



# THE ART OF YOU

## A 14-Day Walk To Your Higher Self or Raising Your Enoughness

**[Click here to access your 14-Day Walk Video Course](#)**

This is a 14-day, do-it-yourself personal development course to help you see where your beliefs and habits of thought originated, and how they are or aren't serving you.

I will show you how to master the art of emotional freedom based on shifting and improving your belief system about who you are and the possibilities to remove all future obstacles.

This is a writing-based course because when you have to form thoughts into words, you'll gain clarity and receive personal inspiration to become your highest self in personal awareness and natural progression to fulfill the measure of your creation.

You can repeat this course several times to encourage self-understanding and personal development. I recommend you use a notebook or journal of some type to keep a record of your journey.



## **Video 1 - TRIBAL BELONGING - Capping Personal Potential to Belong to Your Tribe -**

**FEARS:** not being enough and not being loved

**Writing Practice:** Write about who I am and what I want based on your perceptions of your life journey to this point, and include what has brought you more satisfaction in your life and what has brought you more dissatisfaction in your life. Based on your historical/familial assessment of your life experience so far, you'll notice an undercurrent about who you believe you are.

## **Video 2 - INTERPRETATION OF BELONGING REQUIREMENTS - Who must I be to make them happy?**

**Writing Practice:** Which parent did you have to work hard enough to get a thumbs up from? Make a list of who you had to be to get the thumbs up and who you could not be. Circle the characteristics/values you felt you couldn't be that you also feel good things about yourself. Draw an arrow from the circled characteristics to the list of good things for which you received approval.



### **Video 3 - UNBELONGING YOURSELF - Unraveling Your Childhood Perceptions**

**Writing Practice:** Make two columns.

In the first column, write about when you were the most like yourself - happy/satisfied emotions. What were you doing from as early in your life as you can recall, and what was it about what you were doing that made you feel so good?

In the second column, write about when you were the most unlike yourself - negative emotions. What were you doing, and why did you feel the way you felt?

### **Video 4 - UNDERSTANDING WHO YOU ARE - Enneagram and Your Current State of Health**

**Take the Enneagram personality test using [this link](#)** and read up on your greatest fears, desires, and personal growth recommendations to become a healthy (fullest) version of yourself.

**Writing Practice:** Write about the things in the description of your personality type that make you so glad you are who you are, the truths you feel are absolutely part of who you are, and the elements of your personality type that give you hope for a brighter future.

Also, write about the things in your personality type you feel will be the biggest challenges to overcome and present a struggle for you.



**Video 5 - DISCOVERING YOUR WHY** - Seeing Yourself Through the Eyes of Source can help you see your possibilities. When you see those possibilities as you mesh them with your personality type and true potential, you will automatically design a pathway to meet your vision for yourself. Your WHY will take you to everything you want to believe about yourself and your vision for the life you want to live.

Writing Practice:

Write about what becoming ENOUGH will do for you.

Who will you become?

How does this coincide with your personality type and your healthy possibilities?

Name the emotional state of being you want to feel as the goal.

What emotional outcome do you want as an energetic foundation for yourself?

Happy? Satisfied? Elated? Joyful?

Write about your purpose for wanting to own your enoughness. What have you noticed is lacking from the self-worth that has made you ask for more?

If you become “enough,” what will you be able to contribute then that you have held back until now? Who will you impact?

What will your “dash” say? (Your dash is that little line on your future headstone between the year you were born and the year you passed on. What do you want people to say about the legacy you left?

Write your own eulogy as you would like to be remembered.



**Video 6 - ACCEPTING YOUR IS-NESS** - Personal Progression - Unpopular opinion alert: You'll never "arrive." Thinking the thought you will someday, finally, arrive is only holding you back. You're always progressing; that is how we continually grow and develop into our higher selves. - You are the creative genius of your future, and what you do now will matter to your future happiness.

Say to yourself: "Everything is happening in perfect order. Everything is unfolding just as it should be. I enjoy where I am now and am eager for more. Right now, I am creating a new reality, and I'm right on time."

Writing Practice: Write about how those statements make you feel. Write about all that IS in your life. Categorize your thoughts by your current state of

- Health,
- Abundance (material possessions),
- Love Relationships, and
- Self-Worth

Write about what IS without judging it or reconciling WHY it is. Just state it the way you see it now and use the statements from above to show appreciation for everything that has brought you to where you are now.



*Teresa Ford*  
COACHING

**Video 7 - DAILY HABITS OF THOUGHT** - Negative emotions = creating what you don't want.

It's tempting to continue to do what you've always done, but channeling your higher self will prompt you to "let it go" and choose to be happy anyway. You will now be practicing a new focused energy on what you DO want and the positive emotions that coincide with what you want. "How good can this get?!" Desires for more are not selfish because think about the contribution you can make as you grow into an awareness of all you are.

How you think about yourself is KEY to gaining momentum and becoming all the enoughness that is designed for you to embody. You will begin to embrace the fullness of you.

Writing Practice: Recognize your habits of thought for what you think you lack or the problems you tend to focus on. Write about what you believe you lack or the problems you tend to focus on. Determine how often you think about your problems or the lack of what you desire in your life. Assign an amount of time you spend thinking about them daily. Determine the emotions associated with what you feel you lack and/or the problems you tend to focus on.



**Video 8 - BECOMING AVAILABLE FOR YOUR BEST SELF** - Learning to take responsibility for your personal growth - Disallowing weaknesses - Knowing when you feel good is a sign of growing into your enoughness.

Writing Practice: When you feel you lack something or a problem remains unsolved, it allows you to act more like the “unhealthy” version of yourself, as in the Enneagram Type results you received. Write about what you need to rise up and become stronger because of your desire for more. Write about who you want to become because of your determination to have the life you want.

**Video 9 - FEELING BETTER FIRST** - Appreciation first - momentum early in the morning - Creating an environment where positivity and desire can grow and develop - Practice The Art of Appreciation - “More of this please!”

Writing Practice: When you care more about how you feel and want to feel all the good you can imagine, write about the habit you will commit to feel good first that the having of your desires is contained in the meaning you give the emotion.

Commit to getting up and expressing appreciation for anything you can hold in a positive emotion for 10 minutes every morning.

Record the differences in your day when you chose to feel appreciation for the first 10 minutes of each morning.



**Video 10 - TELL A STORY WITH A SOLUTION** - Talking about the “problem” is a habit. It’s also associated with beliefs that no longer serve you. You’re most connected to the emotions of what you want when you tell your story with a solution.

Writing Practice: Write down your story and explain it how you want it to be, and then re-read your wants and desires to feel more of your enoughness every day.

**Video 11 - KEEP YOUR HAPPINESS TO YOURSELF** - As you become more aware and accepting of all you are, you are growing and becoming a new and improved version of yourself. It’s like Christmas, and the excitement of it all makes you want to tell others of your happiness, but it will be difficult for them to see you as you are because they knew you when you were something else.

You will also notice people around you may weed themselves out, or you might do it for them as your desire to be more like yourself evolves into a new intent to surround yourself with like-minded people. However, until you are in the company of others who are doing or have done what you are trying to do, don’t share the magnificent changes you feel inside of yourself because if you do, They don’t understand; it will take you right back to that old energetic vibration of feeling poorly, and that’s how your belief about not being enough got started in the first place.

Writing Practice: Write about how good you feel and how it matters to you that you feel so good. In this assignment, view it as a letter to your best friend telling your friend how things are turning around for you, how they are always working out for you, and how happy it makes you feel. This way, you feel you are sharing your happiness until you begin to believe that the only person who has to know how happy you are is you and that your new way of BEING will be obvious to those around you. They will SEE the effects of being happy for your own happiness.

Bonus Assignment: Clean up your social media and remove all toxicity! Follow people who espouse higher ideals and align with who you believe yourself to be.



**Video 12 - LOOK FOR THE TREASURES** - How good is this getting?

Measure your results by giving yourself credit for the thought changes that are happening. When you acknowledge the good things coming your way; the positive emotional state you now insist you want to be part of, keep a list of what is changing about your perceptions about yourself. Write about the many ways you feel better and list the “problems” that have fallen by the wayside and no longer stand in your way. Write about how you are listening to your inner being, allowing your guidance to come from a place of good feelings, and how it feels so good to be more like yourself than ever.

**Video 13 - CREATIVE POWERS** - Intelligence (your “knowing”) is your imagination hard at work through writing and harmonizing energetically to allow more receiving of all the good things you have been asking for. Only good can come to you under positive, focused energy, and only good can come FROM you as you create the state of being and increase your knowingness about your enoughness.

Writing Practice: When you ask for MORE, the answer is yes. And when you ask for MORE, that’s all there is. So you are either going toward the MORE that is waiting for you, or you’re not. Write about how you will allow yourself to experience the MORE you seek.



**Video 14 - GAINING MOMENTUM AND BECOMING MAGNETIC** - When you say, "It is my dominant intent to be all the love I am and to embrace my enoughness!" you become SO attractive. CAUTION: You can turn momentum off. It can be unfamiliar and a little unnerving because part of you, the old you, still think to some degree, until you're fully up to speed on who you really are, that life needs to be hard and difficult and there needs to be some sort of conflict.

Don't worry, life will hand you everything you need to grow, but it doesn't have to be self-deprecating in nature or perpetually limiting. So, embrace the momentum.

Writing Practice: Write about all your fun and energetic focus on allowing all the good and fun to come into your life. Notice in your writing that you include things like becoming magnetic, and all you have asked for is drawn to you.

How do you embody your higher self and become the love, health, wealth, and confidence you seek? And how you:

- Live without limiting your evolution toward becoming your true self,
- Know the enoughness you were created from and born to be,
- Stay on the path of most allowance,
- Have patience with the process because you don't have to have it all at once but you love the process of becoming more of who you are,
- Care more about feeling happy first,
- Notice all the desires of your heart coming to you very specifically according to your belief and vision for your life.



Do you view your deserving-ness and your worthy-ness differently now?

How are you “appreciating” all you are at your core now?

Record the difference between the you who started this program 14 days ago and the you you are now.

Did you have resistance in the beginning to the good things you wanted?

Did you notice that resistance is lessening?

Are you hanging on to your limitations as tight now as you were at the beginning?

Can you see yourself relaxing a bit more and allowing in all the good aspects of yourself and the life you want to live?

I hope you feel a sense of relief and deep appreciation for all that you have become and the attention you have put on your personal development. I hope you clearly envision who you are and all you can become.

I hope you know how powerful your focus of thoughts and feelings are and how they play the biggest part in creating your beliefs and sense of self and bringing your desires to you. I hope you’ll celebrate why you asked for more and feel the excitement for the YESes waiting for you to claim.



I hope you are energetically matched with your inner knowing to create your ideal reality. All that you have asked for is in you already to be happy in this life. Revisit this 14-Day Walk to your higher self often. Watch your transformation take place as you review your first writing assignment and see the progress you made in your most recent writings.

The world is in need of your gifts, talents, and contributions. Without you, others suffer. You are here to lift your circle of influence to higher levels and show them a better way. If you want to dive deeper, click here to download the [Vision & Clarity Worksheet](#), which will help you develop a bigger VISION for yourself and more CLARITY to stay focused on your path.

For more information, coaching, and transformation courses, go to [www.https://teresaford.life](https://teresaford.life) or contact us at [teresafordcoaching@gmail.com](mailto:teresafordcoaching@gmail.com)