

Self-Acceptance Celebration

with **Rhonda Britten**

**Kick-Off
Workbook**



Hey there,

Welcome to the Self-Acceptance Celebration.

You've just made an important decision.

You've said yes to investing in you by giving your time and attention to self-acceptance and taking your body back.

Congratulations! I'm so excited for you!

Take a second right now and imagine what you could do and who you could be if you accepted yourself fully – body and all – could you finally **live the life your soul intended?**

What did you see yourself doing? How did it feel? What could be possible?

Keep that image tucked into your heart and allow it to keep you on track as you move through the five days of Self-Acceptance Celebration.

Your opportunities during Self-Acceptance Celebration:

1. Show up. Every day.
2. Watch the Daily Training.
3. Download the Daily Workbook.
4. Ask questions. Get coaching.

And as we say in Fearless Living, ***“Let the Work Work You!. ”***

Now, let's get started....

Rhonda

PS. [Click here to join us in the Self-Acceptance Celebration Community](#): Facebook Group. By the way, be sure to use the hashtag **#FLICelebration** in all your shares – insights, photos of homework, questions, ramblings – in your social media posts on your own profile page! The more shares, the more entries, the more opportunity to win prizes! Or shall I say, presents. *I love presents!*



Ready? Let's get going...

To make the most of Self-Acceptance Celebration, it's important that you know you're in the right place. *(By the way, if you're reading this...you're in the right place! 😊)*

To get us started, let me ask you...

Where do you rate yourself on the self-acceptance scale? The scale being 1 through 10.

"What's self-acceptance?" is a rating of 1 and *"I totally accept myself and love every single part of my body"* is a rating of 10. And, of course, there's everything in between.

Are you a 5? And want to be an 8? Maybe a 3 looking to increase to 10?

Be truthful.

Write down your self-acceptance score today, right now. (I get that it's fluid.):

Great. Good job being truthful.

Now, what do you want your 1 – 10 self-acceptance score to be 30 days from now?

Write it down. And yes, that is doable if...

One more question.

How willing are you to commit to the process of increasing your score?

Come on now. Truth. On a scale of 1 – 10, 1 being *"I want it to be magic"* to *"I'm completely in and gonna show up and do the work 100%"* is a 10.

What's your commitment score?

Okay. Got it. Good work. Knowing the truth helps you become more confident regardless of the score. *(We'll talk more about that on the Kick-Off Call)*



Let's keep going...

In order to increase your self-acceptance score, we need to be sure you have a solid foundation under you before we start the Daily Trainings.

What's a solid foundation? And how do you build one?

These are great questions.

A solid foundation will give you a framework to see yourself, and your day, in a powerful positive light, a framework that works FOR you, not against you. (*More on this in the trainings ahead.*)

On the Kick-Off Call, I'm going to share 3 foundational principles that we call the 3 Daily Practices. If you choose to use these during Self-Acceptance Celebration, **the trainings will produce MAXIMUM results.**

Do you want MAXIMUM results? I'd say yes... (*I mean, go big or go home, right?*)

And isn't your time valuable? *I thought so.*

To get the most out of the time you'll be using to watch the Daily Trainings and ask questions on the Q&A calls, I want to ground you in our 3 Daily Practices because this framework changes how you see yourself, how you treat yourself, and how you show up in the world. It's foundational!

If possible, print out the this Workbook so you can write down the answers as we move through the Kick-Off Call. These are the 3 foundational principles I teach all Fearless students. They're THAT important!

Besides the 3 Daily Practices, on the Kick-Off Call I will be sharing:

- Bits about the brain. You gotta know your neuroscience to transform your framework.



- How to keep your commitment strong no matter what.
- What you can count on from me and my team during Self-Acceptance Celebration.
- We'll talk about what we request of you. (*You knew that was coming right?*)
- The schedule for Self-Acceptance Celebration (Have your calendar ready to write it all down)
- And we're gonna talk PRIZES. I prefer the word, PRESENTS because come on, who doesn't like presents!
- Plus, we'll go over your first assignment that's right here in the Kick-Off Workbook. In Fearless Living, we call homework Fearbuster Exercises™. (*Woot Woot!*)



Self-Acceptance Celebration Commitment Letter

I, _____, am making a formal commitment to Self-Acceptance Celebration and declare I will make it a priority during the 5 days and beyond.

Please initial each statement:

_____ I am willing to practice being open-minded and open-hearted throughout Self-Acceptance Celebration as I listen to others and share myself.

_____ I am willing to practice embracing the 3 Daily Practices and soak in the support available to me.

_____ I acknowledge that in order to see real change I must dedicate time to take what I learn and practice using it in my daily life. I will block out time in my calendar to take in all the learning I can from the Daily Trainings, Daily Workbook, and Q&A calls.

_____ I am willing to complete the Fearbuster Exercises™ assigned in the Daily Workbook and watch the Daily Trainings so I can integrate the material in my own life with more ease.

_____ I am willing to actively participate on the Daily Q&A calls and inside the Facebook Community. I will ask questions when I have them, I will reach out when I get stuck, and I will share my insights, win's and homework in the community. If I'm unable to attend the Daily Q&A calls live, I will watch the replays so I don't miss a thing.

_____ I commit to myself that I am willing to claim self-acceptance as my birthright and do not have to earn it, prove I'm worthy of it, or need another's approval to be the person I am at the core of my being. I say yes to accepting myself fully as I am and am willing to do the work to know it in my bones. And so it is.

Your Signature: _____ **Today's Date:** _____



SELF-ACCEPTANCE CELEBRATION TOPICS:

Day 1: How to step into your power by loving your body

Day 2: How to love your body despite its “flaws”

Day 3: The Fearless Body Formula for effortless weight loss

Day 4: How to “tune-in” to your body’s needs (so you eat better naturally)

Day 5: How to love your body (and yourself) for years to come

Schedule:

7am PT (10am ET): Daily Trainings are released

Check your email for the link to the Daily Training. **All emails have [CELEBRATION] in the subject line.**

Noon PT (3pm ET): Share your homework from the Daily Workbook inside the Facebook Group and post on your own social media. Use the hashtag #FLICelebration with each social media post and you will be entered in that day’s PRIZE DRAWING. The more shares that include **# FLICelebration**, the more entries. One hashtag share equals one entry. The more entries increases your chance to win the DAILY PRIZE as well as the Self-Acceptance Celebration Grand Prize: One Year membership to Fearless You.

5pm PT (8pm ET): Join inside the Facebook Group (or on ZOOM if you’re a VIP) for the Daily Q&A call. This is the place to ask your questions and get coached to get clear, feel supported, and find your next step. I’m kinda good at this coaching thing (teehee) so be there LIVE if at all possible.

Support:

Go ahead. Ask me anything: If you’re a VIP then you can ask me a question anytime during Self-Acceptance Celebration. I’ll do my best to answer it during the Daily Q&A calls.

24/7 Daily Support inside the [Facebook Group](#):

Certified Fearless Living Coaches will be supporting you throughout Self-Acceptance Celebration. They are trained in the tools that I will be sharing and will help you get the most out of each one.

Any questions: Contact Support@FearlessLiving.org. We’re here to help!



Who is Rhonda Britten?



She's been read, heard, and watched by millions, coached tens of thousands of clients, and trained hundreds of coaches. And now, she wants to share everything she knows with you.

Rhonda Britten -- Emmy Award-winner, Oprah-approved, 4x Bestselling author, Master Coach, and founder of the Fearless Living Institute – has devoted her life to one thing: teaching people how to master fear. She has created a method for anyone to overcome the insidious fear of “not being good enough” using the “Wheel Technology” she developed to save her own life.

What she teaches is what she has lived. Listen to her story [here](#).

Marianne Williamson says, *“Rhonda Britten has risen from the ashes of genuine catastrophe. She has seen the deepest darkness and found her way beyond it. Hers was not an easy path by any means. What she has accomplished within herself, and now helps others to accomplish as well is nothing short of miraculous.”*

A respected life strategist, Britten is inspired and inspiring with a pinpoint ability to see through to the core of the issues at hand and to address them straight on. Her instinct

and intuition, honed over years of coaching private clients, leading workshops, creating courses, and on her television programs, set her apart. Her insights are impeccably delivered in a no-nonsense but compassionate manner resulting in maximum results. Rhonda is adept at creating dynamic action-oriented exercises which complement her sophisticated yet straightforward "Wheel of Fear" and "Wheel of Freedom" models upon which her work is based.

Rhonda's passion for overcoming emotional fears was born of personal tragedy. She became an orphan at fourteen when she was the sole witness to her parent's murder-suicide. In overcoming the legacy of this terrifying life-stopping trauma, Rhonda developed the principles and resources that she would later use to heal herself and so many others.

Rhonda's personal story is one of triumph over a tragedy that few experience. After looking for relief in therapy and searching for answers in books, she found that she still believed that, no matter what she did or how hard she tried, she couldn't overcome her past. When she woke up from her third failed suicide attempt, she knew she had to find the answer to her pain, or she'd stay forever stuck in a spiral of depression, suicidal thoughts, and addiction.

What she discovered is a pathway to freedom that cuts through false beliefs, negative thoughts, and the silent, secret fears every human being carries. Her simple yet life-altering method is called Fearless Living. It is anchored in cognitive principles proven to change neural pathways and allowing people to experience a more fulfilled life. Her tools are grounded in science, practical, and doable, and she uses everyday examples that speak to her students in immediate ways enabling them to create lasting positive change and to communicate in more connected relationships in new and better ways.

Rhonda was the first Life Coach on television in the world on the first show of its kind, "Help Me Rhonda." Best known for her work on the hit NBC reality show "Starting Over," she was named its "Most Valuable Player" by *The New York Times* and heralded as "America's Favorite Life Coach." Then, celebrities came calling, and she joined the cast of "Celebrity Fit Club." To date, Rhonda has altered lives in more than 600 episodes of reality television seen in more than 25 countries and has impacted millions worldwide.



Rhonda has been featured in *Good Housekeeping* and *London Sunday Times* as well interviewed on "Oprah," "Steve Harvey," and "The Today Show," to name a few. Rhonda is a seasoned media personality and the author of four bestselling books, including her seminal work *Fearless Living* (translated into 16 languages) that shares her groundbreaking work called the "Wheel Technology." Her other books include *Change Your Life in 30 Days*, *Fearless Loving*, and *Do I Look Fat in This?*

Based on her premise that "no one can be fearless alone," Rhonda established the Fearless Living Institute in 1995. It hosts book groups, online courses, in-person experiential workshops, Fearless You membership, and certifies Fearless Living Life Coaches and trainers based on Rhonda's teachings. The Fearless Living [Life Coach Certification Program](#) is considered the Ivy League of Life Coaching Training.

Her work is being used in therapists' offices to improve communication and heal relationships, in the government counseling military vets, in hospitals supporting nurse-doctor-patient relationships, and in schools working with students and faculty.

She hosts two popular podcasts: "Master Coach Mindset" devoted to the "art of coaching" and "Fearless You" committed to showing you how to "live the life your soul intended." She is on the faculty at the Omega Institute for Holistic Studies in Rhinebeck, New York; Kripalu Center for Yoga and Health in Stockbridge, Massachusetts; and 1440 Multiversity outside of San Jose, CA.

Rhonda is a recipient of the "Coach of the Year" Award, the "Smart Women of the Year" Award, and has given keynotes to corporations and other organizations, including: Southwest Airlines, Blue Shield of California, Northrop Grumman, Social Media Week, Copy Chief Live, and Baby Bathwater Institute Retreat.

"Rhonda Britten has exposed fear for the imposter that it is. "Fearless Living" has the potential to neutralize any fear-based habits standing between you and the fulfillment of your destiny. Fear will flee in the face of your self-dominion as you master the powerful principles she has perfected through her own practice."

- Dr. Michael Beckwith, Founder, Agape International Spiritual Center

Find out more at FearlessLiving.org

