

LADIES, STRUGGLING WITH TOXIC RELATIONSHIPS?

3 WAYS TO REGAIN CLARITY &
BREAK THROUGH SELF DOUBT



A fillable workbook to guide you in this event

BY: DES CAMINOS
EMBODIMENT LIFE COACH

Welcome!

I'm Des an Embodiment Life Coach who specializes in busting limiting beliefs and bringing power back to women.



I have lived a life filled with pained past experiences. I am no stranger to trauma...

I am so grateful to be able to share my MESSAgEs with women so they can live free and empowered.

I've been leading life changing, transformational workshops for the last 7 years internationally.

I work with women who struggle with toxic relationships... *whether that's with a partner, a friend, a family member... or even with themselves.*

I guide them to a place of inner trust so they can have more clarity and confidence in handling life's challenges.

I am so excited and honored to be on this journey with you.

LIVE A LIFE THEY LOVE, A LIFE THEY DESERVE

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Welcome!
&

THANK YOU



TOGETHER WE
RADIATE

TOGETHER WE
RISE

Over 80% of women struggle with toxic relationships. Whether it is toxicity with a friend, a colleague, a family member, a partner... or even yourself....

Women around the world have this experience, but none of us deserve toxicity.

Thank you for creating the time to challenge this statistic.

To regain your clarity and break through self doubt, so you have more power in what happens in your life, and more trust in knowing you can handle whatever life throws at you.

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Step 1



The first way to regain your clarity and break through self doubt is to:

_____ *Insert Step 1:* _____

By _____ yourself you allow yourself to feel _____ & heard.

My inner _____ says,

.
.

" _____ "

Remember, by putting it in the above wording you are displacing some of it's "power"!

True or False? By wording it in this way the information gets processed in a different part of the brain?

Everything you think and feel is a result of

.

Ask yourself:

Why didl _____

Why didl _____

REMINDER: You are SMART, WISE INTUITIVE

It's your birth right. It's part of your _____





WHAT I FEEL IS



Step 2



The second way to regain your clarity and break through self doubt is to address your:

Insert Step 2:

_____ beliefs are also commonly known as

_____.

_____ are NOT actually TRUE!!

A _____ I have is:

These were created during an _____ time in your life.

When this comes up in your life, be open to having a new _____.

Tell this part of yourself;
"I love you"
"It's ok"

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I AM MORE
POWERFUL
THAN MY

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Step 3



The third way to regain your clarity and break through self doubt is through:

Insert Step 3:

Am I asking you to _____ to yourself?

ABSO-SPEAKING-LUTLEY

Imagine the _____ as our subconscious. As a detailed map of every _____you've ever had.

The heart _____ our _____ but the _____ shouts with _____.

What does "_____ flag" feel like in _____

Describe below

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I HEAR THE WISDOM OF



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WANT TO STAY CONNECTED?



Please note that I am here in whatever capacity I can be.
I've got your back!

I am committed to helping women regain clarity, develop their
inner trust and strength;
so they can confidently handle whatever challenges life
throws at them!



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