



Abstract | iDeserve



Everyday we encounter outside influences that tell us about our many [perceived] flaws; from ad campaigns telling us that we aren't beautiful enough, to dating app insights telling us that no one wants us. These fallacies often cloud and diminish the simple truth that every man, woman, boy and girl on this earth deserves LOVE. Most of us are stuck; stuck in wrong belief that those, aforementioned, "flaws" disqualify us from true "LOVE". This talk was designed to remind the listener of their inherent strength and beauty. At the end of this session we should be empowered to move forward, with peace and prowess, knowing that we are enough. No matter who we are, or what we've done, no matter the mistakes; we all deserve love.

FOCUS

The workshop uses a combination of Lecture, Quotes, Anecdotes, and Personal Declarations. It teaches the importance of self validation and affirmation.

There are two prominent thoughts that this workshop *iDESERVE* will erase.

1. "I'm not worthy"
2. "I don't deserve"

By the end of the session the above thoughts will be replaced by

1. "I AM Worthy"
2. "I Deserve"



Our right to LOVE (unconditional acceptance), is not the responsibility of anyone but ourselves. This is our opportunity to live from a perspective of life and life more abundantly. My grandfather put it this way, IT'S ALL IN HOW YOU SEE IT. King Solomon said it this way, FOR AS HE THINKETH IN HIS HEART, SO IS HE. How are you thinking, how do you see it, through which lense are you view living life?"

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