

PHOENIX WORKSHOP

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HEAL • RISE • TRANSFORM



A
NEW
YOU
RISING



I. FOUNDATION OF SELF & IDENTITY

1. Self awareness
2. Self image
3. Self esteem
4. Self respect
5. Self worth
6. Self reflection
7. Self introspection
8. Self discovery

II. EMOTIONAL CARE & NURTURING

9. Self care
10. Self love
11. Self acceptance
12. Self pampering
13. Self gifting
14. Self validation
15. Self forgiveness
16. Self talk

III. INNER OBSTACLES & SHADOW WORK

17. Self sabotage
18. Self doubt
19. Self criticism
20. Self ego
21. Self trapped
22. Self destructive
23. Self violence
24. Self limitation
25. Self abandonment

IV. DISCIPLINE & SELF-CONTROL

- 26. Self control
- 27. Self discipline
- 28. Self reliance
- 29. Self sufficiency
- 30. Self defense
- 31. Self mastery

V. EMPOWERMENT & AUTONOMY

- 32. Self empowerment
- 33. Self determination
- 34. Self assurance
- 35. Self desire
- 36. Self need
- 37. Self constructive
- 38. Self taught
- 39. Self made
- 40. Self employment

VI. TRANSFORMATION & SPIRITUAL REBIRTH

- 41. Self pattern
- 42. Self journey
- 43. Self alignment
- 44. Self healing
- 45. Self restoration
- 46. Self rebirth
- 47. Self transformation
- 48. Self growth
- 49. Self improvement
- 50. Self creation



🕉 VII. HIGHER REALIZATION & ENLIGHTENMENT

- 51. Self consciousness
- 52. Self realization
- 53. Self embodiment
- 54. Self evolved
- 55. Self awakening
- 56. Self enlightenment
- 57. Self sacrifice
- 58. Self mastery (Integration)