

The Essence Wheel

Let's wrap this up by answering the following questions:

Look at the three spokes of The Essence Wheel with the lowest scores (the dents) and come up with two ways you can improve in each of those areas.

What are two ways detaching from ego and aligning with essence would improve your financial life?

How can you spend more of your time in the healthy self-esteem range?

No matter what your results are, consider revisiting this exercise monthly or quarterly to continue to keep your ego in check and ignite success by connecting with essence. Date your wheel and file it for later reference!