

THE
**INDOMITABLE
WORTH SYSTEM**
STEP ONE TRAINING

A FREE THE SELF™ GUIDE

STEP ONE TRAINING

PRACTICES WORKBOOK

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Welcome To The Possibility & Discovery Training!

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You will be using the practices outlined in this guide to help you experience the principles taught in the training.

Remember you can get support:

- In [The Community](#)
- By hitting REPLY on any email from me

I'm excited to have you as my student. I am grateful for the privilege of being a guide in your life.

Marshall Burtcher



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The Possibility Practice

Instructions:

- **Step One:** Complete a Possibility Practice
- **Step Two:** Outline your experience
- **Step Three:** Share your overall feelings about your experience
- **CAPACITY CHECK:** Go slow with this. None of this needs to be completed NOW. Take your time. Follow your capacity.
- **Feedback:** I would love to hear your experience of this module, as it will help me improve it for you and others. Share your experience here: [Feedback](#)

Step One starts on the next page.



STEPS	RESULTS
<p>Step One: Complete A Possibility Practice</p> <p>Choose ONE question for today and explore that using Pause, Acknowledge, and Observe.</p> <p>Do only one per day. Choose what resonates most with you.</p> <ul style="list-style-type: none">• GENERAL PRACTICE: What shifts if you trust, just a bit more, that you have indomitable worth?<ul style="list-style-type: none">◦ MP3 version• SPECIFIC EXPERIENCE PRACTICE: What shifts if you trust, just a bit, your worth is not defined by that experience? (Use answers from Step One practice)<ul style="list-style-type: none">◦ MP3 version• ACCEPTANCE: What shifts if you trust, just for a moment, the your worth is not determined by acceptance?<ul style="list-style-type: none">◦ MP3 version• SUCCESS: What shifts if you trust, just for a moment, that your worth is independent of success?<ul style="list-style-type: none">◦ MP3 version• RELATIONSHIP STATUS: What shifts if you trust, just for a moment, that your worth is not defined by your relationship status?<ul style="list-style-type: none">◦ MP3 version• REJECTION: What shifts if you trust, just for a moment, that your worth is not changed by rejection?<ul style="list-style-type: none">◦ MP3 version• CIRCUMSTANCES: What shifts if you trust, just for a moment, that your worth is not determined by your circumstances?<ul style="list-style-type: none">◦ MP3 version• FAILURE: What shifts if you trust, just for a moment, that your worth is not determined by failure?<ul style="list-style-type: none">◦ MP3 version• MISTAKES: What shifts if you trust, just for a moment, that your worth is not determined by mistakes?<ul style="list-style-type: none">◦ MP3 version	



Step Two: Describe Your Experience

Answer these questions:

- What sensations arose in your body?
- What emotions arose in the body?
- What thoughts arose in your mind?
- What impulses emerged?
- What else are you aware of?

Types of sensations: tension, warmth, coldness, stillness, relaxation, buzzing, pin pricks, numbness, etc.

Types of emotions: anger, pain, shame, guilt, relief, peace, love

Types of impulses: wanting to cry, scream, sigh, breathe deeper, fight, run, escape, go numb, distract yourself

Describe the sensations, emotions, and impulses that showed up using these attributes:

- Location in the body
- Color
- Temperature
- Texture
- Hardness or softness
- Size
- Clarity (defined, blurry, fuzzy, cloud-like, etc)

Do any of the sensations include any of these attributes:

- Light
- Open
- Playful
- Centering
- Grounding
- Clear
- Still
- Warm
- Smiling
- Loving
- Whole

Note where that was in your body and its attributes.



Step Three: Describe Your Overall Experience

Overall, how was your experience?

What do you feel and think about your discoveries?

If there was difficulty, what showed up?

How did you feel about that?



The Discovery Practice

This practice helps you begin to detect and amplify your awareness of your Indomitable Worth.

The instructions:

- **Step One:** Complete a Discovery Practice
- **Step Two:** Outline your results
- **CAPACITY CHECK:** Go slow with this. None of this needs to be completed NOW. Take your time. Follow your capacity.
- **Feedback:** I would love to hear your experience of this module, as it will help me improve it for you and others. Share your experience here: [Feedback](#)

Step One starts on the next page.



STEPS	RESULTS
<p>Step One: Complete a Discovery Practice</p> <p>Choose ONE question for today and explore where you start to feel the signals of Indomitable Worth.</p> <p>Signals include: Light, open, playful, centering, grounding, clear, still, warm, smiling, loving, whole, peace</p> <p>Do only one per day. Choose what resonates most with you.</p> <ul style="list-style-type: none">• GENERAL PRACTICE: What shifts if you trust, just a bit more, that you have indomitable worth?<ul style="list-style-type: none">◦ MP3 Version• ACCEPTANCE: What shifts if you trust, just a bit more, the your worth is not determined by acceptance?<ul style="list-style-type: none">◦ MP3 version• SUCCESS: What shifts if you trust, just a bit more, that your worth is independent of success?<ul style="list-style-type: none">◦ MP3 version• RELATIONSHIP STATUS: What shifts if you trust, just a bit more, that your worth is not defined by your relationship status?<ul style="list-style-type: none">◦ MP3 version• REJECTION: What shifts if you trust, just a bit more, that your worth is not changed by rejection?<ul style="list-style-type: none">◦ MP3 version• CIRCUMSTANCES: What shifts if you trust, just a bit more, that your worth is not determined by your circumstances?<ul style="list-style-type: none">◦ MP3 version• FAILURE: What shifts if you trust, just for a moment, that your worth is not determined by failure?<ul style="list-style-type: none">◦ MP3 version• MISTAKES: What shifts if you trust, just a bit more, that your worth is not determined by mistakes?<ul style="list-style-type: none">◦ MP3 version	



Step Two: Outline Results

Answer these questions:

- What sensations showed up?
- What clearing, if any, emerged?
 - Examples: crying, grieving, anger, sadness
- What expression of worth emerged, if any?
 - Examples: Light, open, playful, centering, grounding, clear, still, warm, smiling, loving, whole, peace
- What change in your perception emerged, if any?
 - Example: I saw that it really wasn't about my worth for a moment

Step Three: Describe Your Overall Experience

Overall, how was your experience?

What do you feel and think about your discoveries?

If there was difficulty, what showed up?

How did you feel about that?



Next Steps

You've completed Step One of the Indomitable Worth Method.

Would you share with my your experience? You can do that here: [Share Your Experience](#)

Your Next Step: The Indomitable Worth System

- Enroll here: [Reserve Your Seat](#)

Got questions? Need support? Contact us here:

- experts@freetheself.com
- Post in the [Community](#)
- Text or Call: 208.918.0907

Remember, you're worth loving, you're worth knowing, and you're worth keeping.

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