

# The Inside Job

Unearthing Love, Value, and Worth from Within

Episode 1 | Examine Your Heart

## Four Keys to Dismantling the Cycle of Self-Accusation and Condemnation

01

### Forgive Yourself

*Give up the hope that the past could be any different.*

02

### Examine your steps

*Purposefully look back in order to pave a path forward.*

03

### Aspire to grow little by little

*Small inflections will disrupt old patterns and cycles.*

04

### Pray about everything

*Exchange worry for peace.*

