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THE GROWTH EDIT - ISSUE 6



“Your self worth is determined by you. You dont need to depend on someone else to tell you who you are.”

Beyonce

Ponder This:

This caught my eye when reading an email from Mark Manson:

Validation is approval from others.

Self-esteem is approval from yourself.

Never sacrifice your self-esteem to gain validation.

Validation is easily regained once lost.

Self-esteem is not.

Reflect on this and let me know what comes up.

Ask yourself:

- Have there been times where I have sacrificed my self- respect to get validation from others?
- What were the results?
- Are there any areas or situations where I am doing it now?

Suggestion: Use these as journaling prompts for this week.

Experiment with:

Choose an area in your life where you can prioritise your self respect over your need to be validated or 'liked' by others, and over any perception or judgement other may have.

What does that look like? What would that feel like?
Choosing yourself, validating yourself?

Be brave, the gold is on the other side of choosing yourself.

Remember: Becoming conscious of your patterns is the key to releasing them.

Till next time.

Lots of love,

Rachel

PS: For those of you who want to explore and release limiting patterns or beliefs, I would love to support you. Click [here](#) to book in a free, zero obligation Clarity Call with me. If nothing else you will leave the call with a lot more clarity on your vision, whats blocking you and having experienced releasing something that has held you back. No pushy sales, ever, just being of service. Always.

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