

DISCOVER HOW

*The  
Labels  
We Wear*

DEFINE US!

Presented by:

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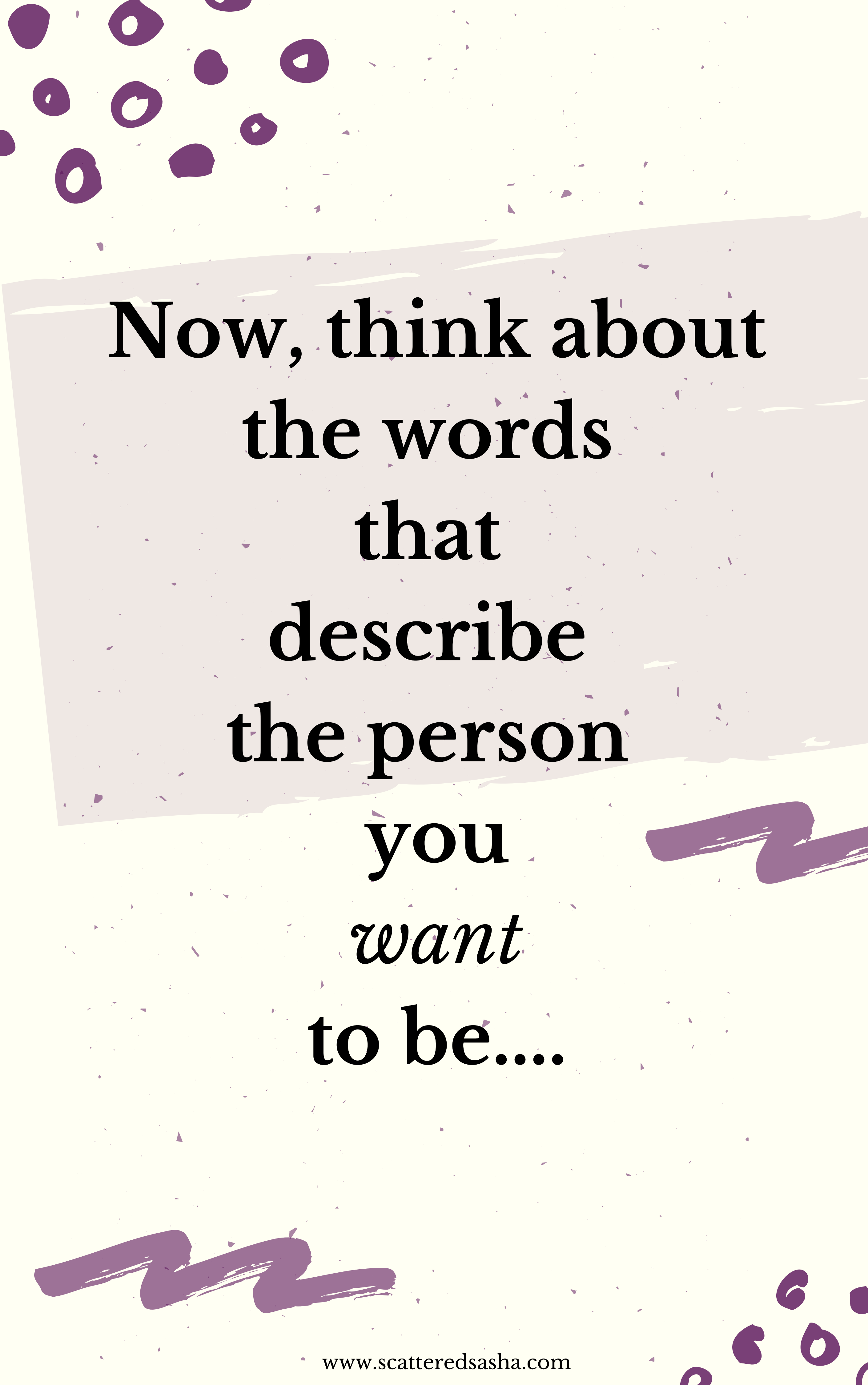
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**We all wear labels,  
and often they are  
applied by others  
without any  
knowledge of  
who we are,  
how we feel,  
or  
what we believe.**

**These labels are  
also applied by  
us...when we look in  
the mirror, when  
we see a photo of  
ourselves, and  
when we play the  
comparison game  
with everyone else.**

**First, think about  
labels you wear out  
into the world that  
others have put  
on you  
*that aren't true...***

**Next, grab a pen  
and paper, and  
pick 5  
of the labels  
you wear  
every day that  
*don't belong*  
and jot  
those down.**

The background is white with scattered purple confetti. There are two thick, horizontal purple brush strokes, one on the right side and one on the bottom left. The text is centered and reads: 

**Now, think about  
the words  
that  
describe  
the person  
you  
*want*  
to be....**

Remember that  
first list of  
labels you wear that  
*don't belong?*

*Tear it up.*

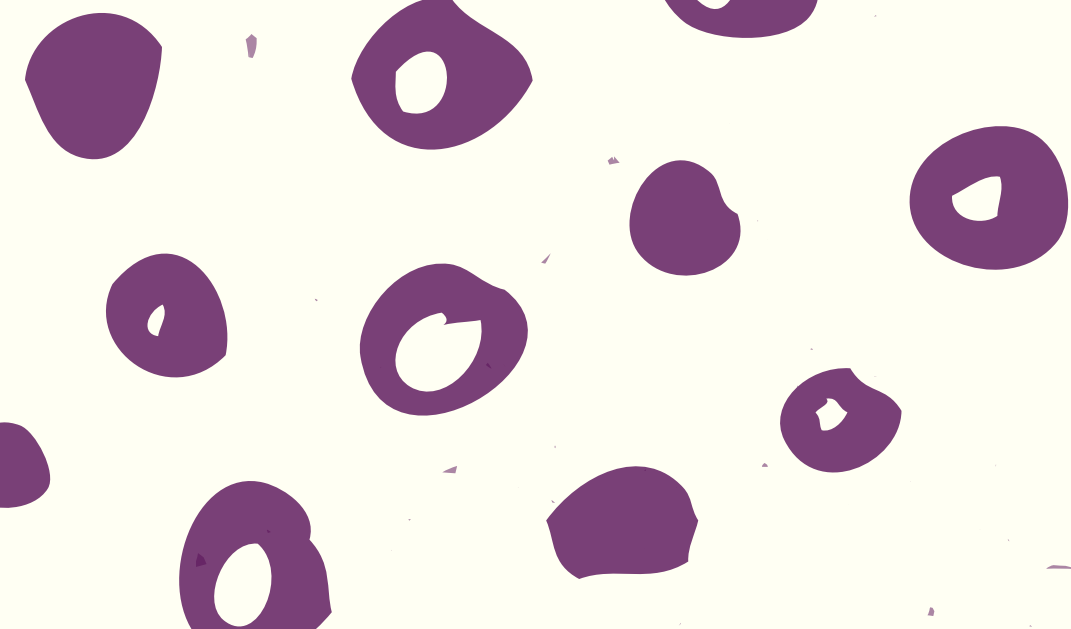
Rip it into a  
thousand pieces....

Burn it, toss it, run  
over it with your  
truck, let the dog  
chew it up...but get


*RID of it!*

Now, let that  
energy, that  
adrenaline, that  
*Power*  
that you just  
poured into your  
soul with the  
ripping up of the  
list forge your next  
list of labels that  
describe *YOU!*





**Grab a B I G sheet  
of paper....your  
favorite pen, and  
start writing down  
the labels that  
fit *you*.**



**Don't overthink it...  
what comes to  
mind?**

# Need a few ideas? Here's a list to get you started:

adventurous

affectionate

agreeable

ambitious

amusing

brave

bright

broad-minded

calm

careful

charming

compassionate

conscientious

considerate

courageous

courteous

creative

decisive

determined

diligent

diplomatic

discreet

dynamic

easygoing

emotional

energetic

enthusiastic

exuberant

FABULOUS

fairminded

faithful

fearless

forceful

frank

friendly

funny

generous

gentle

good

gregarious

hardworking

helpful

honest

humorous

imaginative

impartial

# And Even More:

independent

intellectual

intelligent

intuitive

inventive

kind

loving

loyal

modest

neat

nice

optimistic

passionate

patient

persistent

philosophical

polite

powerful

practical

quick-witted

quiet

optimistic

rational

reliable

reserved

resourceful

romantic

self-confident

self-disciplined

sensible

sensitive

shy

sincere

sociable

sympathetic

thoughtful

tidy

tough

unassuming

understanding

versatile

warmhearted

witty

When *YOU* pick the  
labels you wear,  
you wear them with  
pride, with  
confidence, and  
with a love for  
*yourself*  
because  
*you* are defining  
who *you* are and  
who the world sees!

I'd love to hear  
about the labels  
you've chosen to  
define you!

You can find me:

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»—love—»  
Sasha