

Next Level Roadmap

WEEK 1

M. Complete the [self worth evaluation](#) within the Pathway. Take note of what comes up for you.

T. Continue noting throughout your day what thoughts and feelings are from high self worth and which are from low self worth.

W. Complete the [Magnetic Self DRE](#) to become familiar with your highest self.

T. Keep a journal of when in your day you feel like your highest self. What are the circumstances that put you there? How do you feel?

F. Complete the [Reclaiming Authenticity DRE](#) to step back into your worth.

WEEK 2

M. Work through Next Level: [Deservingness](#)

T. Review the list you're calling in. Take time to ask yourself why you want those things and how you expect to feel when you receive them.

W. Complete Next Level : [Authentic Code](#) & [Owning Your Code](#).

T. Keep a diary of everything you do today and notice if any activities fall outside of your Authentic Code.

F. Complete Next Level: [Fragment Expanders](#).

WEEK 3

M. Work through Next Level: [Taking Advantage Of](#)

T. After reviewing the areas where you are not fully in your worth, journal about what it looks like to show up in the same circumstances at a higher state of worth.

W. Complete Next Level: [Tests](#)

T. Take time to think back to the highest version of yourself. Journal about how they would face the tests you are experiencing.

F. Complete Next Level: [Reinforcing](#)

WEEK 4

Each day this week, complete Next Level: [Reinforcing DI](#). Continue to keep a journal about what is coming up for you as you step fully into your Authentic worth!