

5 Blocks To Charging What You're Worth

Questions and Exercises





Scarcity Mindset

Remember to grab a pen, paper & red pen!

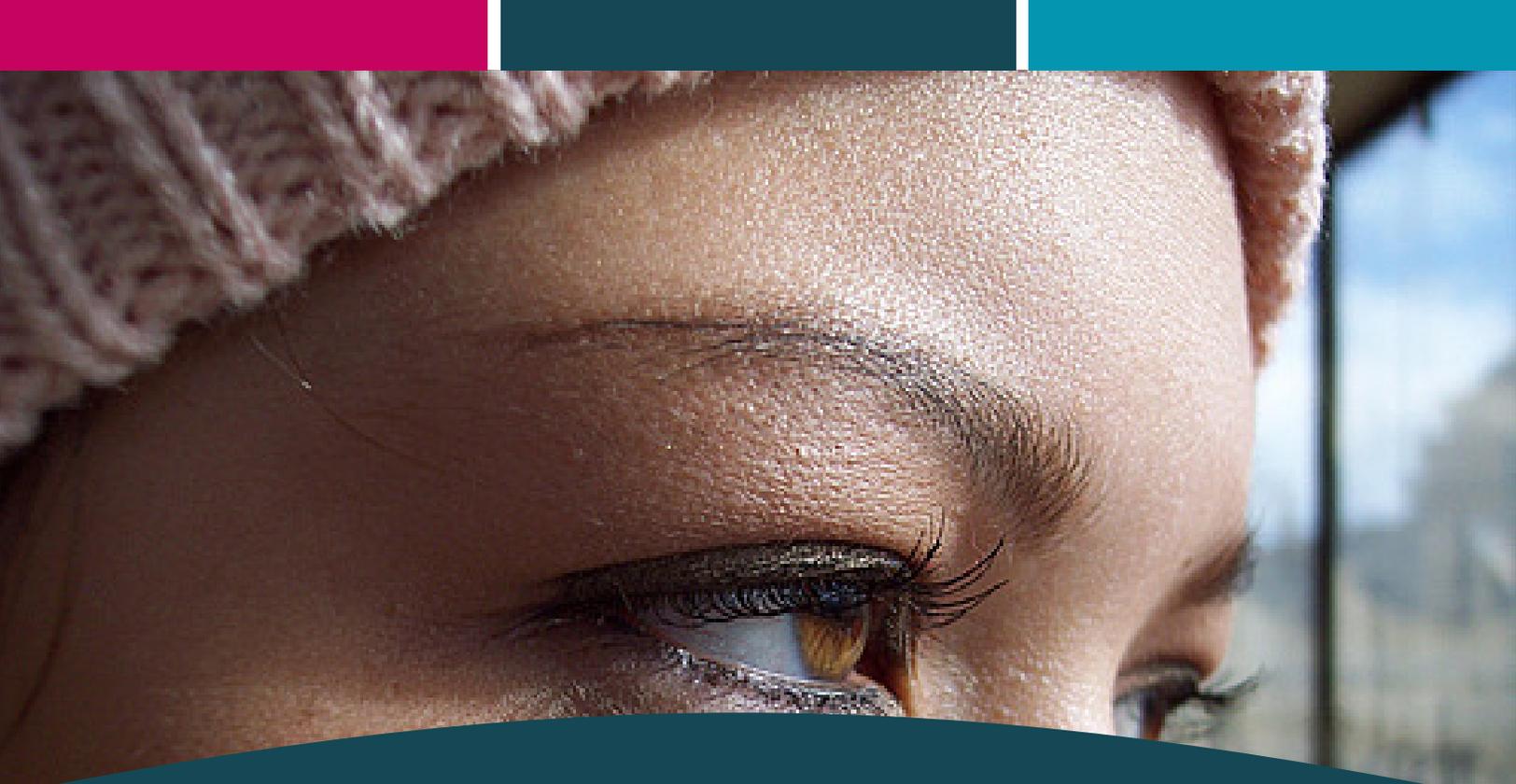
WRITE

“There isn’t enough _____ to go around.”

**NOW TAKE YOUR RED PEN AND DRAW
A LINE THROUGH THAT SENTENCE**

HERE'S YOUR TURNAROUND
CHANGE IT INTO A QUESTION

“Why is there plenty of _____ to go around.”



Fear Of Success

Remember to grab a pen, paper & red pen!

WRITE

“If I’m successful, others will think _____.”

**NOW TAKE YOUR RED PEN AND DRAW
A LINE THROUGH THAT SENTENCE**

HERE'S YOUR TURNAROUND
CHANGE IT INTO A QUESTION

“Why do others think _____ about my success?” OR
“Why does it feel so good that others support my success?”

A photograph showing a person's feet standing on a white scale. The scale's dial is visible, showing numbers from 0 to 40. The background is a plain, light-colored wall.

Feeling Unworthy

Remember to grab a pen, paper & red pen!

WRITE

“I am not receiving _____, so I must not be worthy of it.”

**NOW TAKE YOUR RED PEN AND DRAW
A LINE THROUGH THAT SENTENCE**

**HERE'S YOUR TURNAROUND
CHANGE IT INTO A QUESTION**

“Why am I so worthy that I receive _____?”



Impostor Syndrome

Remember to grab a pen, paper & red pen!

WRITE

“If they only knew I’m not really _____
(that smart or talented or...), I’d be ruined.”

**NOW TAKE YOUR RED PEN AND DRAW
A LINE THROUGH THAT SENTENCE**

HERE'S YOUR TURNAROUND
CHANGE IT INTO A QUESTION

“Because I know the truth about _____,
I am thriving and successful.”



I'll Be Happy When

Remember to grab a pen, paper & red pen!

WRITE

"I'll be happy when _____."

**NOW TAKE YOUR RED PEN AND DRAW
A LINE THROUGH THAT SENTENCE**

**HERE'S YOUR TURNAROUND
CHANGE IT INTO A QUESTION**

"Why am I happy now? _____"



Let's Connect

I would LOVE to get to know you better. I'm always excited to meet new people. I see you, your powerful, beautiful, successful self. And I give you my word that I will always honor that.

Most of my clients come to me at a moment in their lives when they're scared and vulnerable. I truly understand those moments of fear. I've been scared. I've been frustrated, uncertain and panicked. I've felt desperate to get rid of anxiety. I know this journey. I've been on it too. I totally get it.

When you're ready, you can find me here on social media... Every day I share helpful tips, resources and tools to help you live your most happy, healthy, thriving life possible.

**Or, if you prefer, feel free to send me an email -
sd@stephaiedalfonzo.com**





About Stephanie

Stephanie's mission in life is to help people live their BEST life right now! She just doesn't talk about, she lives it.

Her gentle personality, caring style and deep life wisdom combine with an inner joy that helps others transform their lives with ease and grace.

For more than 20 years, Stephanie has cultivated a unique and highly integrated set of tools and techniques that she draws upon to gently and skillfully lead her clients through their fears, obstacles and barriers.

As a result, her clients are empowered to live the awesome, joy-filled lives of their dreams.

Be sure to stop by and connect with Stephanie on Social Media!

