

GET REAL: What advice do you have for women?

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SUMMARY

Dr. Shefali emphasizes the importance of women recognizing their worth and liberating themselves from societal expectations. She encourages women to reject feelings of inadequacy and to embrace their true selves.

- *Recognize and affirm your own worth.*
- *Reject societal pressures and expectations.*
- *Move past feelings of inadequacy and martyrdom.*
- *Step into your true self and manifest your identity.*
- *Empower yourself by saying "no more" to limiting beliefs.*
- *Embrace liberation from external judgments.*

hey dr. Shefali Hey so today's get real question comes from Marie and she asks if you could give women one piece of advice what would it be well I think the most powerful advice that I have absorbed in my own life it's about my worst and to end the game of being for me feeling or was martyred feeling like I'm not good enough feeling

insecure and really truly saying no more and stepping into my words and allowing myself to truly be liberated from the shackles of what other people say I should do it how it should be and all the shoots that we live under so I would say it's time to step up your worst it's time to step into it and it's time to manifest who it is you truly are