

Accept Yourself to Greatness Worksheet

After interviewing 49 guests from from 8 countries across 4 continents around the world to find out how they have learned to get out of their own damn way, I spent countless hours pouring over 25+ hours of audio interviews and 100+ pages of notes to find the best nuggets of wisdom from these worldwide experts. I came up with a 4 step model for getting out of your own damn way based on these interviews and my work with clients and students over the years.

Hi, I'm Krylyn Peters. known as "The Fear Whisperer," and my mission is to help female entrepreneurs and want-repreneurs tame their fear, embrace their greatness, and get out of their own damn way so they can create their mission-filled, heart-centered, soul-inspired business.



If you are looking for the support and inspiration along your entrepreneurial journey, this is it.

Curl up, buttercup, cause we're about to uncover **Step 2 of 4 to Get Out of Your Own Damn Way and Embrace Your Friggin' Greatness Already.**

If you missed the worksheet for Step 1, head over to krylyn.com/50 to get your copy.

Step 2: Accept Yourself

Once we know who we are, we might expect it to all be rainbows and unicorns. But often, it's not. The next step is just as necessary to getting out of our own damn way as knowing ourselves, and that's to **Accept Ourselves**.

In step 1 when we're getting to know ourselves, we might be faced with some harsh truths about ourselves, how we've handled (or not handled) things, what we've said and done to contribute to our own unhappiness. And let me tell you, if you choose to stay stuck in regret, shame, guilt, unworthiness, or any other thought or emotion that doesn't serve your growth, that is a CHOICE. Yep, I said it. It's a choice.

What else might not accepting yourself look like:

- Sabotaging your efforts to start or grow your business
- Not owning your value and the expertise you bring to the table
- Feeling like a big fat fraud no matter how many certifications you have or initials there are after your name
- Making excuses for why you can't do something

Luckily, berating yourself is only ONE option. Another option is to learn to accept yourself. So let's go over some of the great ways you can do that.

Take responsibility without beating yourself up.

I cannot stress enough the importance of taking responsibility. This means accepting all the GOOD things along with the not so good things. But I find fem-preneurs tend to up-play their flaws and down-play their awesome. STOP DOING THAT. Yes, taking responsibility involves "owning up to your mess" as one of my guests said, but it also involves owning up to your greatness. And that, my friends, seems to be the real issue here.

Having a big-ass mission is scary. And when things are scary we tend to back away and go from an overly competent,

overachieving, multi-talented, butt-kicking mogul to a drooling puddle of goo on the floor. Again STOP DOING THAT.

I promise, once you start taking responsibility for the things you're not proudest of, your confidence will skyrocket, your brilliance will sparkle, and you'll be allowing space for all the greatness within you to pour out and do its magic.

But you need to put those big girl pants on, buck up, and do it.

Once we take responsibility, I think it's important to introduce a bit of gentleness to our practice of accepting ourselves. The theme of self love and acceptance was one of the biggest ones talked about by my guests. So let's dive into another way you can accept yourself, which just happens to be something I say to my clients and students ALL THE TIME:

Be kind and gentle with yourself.

I wish we were all on the same page with this one. That I could just say those words "Be kind and gentle with yourself" and you would know exactly what I mean, what to do, and go do it. But alas, it is a practice. One we need to engage in frequently and on an ongoing basis.

Loving ourselves touches on so much...from the food we eat, to the things we say to ourselves, to the standards we hold ourselves to, to the rituals we practice daily that either support or hinder our growth.

We must stop DOING and start BEING. Give ourselves permission to forgive, surrender, allow, and be seemingly inappropriate from time to time.

Step 2 in Action...

Answer the following questions:

What does NOT accepting yourself look like for you?

What is NOT accepting yourself protecting you from?

What would really accepting yourself open up for you?

What do you need to take responsibility for right now?

What are you taking responsibility for that is so NOT your responsibility. In other words, what can you let go of right now?

What needs your forgiveness right now?

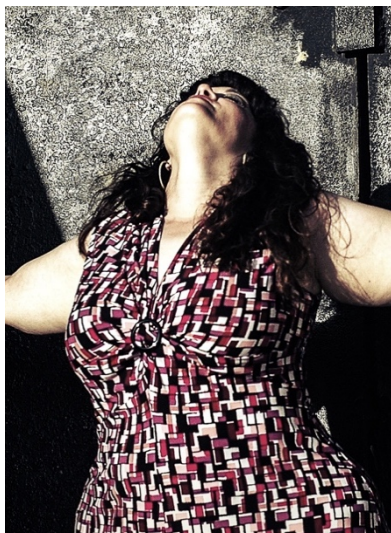
Where can you be more gentle with yourself?

What does being kind and gentle with yourself look like?

How can you accept yourself even more right now?

Come on over to the [Get Out of Your Own Damn Way Community on Facebook](#) to share how you are accepting yourself with the group.

In Worksheet 3 (of 4), we'll explore **Step 3 to Get Out of Your Own Damn Way and Embrace Your Friggin' Greatness Already.**



If you're ready for some support to get out of your own damn way and embrace your greatness, sign up on the WAIT LIST for my new program, **Embrace Your Greatness Bootcamp**. We'll take everything I'm sharing about each of the 4 Steps to Get Out of Your Own Damn Way...and put it all on steroids! Guests on the waiting list will get dibs on registering AND a special bonus upon registering not available to anyone else. **Grab your wait list spot at krylyn.com/bootcamp.**