



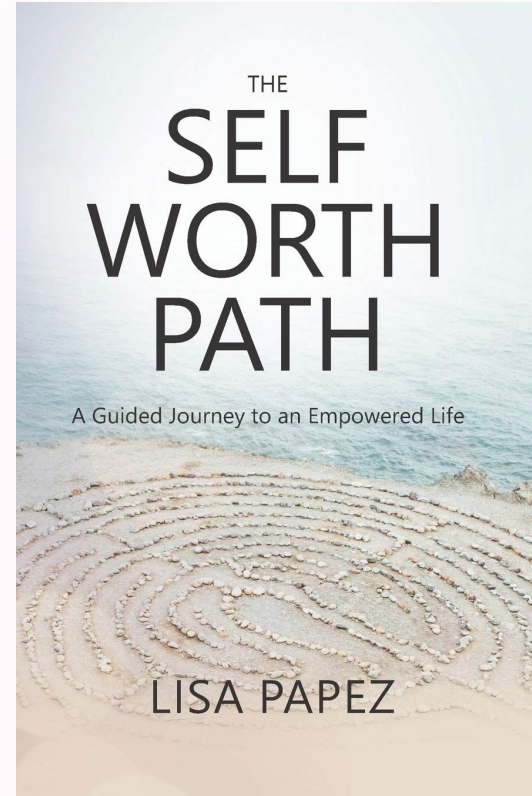
The Self-Worth Path


A Guided Journey to an Empowered Life

by Lisa Papez

Who am I?

- Self-proclaimed “vulnerable bad-ass”
- 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 on YouTube





Who am I,
really?

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

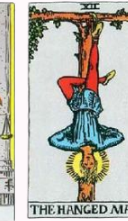
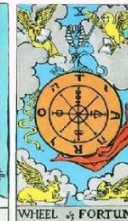
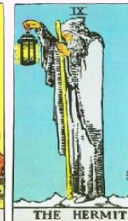


The Twenty-One Steps of The Self-Worth Path

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**

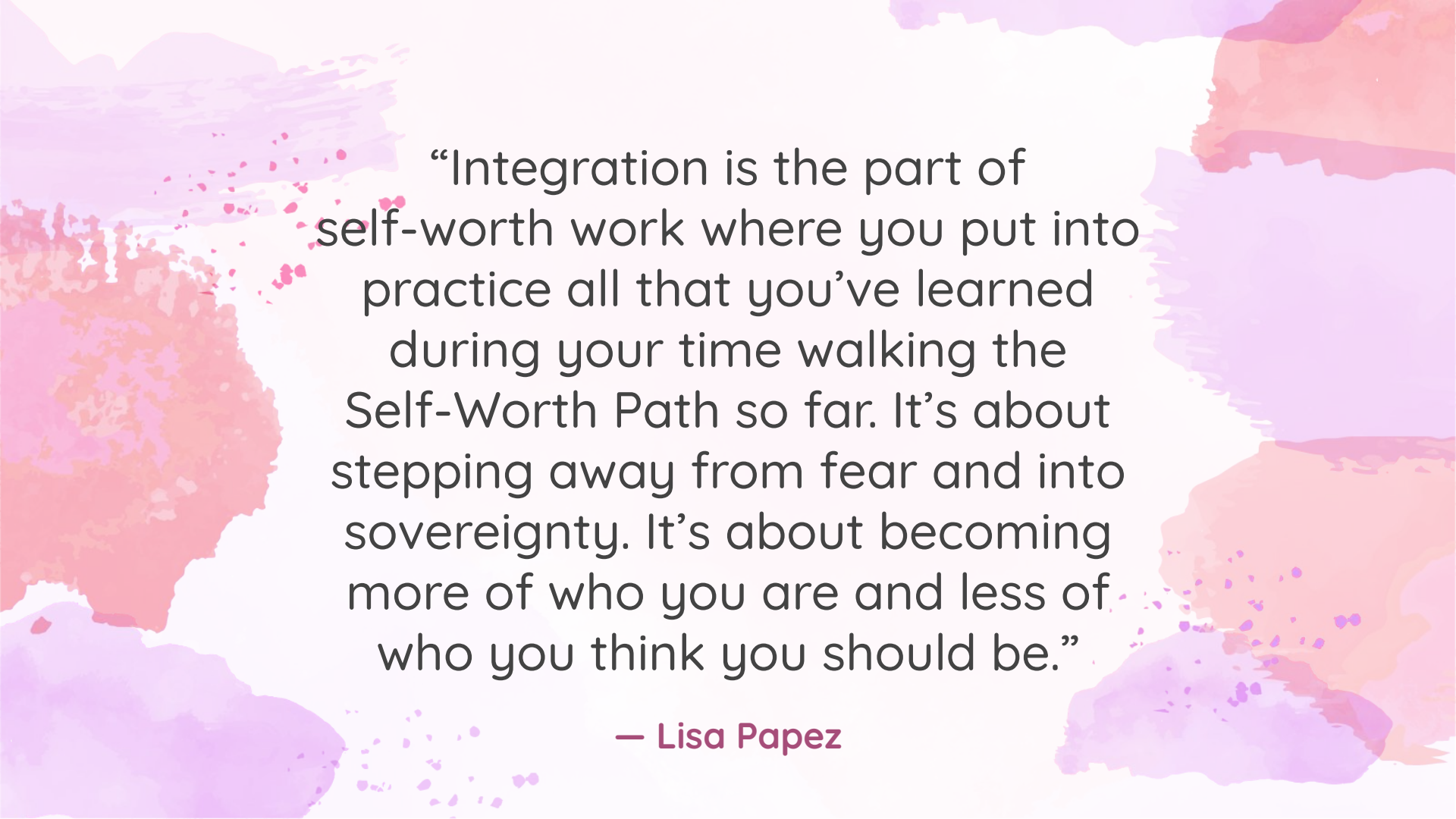
Fun Tarot Fact!

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.





*What is
Integration?*

The background of the slide is a white canvas decorated with abstract watercolor-style brushstrokes. The colors used are various shades of purple, lavender, and pink, with some darker, more saturated tones. The brushstrokes are irregular and layered, creating a soft, artistic feel. The text is centered on the white space, framed by these colorful washes.

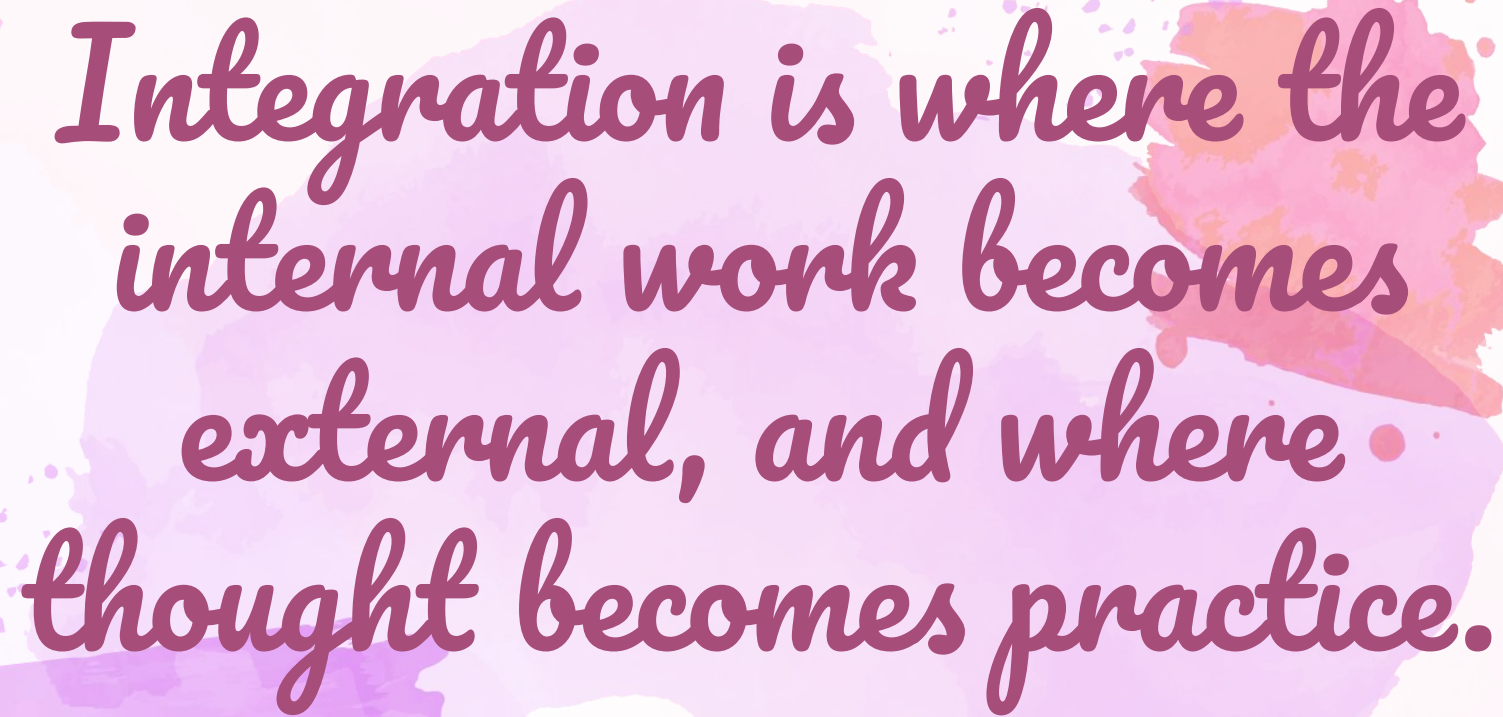
“Integration is the part of self-worth work where you put into practice all that you’ve learned during your time walking the Self-Worth Path so far. It’s about stepping away from fear and into sovereignty. It’s about becoming more of who you are and less of who you think you should be.”

— Lisa Papez


You may have heard this one...
but what if you insert "self" before "love"?

“Your task is not to seek for *self*-love, but
merely to seek & find all the barriers
within yourself that you have built
against it.”

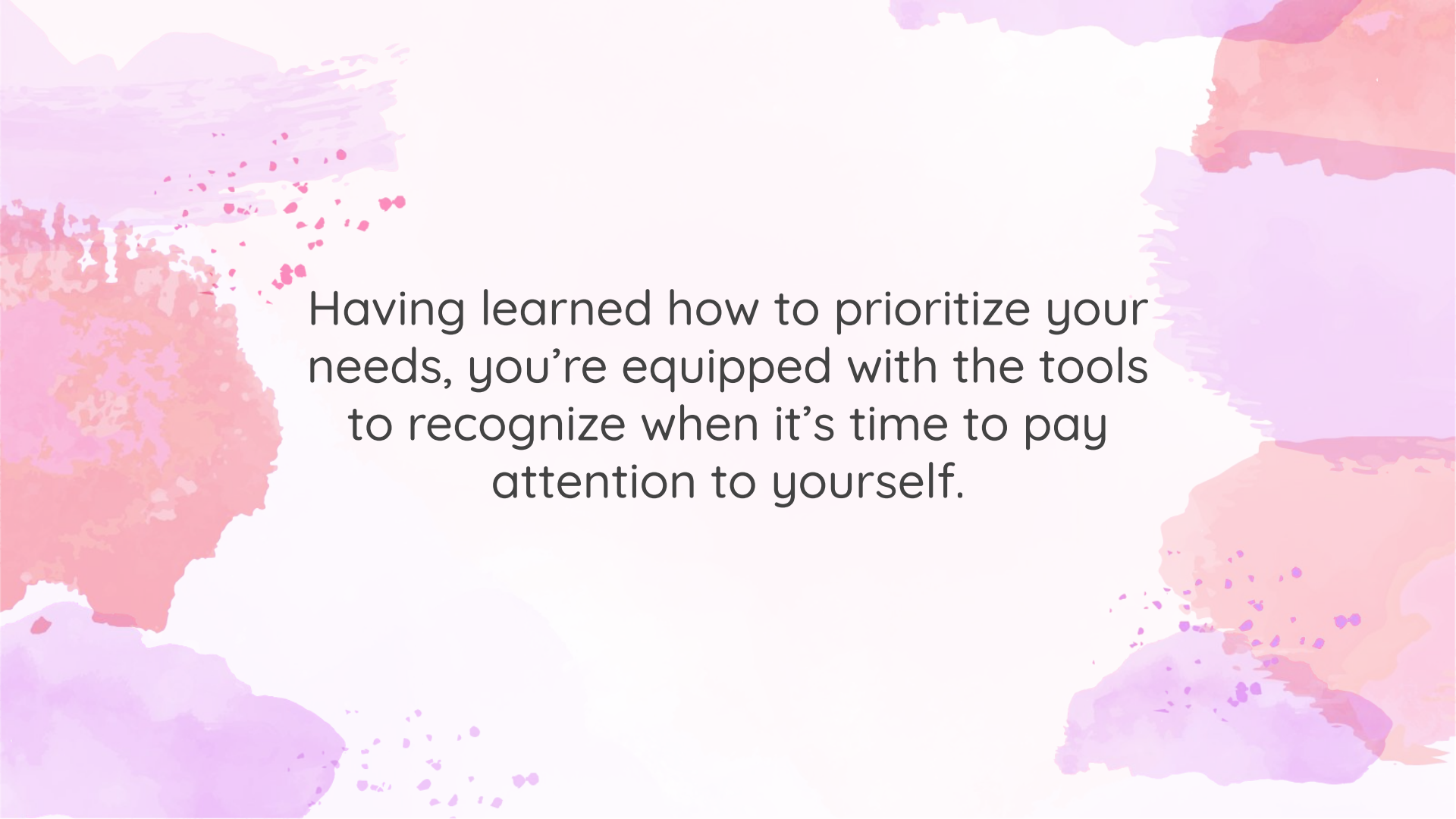
— Rumi



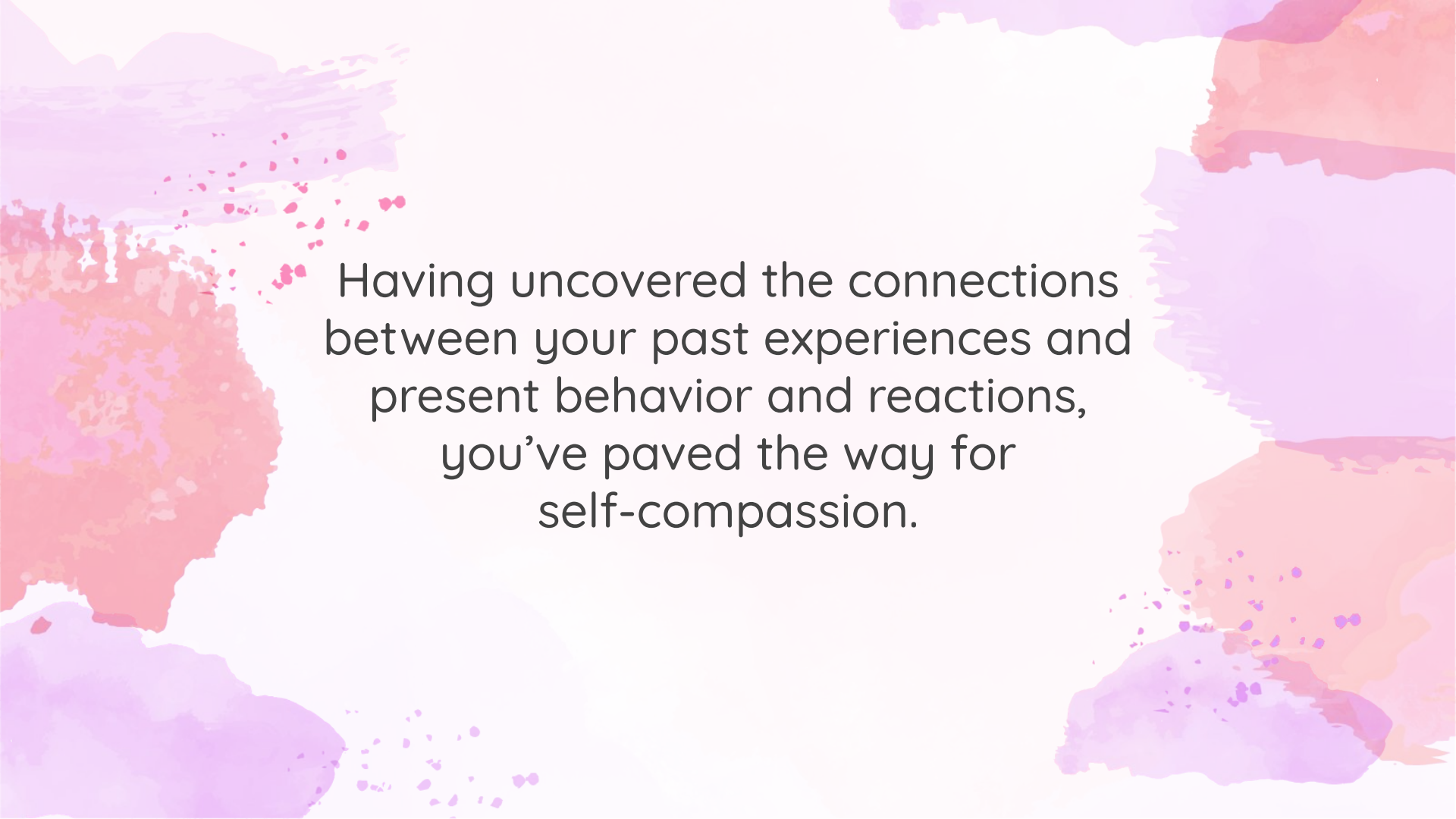
*Integration is where the
internal work becomes
external, and where
thought becomes practice.*



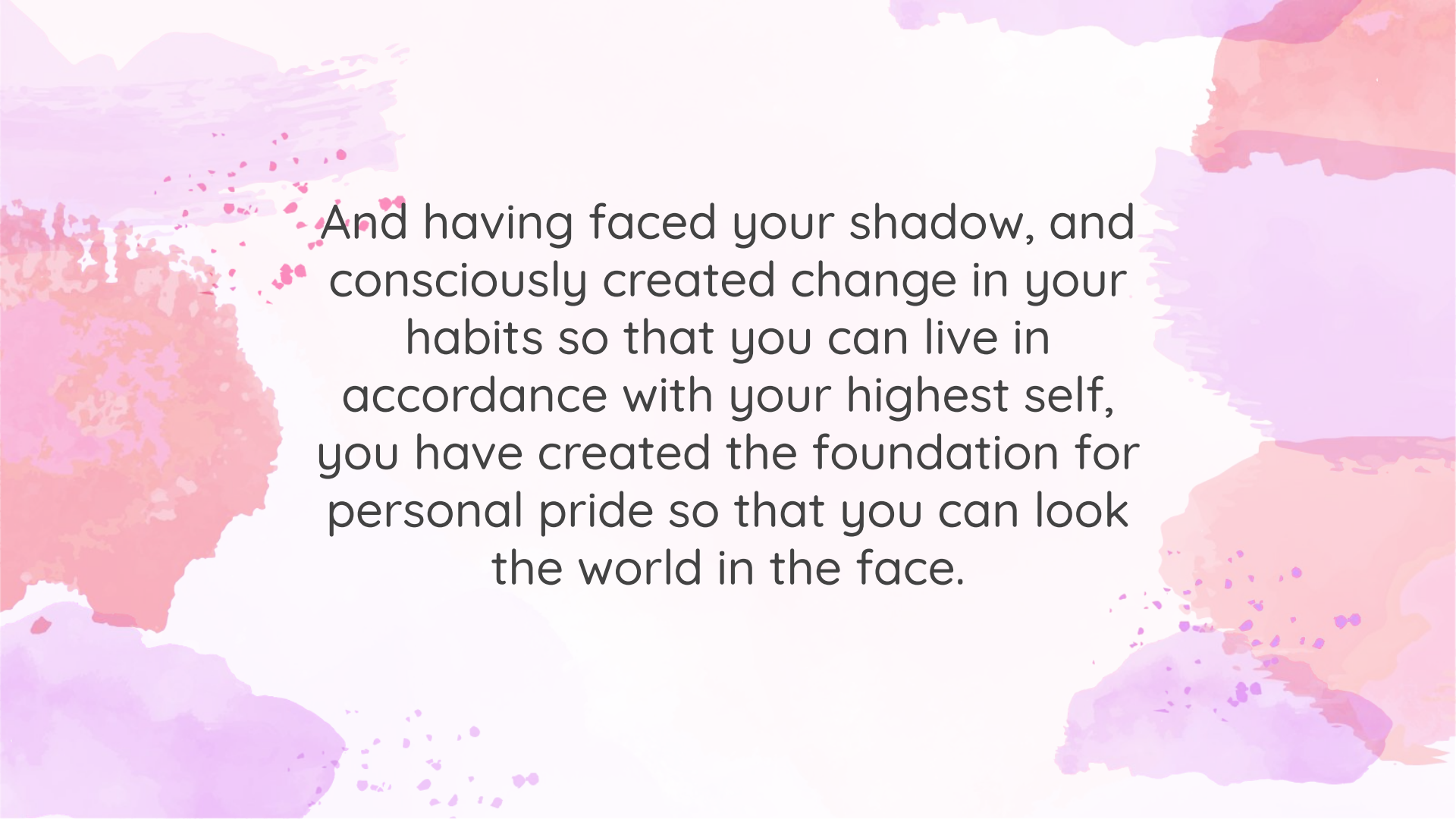
Having built some acceptance with
your body, you are prepared to take
up space in the world, without
apology.



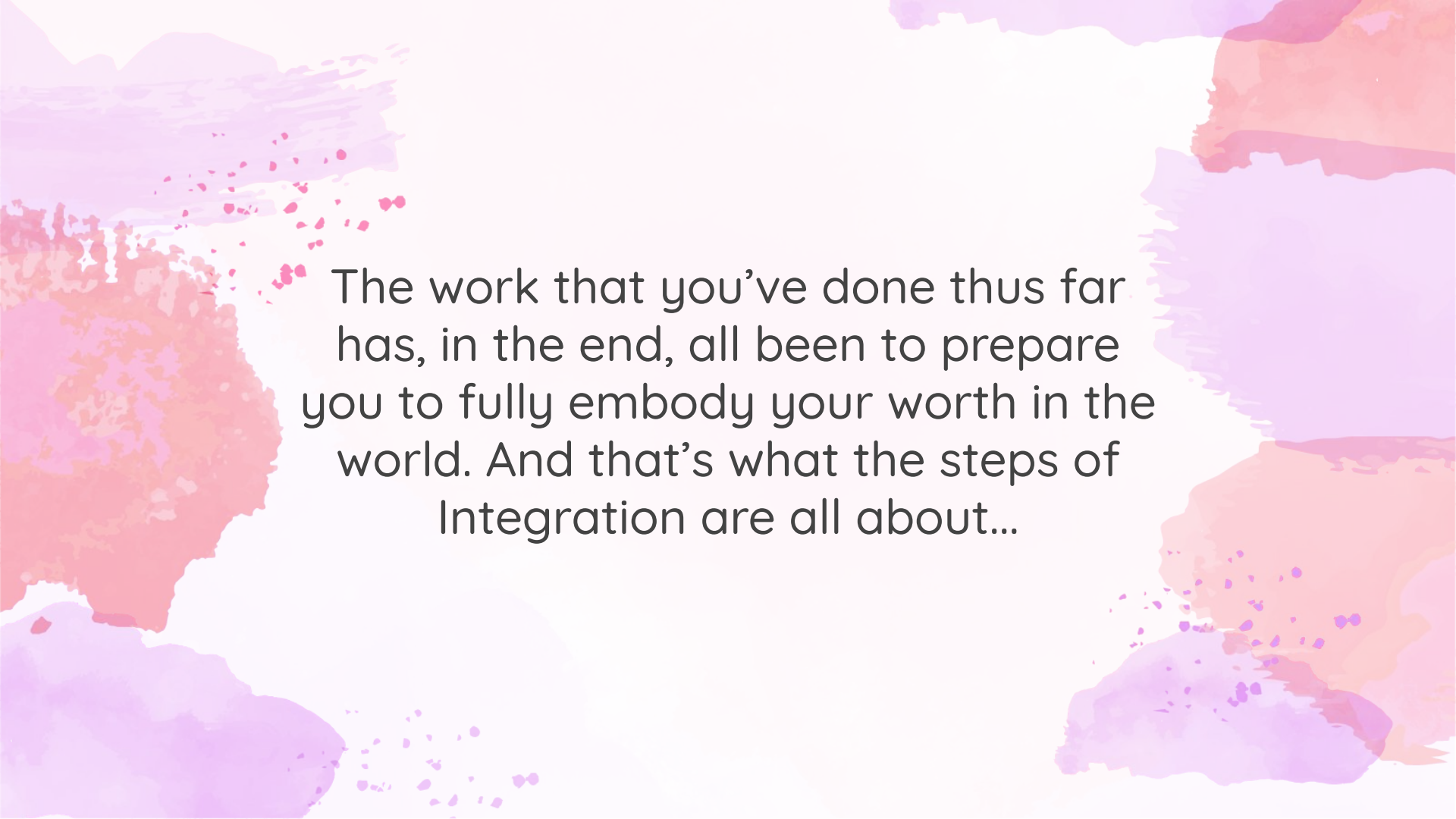
Having learned how to prioritize your needs, you're equipped with the tools to recognize when it's time to pay attention to yourself.



Having uncovered the connections
between your past experiences and
present behavior and reactions,
you've paved the way for
self-compassion.

The background features abstract watercolor-style brushstrokes in shades of purple, pink, and red, creating a soft, artistic frame around the central text.

And having faced your shadow, and
consciously created change in your
habits so that you can live in
accordance with your highest self,
you have created the foundation for
personal pride so that you can look
the world in the face.



The work that you've done thus far has, in the end, all been to prepare you to fully embody your worth in the world. And that's what the steps of Integration are all about...

Can you imagine...

Can you imagine what your life would look like if you had always felt comfortable and confident being wholly who you are, without apology or explanation?

Can you imagine what a life of fearless vulnerability and authenticity would mean for you?

The Five Steps of Integration





17

Get Naked

Get Naked

**Choose people
who let you feel
safe to let your
guard down and
then do it.**

**Let
Love
In**

**Meet and
Nurture your
Inner Child**



18

Face Your Fears

Face Your Fears

**Be honest
with yourself
about what
scares you**

**Explore the what
if... and reclaim
your power**

**Discomfort
is your
friend**



19

Be You

Be You

Leave your
chameleon days
behind you

You're not
everyone's cup
of tea, stop
trying to fill
everyone's cups

The power to be
found in NOT
fitting in



20

Commit to Yourself

Commit to Yourself

Change requires
commitment

Especially when
it's hard, you
need to be at
the top of your
priority list!

Explore the
power of
“No”!



21

Make Your Own Rules

Make Your Own Rules

Be your own boss - the buck stops with you!

Freedom is knowing that you have the right to walk away

Learn to recognize disempowerment and nip it in the bud



Can you imagine...

Can you imagine what your life would look like, if you knew the immeasurable power of your worth?

Things you can try right away to integrate the tools and techniques you've learned:

01

Recognize when you feel safe

Start actively paying attention to when (and with whom) you feel safe and practice letting your guard down and revealing more of you!

02

Practice fearlessness

When you need a confidence boost, remind yourself that you are powerful and that you have nothing to fear... and then look the world in the face.

03

Practice taking up more space!

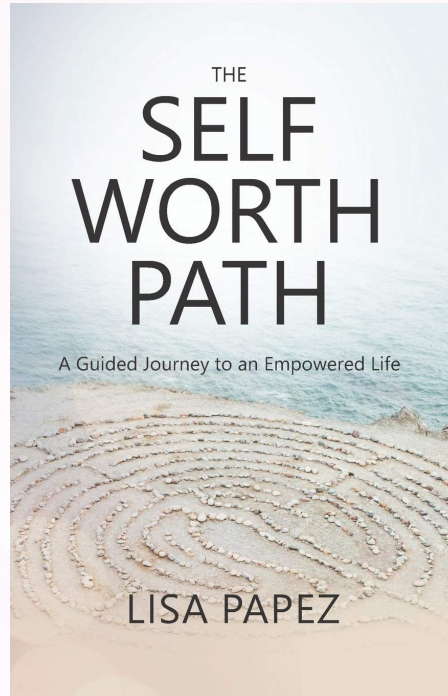
Life is too short to make yourself UNCOMFORTABLE so that others can be comfortable. Notice when you're doing this and try to move the needle.

04

Write a few rules to live by

Write down a few rules you think help support an empowered life and practice living by them. This is a simple way to practice keeping your promises to yourself!

Dive deeper with practices, journal prompts and more in the book, available now from Amazon.



Thanks!

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Instagram: [@supportivetarot](https://www.instagram.com/supportivetarot)

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