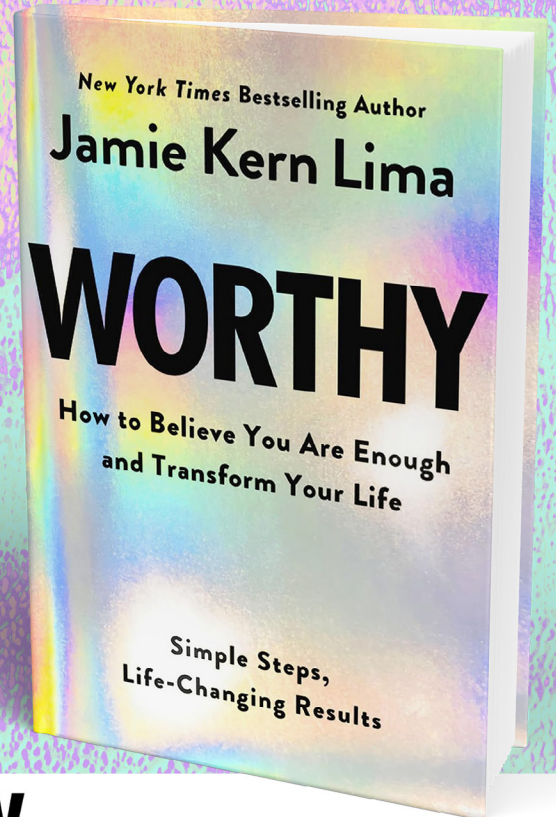


Woman
EVOLVE

BKCLB

MARCH 2024

CHECKING THE FULFILLMENT EQUATION



WORTHY:
HOW TO BELIEVE YOU ARE ENOUGH
AND TRANSFORM YOUR LIFE

BY JAMIE KERN LIMA

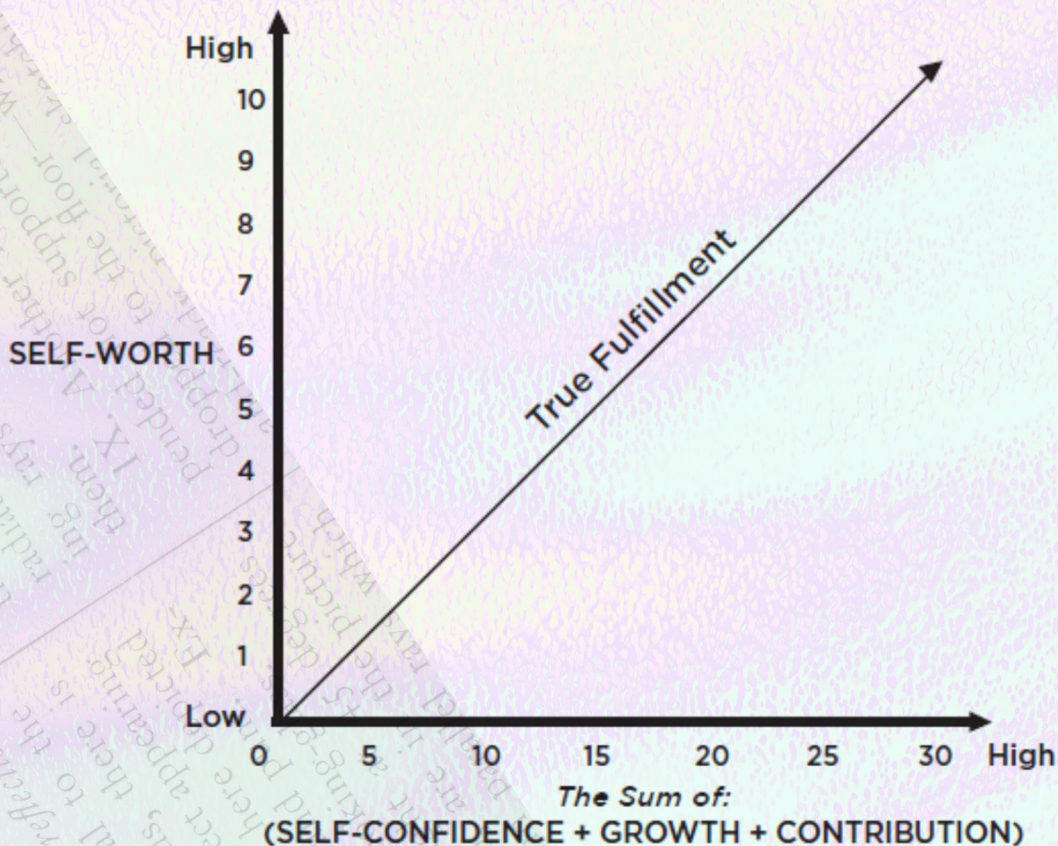
CHECKING THE FULFILLMENT EQUATION

Jamie teaches an eye-opening concept about self-worth and self-confidence and how the two support our individual acceptance modality. Her diagram helps us visualize how these two concepts help us enrich our experience and embrace our true selves.

TRUE FULFILLMENT EQUATION

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$$(\text{Self-Confidence} + \text{Growth} + \text{Contribution}) \times \text{Self-Worth} = \text{Fulfillment Level}$$



WORTHY: HOW TO BELIEVE YOU ARE ENOUGH AND TRANSFORM YOUR LIFE