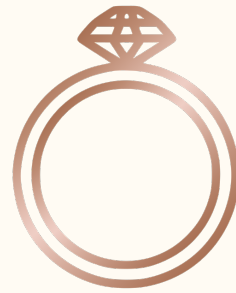


GROUNDNED IN SELF-WORTH

*Own your worth
& discover who you really are*

GIRAFFE
CIRCIE





WHY ARE YOU HERE?

To make a commitment from your Self to your own Heart

THIS COURSE IS ABOUT BECOMING
INTERNALLY GUIDED



OUR GOAL IS TO CREATE SOLID GROUND FROM WITHIN.

Life offers us clues and lessons along the way, guiding us to remember the truth of who we are and the immeasurable value we hold.

HI, I'M TIINA—YOUR COACH FOR THIS JOURNEY.

Why This Work Matters?

Out of everything I've learned on my business path, this has been the most important: *noticing when and why I was holding myself back*

— when I was engaging in self-sabotaging behaviors and felt like I didn't truly deserve to succeed, or believed I wouldn't even be able to enjoy it if I did.

Having the tools to *move beyond the fear in my body and the limiting beliefs my mind keeps repeating* is crucial to living my purpose—and especially to ensuring I won't have regrets later in life.



I will help you
untangle *outdated*
beliefs passed down
through generations

—*beliefs created in a*
world not built for our
full expression.

Your worth
has always
belonged
to you.

WE HAVE SO MUCH TO UNLEARN

We were raised by the overly masculine era
—a time that told us to keep our voices down,
trade visibility and power for safety,
and earn love through pleasing and perfecting.

Even now, many of us carry invisible rules about
what it means to be “good,” what it means to
“deserving,” or “successful.”

We can unlearn
those beliefs—and
replace them with
something far more
empowering.

WHAT WE NEED : NEW AWARENESS + MUSCIE WORK



Just like going to the gym!

Mind –
conscious

STEP 1.
Become conscious of **your worth**.
Start to *think* in a healthier way

Body –
unconscious

STEP 2.
Re-program our nervous system
Start *shifting* the unconscious *belief* system
with by creating new **patterns**

WHY WE NEED TO IMPACT THE UNCONSCIOUS

Because you “think” one thing, but it is actually what you believe in your heart, *the belief system of a little girl* that is driving the show.

Your belief system might say things like :

“It is not safe to think about myself.”

“It is not safe to put my needs first.”

“Good girls think about others.”

“I need to be in constant struggle to prove my worth.”

“By abandoning my own needs, I prove my love to others.”

Ground Rules for the Course

1. **This is *your* journey.**

Take what resonates, leave what doesn't. You are the authority in your own life—always.

2. **Progress, not perfection.**

This space isn't about getting it “right.” It's about showing up with honesty, curiosity, and heart.

3. **No “good girl” points here.**

You're not here to perform. You're here to reclaim your worth, your voice, your truth.

4. **Resistance is welcome.**

If something stirs discomfort or pushback, pause and explore it gently. Is it fear? Misalignment? A growth edge?

5. **Your pace is perfect.**

There's no rush. No competition. Tune in. Trust your timing. Go deeper. Honor your nervous system.

6. **This is a space of deep self-responsibility.**

We hold space for our inner child—but we also step into our power as the loving adult who can hold her safely.

7. **You are not here to “fix” yourself.**

You are already whole. This course is about remembering that, not proving it.

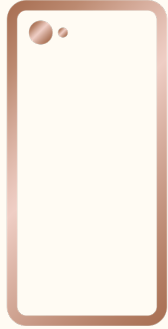
8. **Let your voice be heard.**

Whether in a journal, a mirror, or a community space—expressing yourself matters. Use your voice. Let it heal you.



LISTEN TO THE AUDIO'S MULTIPLE TIMES.

Trust that each time, your heart will receive something new. Allow yourself to fully immerse in the vibration of self-worth—as if taking a nourishing bath in it.



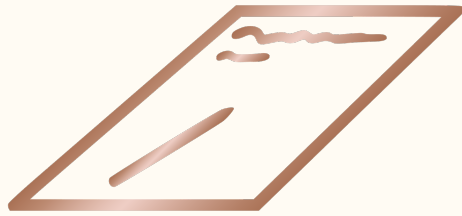
IMPACTING THE UNCONSCIOUS

When you're ready to embody a new belief, it's powerful to receive little doses of that 'belief medicine' throughout your day.

Here are a few gentle tools to help shift your nervous system patterns:

✨ **Phone Screensaver** – Create a custom screensaver with your new beliefs (you can use Instagram stories to layer words over photos), or feel free to use the ones I've made for you!

✨ **Hair Tie Reminder** – Wear a hair tie on your wrist and gently snap it whenever you catch yourself thinking something that doesn't align with your worthiness. This isn't about punishment—it's a loving nudge to come back to your truth.



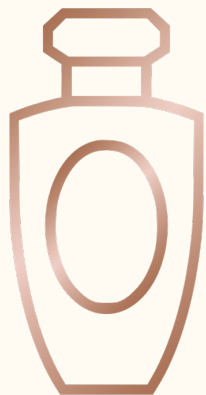
WRITE DOWN YOUR REFLECTIONS

This is a key step in accessing your unconscious mind.

As you listen to the audios or move through the workbooks, notice how your belief system responds.

Does something stir within you—a memory, a feeling, a reaction?
✨ Catch it. Write it down.

These moments are golden clues from your inner world.



YOUR MEDICINE CABINET

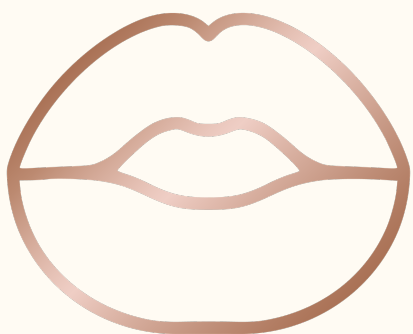
Each week, you'll receive new embodiment tasks to embody what you've learned.
This is *for you*—not a moment to collect “good girl” points. Be intentional. Choose the tools that genuinely resonate with you, and decide *when* to engage with them.

If you notice resistance, see it as a beautiful invitation to go deeper.

Ask yourself:

✦✦ Is this resistance because I'm being stretched in a powerful way?

✦✦ Or is it because this tool doesn't speak my language or spark a response in my body or intuition?
You're free to choose just one tool that feels aligned with your heart—or to go all in. Whatever feels most nourishing and true for you.



SAY THINGS OUT LOUD !

Repeat the mantras and ideas from the course material that truly resonate—with your voice, out loud. Speaking them aloud has a powerful effect: it bypasses the thinking mind and speaks directly to your nervous system, gently rewiring the belief patterns of the little girl within who's been running the show.

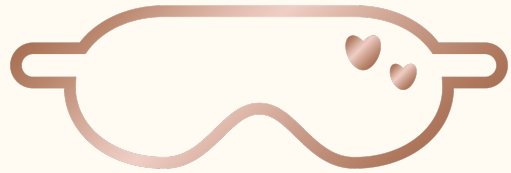
✨ **Even better: say them in front of a mirror.**

Each time you catch your reflection, try saying something like:

💬 **“This is what a woman of unlimited worth looks like.”**

💬 **“I fully and completely know and own my worth.”**

Let your voice become a healing force—one that reclaims and embodies your truth.



CLOSE YOUR EYES AND JUST FEEL

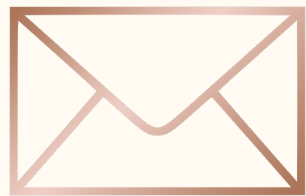
Instead of ignoring the feelings that arise, we invite our inner child to fully feel them.
And at the same time, we step into our role as the loving inner parent—reminding her that she is safe, she is held, she is not alone.

As adults, we now have the capacity to hold space for her big emotions.
We let her feel what she feels, while gently providing the safety and reassurance she may have longed for.
This is the heart of self-trust: allowing, witnessing, and holding ourselves with deep compassion.



CHECK OUT SPOTIFY LIST SELF- WORTH BY GIRAFFE

To give you feel good vibes as you look at the workbooks.



QUESTIONS AND FEEDBACK

Send me feedback anytime about how the course makes you feel or your success moments!
I love hearing from you!



GROUNDED IN SELF-WORTH

A 7-Week Practical Journey

4 ELEMENTS

Masculine in us

Trusting yourself

FIRE

- Raise your Self-esteem.
- Remove **SHAME**, be yourself.

Taking action from worthiness

AIR

- Function from your worthiness, not to prove it, but to express it.
- Say no to **OBLIGATION** as driving force.

Feminine in

Surrender to your heart

WATER

- Relationship between your Self and Heart.
- Release **FEAR** to feel your infinite worth.

Receiving your worth

EARTH

- Grounded in you. In radical enough-ness.
- Remove **GUILT** to receive abundantly.

*Together we rise above
doubt and fear.* 

You already are enough.

Grounded in Self-Worth is your
invitation to:

come home to yourself,
reclaim your voice,
and build the kind of inner confidence
no one can take from you.

Because your
value isn't
earned — it's
remembered.

I AIM TO GIVE YOU HIGHER PERSPECTIVES ON SELF-WORTH

**A deep knowing that you deserve to succeed,
and learn how to consciously build your self-worth**

And also do this work for my ancestors who didn't have the chance to do it.

Let's begin!

