

Personal Acceptance: Appreciating and Acknowledging your Gifts

We are often so focused on the gifts of others we do not recognize or acknowledge our own special contributions to the world.

By learning to see what our unique gifts are we are able to give those gifts to ourselves as well. An attitude of gratitude extends within as well as outside of us. We accept and honour who we are and what we bring to the table. By doing so, we allow others to do the same.



"I can't thank you enough for the gifts that you have given me. I find that through all of this I am much more stable than in the past. The tools that you have given me are proving to be very valuable. I am definitely focused on moving forward and have a more permanent sense of peace in my life."

-Steve, Wisconsin

Belief Re-patterning™ Seminars are developed by Suze Casey, MEd and delivered by trained seminar facilitators. They are usually 2.5 to 3 hours in length and vary in cost.

For specific dates and times, view the events [calendar](#) or email info@beliefrestructuring.com to arrange a seminar in your area.