

# Noah Elkrief - Release The Blocks To True Self-Worth

We all experience inadequacy

No matter how great our lives seem to be on the surface, practically all of us live with deep beliefs and feelings of inadequacy, insufficiency, or unworthiness.

It can feel like no matter how much we accomplish or how much love we get, it's never enough to truly live feeling good enough. Our experiences of feeling great about ourselves are always temporary.

It is my experience that nothing we obtain from outside of ourselves can enable us to truly live from genuine self-worth because no amount of success or love has the power to remove the painful beliefs and emotions that we have accumulated throughout our lives.

## The pathway to self-worth

If we want to live with true self-worth, we must heal the painful beliefs we have about ourselves. If we want to feel secure, whole, and confident, we must release our old emotions of inadequacy and unworthiness that are buried within us.

I have created this 2-week online course to help you release and heal the blocks to living from your true self-worth.

I want to help you to deeply know and experience in every cell of your being that you are enough as you are.

I want to support you to feel so secure that you can confidently live your authentic expression.

I want to help you to feel lovable and great about yourself regardless of what's happening at work or how others treat you.

## Join this course to Release The Blocks To Your True Self-Worth

This online course is designed to help you to live with genuine confidence, security, and authenticity by helping you to heal & release 12 of the most painful beliefs you have about yourself.

## Let's heal 12 painful beliefs about yourself

Each of the 12 beliefs below can be experienced mentally, emotionally, energetically, or in very subtle hard-to-detect ways.

We may experience these beliefs/feelings in specific moments when they get triggered, we may always experience them subtly in the background of our life, they may seem very present all the time, or we may bury them so deep that we aren't even aware we have them.

I specifically chose these 12 beliefs because they are the ones which have most impacted my own life.

- "I'm A Loser"
- "I'm Horrible"
- "I'm Not Enough"
- "I'm So Stupid"
- "I'm A Worthless Piece Of Garbage"
- "I'm Inadequate"
- "Nobody Will Ever Love Me"
- "I'm Weak – I Can't Do It"
- "I'm A Failure"
- "I Don't Deserve To Be Loved"
- "I'm Not Good Enough" – Perfectionism
- "I'm Always Doing Something Wrong"

### Why it's important to heal these 12 beliefs

Whether you believe that you have 1 of the painful beliefs/feelings mentioned above, or all 12, the presence of any of them can have an incredibly painful impact on our life. Here are just a few of the ways:

- It can be incredibly painful to feel shame, inferiority, inadequacy, or self-hatred.
- These beliefs can make us feel small, weak, powerless, like a victim, defeated, low energy, or depressed.
- We can walk through life feeling inadequate, lacking, insufficient, or incomplete no matter how much we accomplish.
- These beliefs can cause us to feel endless pressure to always be perfect, be productive, or improve.
- If we look for self-worth through receiving love and approval from others, this can lead us to experience social anxiety, control issues, jealousy, and co-dependency.
- When we try to find self-worth through achievements, this can cause us to feel anxiety or stress in our careers because we fear the painful low self-worth of failure.
- Low self-worth can cause us to block or not pursue all the wonderful experiences of success, passion, purpose, love, abundance, friendship, connection, fun, and adventure.

Self-worth issues can also cause us to become judgmental, selfish, protected, isolated, cold, harsh, or feel superior to others.

## Proof Content

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|-----------------------------------------------------------------------------------|---------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------|
|  | 1. Welcome To Your Course       |  |  | 337.2 MB |
|  | 2. 10-Day Self-Worth Challenge  |  |  | 10.4 GB  |
|  | 3. 4 Days Of Bonus Videos       |  |  | 3 GB     |
|  | 4. Special Bonus Q&A Recordings |  |  | 567 MB   |
|  | 5. Final Messages               |  |  | 175 KB   |