

EMPOWERING ATHLETES:

UNLOCK YOUR SELF WORTH

80% OF WOMEN DO NOT
BELIEVE THEY ARE
ENOUGH

73% OF MEN FEEL
INADEQUATE

91% OF GIRLS & WOMEN DO
NOT LOVE THEIR BODIES

89% OF GIRLS & WOMEN OPT OUT OF
IN PERSON EVENTS DUE TO
DISSATISFACTION OF HOW THEY LOOK

*“My worth is not determined
by the outcome I am
pursuing”*

**Simple Framework
to
Unlock Your Self Worth**