



**The Empowerment
Coach – Liz Ross**

Evolve & Become

**The 6 Step Process to Rebuilding
the relationship you have with yourself**

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Hello! I'm Liz Ross

I had struggled with my confidence, self-worth and emotional regulation for most of my life. The western world may have you believe that relationships begin outside of yourself. Until you realize the most important relationship is the one you have with yourself.

And now I want to share with you my ***Signature 6 Step Process*** so you can be your most authentic self and in doing so live the life that you want.

01 Ownership

Own your story do not let your story own you. What does this even mean? Be aware of your past and start to look at it differently. In doing this you will feel differently about yourself and your identity.

A want and desire to be the best version of yourself this may take time, be gentle and kind to yourself, acknowledge your achievements thus far and remember what you do already have in this very moment.

02 Patience



03

Perseverance

Do not give up on your dreams and visions, if necessary, adjust what you would normally do, let go of expectations of yourself and others, surrender, step outside your comfort zone and remain humble.

Trust the process, trust yourself and trust others. Trust creates confidence and empowers you to keep moving forward toward the life you want.

04

Trust



05

Intention

Are you in alignment with your vision, dreams, mission and goals? What is your intention is this for you? And for others? Do things on purpose and with intention.

Keep promises with yourself first and foremost, remember who you are and why you choose this path.

06

Commitment



I hope my Signature 6 Step Process helps you to rebuild the relationship you have with yourself.



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