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!

The 5 Koshas:
- Annamaya Kosha
- Pranamaya Kosha
- Manomaya Kosha
- Vijyanamaya 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.
What is Integration?
“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.
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 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

Get Naked

Face Your Fears

Be You

Commit to Yourself

Make Your Own Rules
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
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
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!

Stay in touch:

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