

The Worthy of Pleasure Challenge

Take a moment to take a few deep breaths and place two hands on your body and ask yourself, "How worthy do I feel of pleasure in my life?"

1. Listen for a number from 0 - 10...

(0 being totally unworthy, 5 being sort of worthy and 10 being fully worthy).

2. Ask yourself, "How worthy of pleasure do I desire to feel in my life?"

Listen for a number from 0 - 10.

3. Whatever number you get, feel inside of your body what it would feel like in your body and what would happen in your life if you let yourself feel worthy of pleasure at this level.

So, if the answer to your question, "How worthy of pleasure do I desire to feel in my life?" was a 6, then you feel inside of yourself how it feels in your body and what would happen in your life if you felt worthy of pleasure at a level 6.

*Note you don't need to go from a 2 to a 10, in fact it's easier if you take small steps. If you are starting at a level 2, it's easier to move to a level 4 to start!

4. As you go through your day, periodically feel yourself experiencing a new worthiness of pleasure. Notice this when you wake up in the morning, shower, get dressed, do yoga, go to work, create, play, have sex/self pleasure, etc...You can imagine a dial from 0 - 10, and bring your dial up to your level of pleasure and notice how that changes things.

5. Commit to this for a week! Take note of what shifts in your life over the week and then let me know what happened in the vlog comments, by replying to my email or by posting on social media.

Our whole community will be joining in on this and you'll feel the group resonance of upleveling our worthiness and pleasure as women!

I'll see you there!!! LOVE you!!

Layla