



ESTERHOOD

WHAT ARE  
YOUR  
VALUES  
& BELIEFS?

Here are some questions to help you uncover your Values & Beliefs

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Remember don't think too much into them, bcus then you start judging yourself

Just brain dump words, & what comes to your mind

Remember, there are no wrong or right answers, & a lot of the time your Values & Beliefs are hidden behind these words

ENJOY!

Lots of love, Michelle x

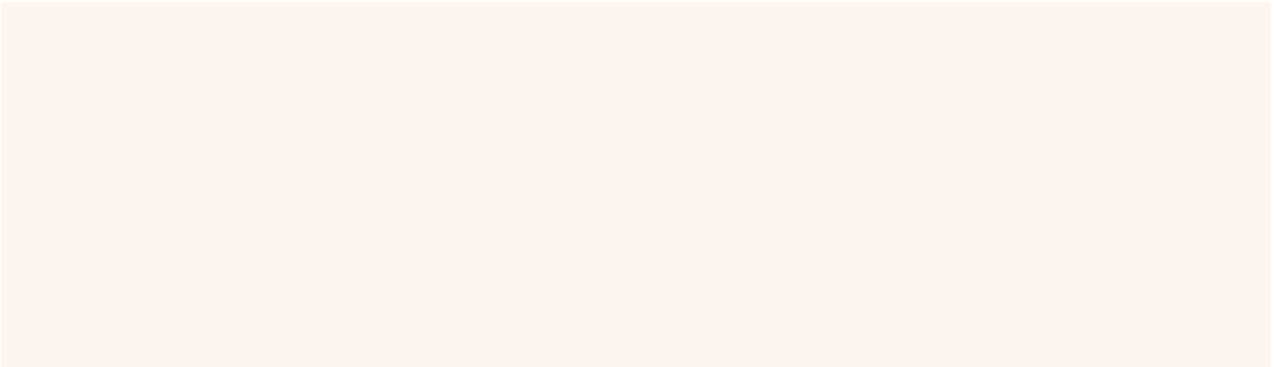
WHAT DO YOU ADMIRE IN YOUR FRIENDS?

WHAT DO YOU ADMIRE IN YOUR FAMILY MEMBERS?

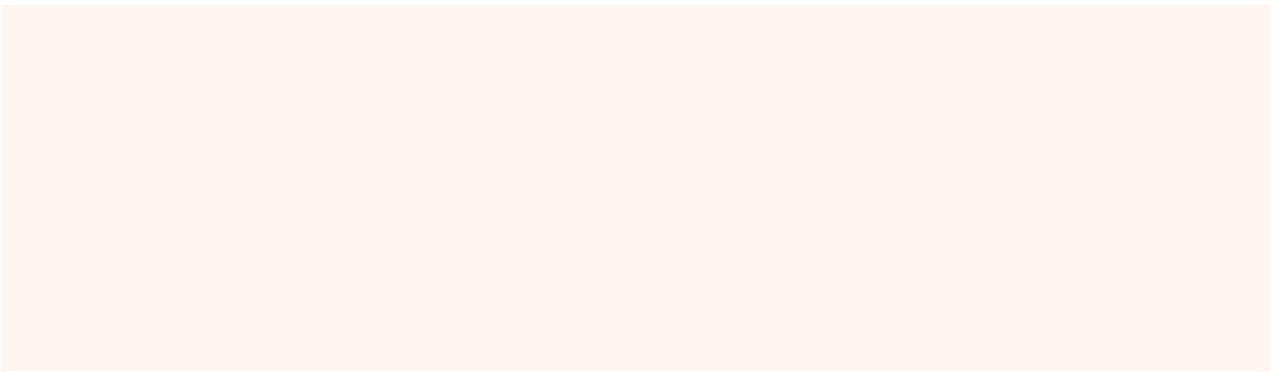
WHAT MAKES YOU FEEL FULFILLED?

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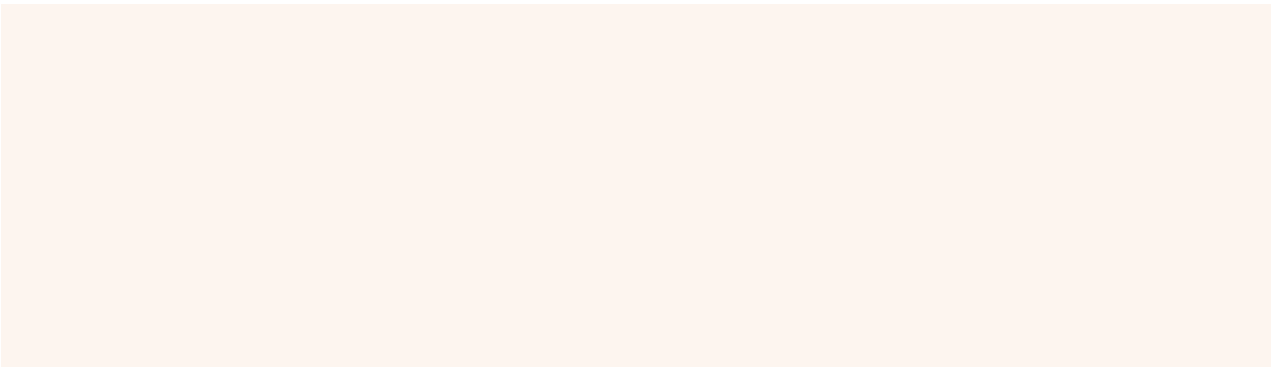
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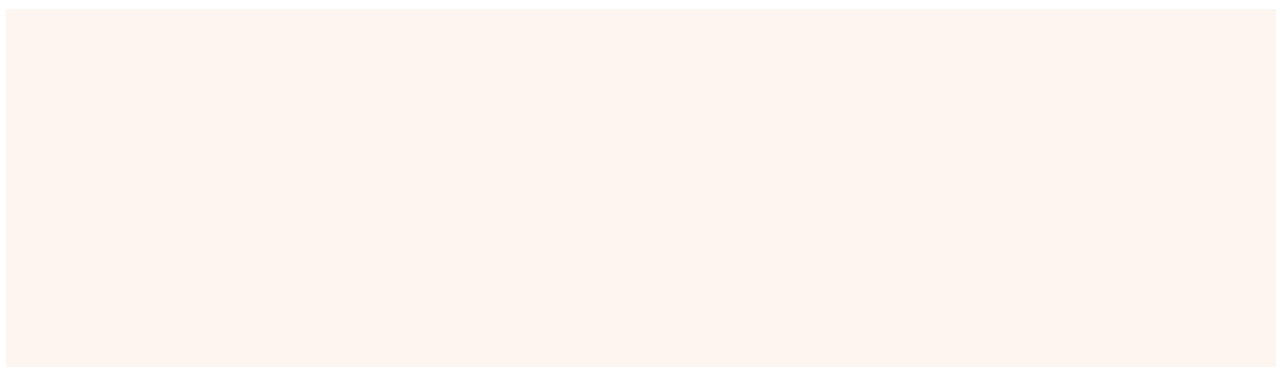
WHAT DO YOU ADMIRE IN YOUR FAMILY MEMBERS?



WHAT MAKES YOU FEEL FULFILLED?



WHAT'S IMPORTANT TO YOU IN REGARDS TO  
HEALTH & NUTRITION?



WHAT'S IMPORTANT TO YOU IN REGARDS TO HOW YOU BRING YOUR KIDS UP? (Obv's if relates)

WHAT DOES YOUR MORNING ROUTINE LOOK LIKE? WHAT'S IMPORTANT FOR YOU TO ALWAYS DO IN THE MORNING?

WHAT DO YOU ENJOY DOING IN YOUR TIME OFF?

WHAT'S IMPORTANT TO YOU IN REGARDS TO TRAVEL?

WHAT DID/DO YOU LOVE ABOUT YACHTING?

WHAT DO YOU LOVE/ADMIRE IN YOUR LIFE PARTNER/RELATIONSHIPS?

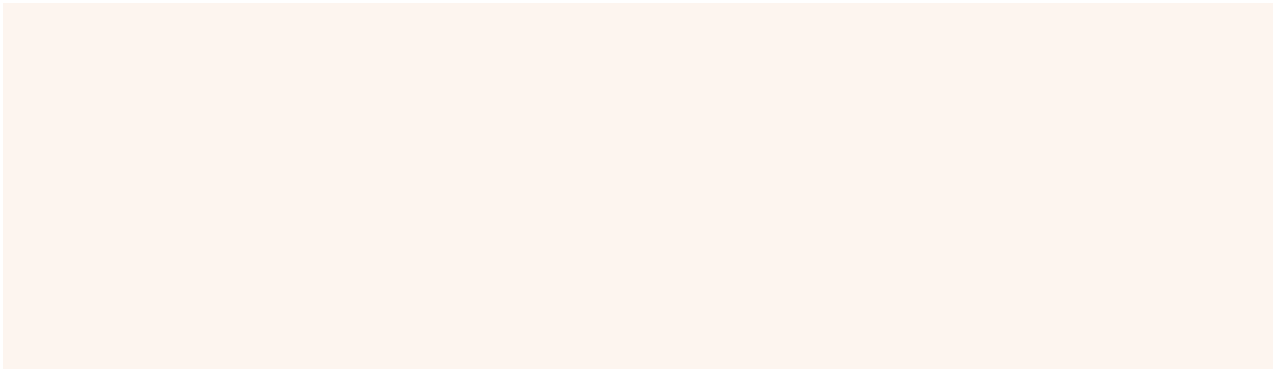
WHAT'S IMPORTANT TO YOU IN YOUR HOME?

WHAT PRODUCTS DO YOU LOVE?

WHAT DO YOU DO WITH YOUR FRIENDS?

WHAT CLOTHES DO YOU WEAR?

## WHAT MAKES YOU FEEL CONFIDENT?



Well done for answering these questions, go back to your Values & Beliefs training page in the Sisterhood Membership, & follow for what's next ;)

*Love Michelle x*