



# Digging Deeper Diaries

WITH CHAYA BEN-SHABAT

## FULL DISCLOSURE

Chaya Ben-Shabat Family, Holistic Wellness, Personal Development  
champion mentality, Digging Deeper, excellence, transformation

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If we're gonna do life together, there are a few things you should know about me before we proceed. I am a believer in being genuine, and I would never forgive myself if you thought anything here was fake, forced, false, or purely for "show". So in the name of full disclosure, I'm laying all my cards on the table.

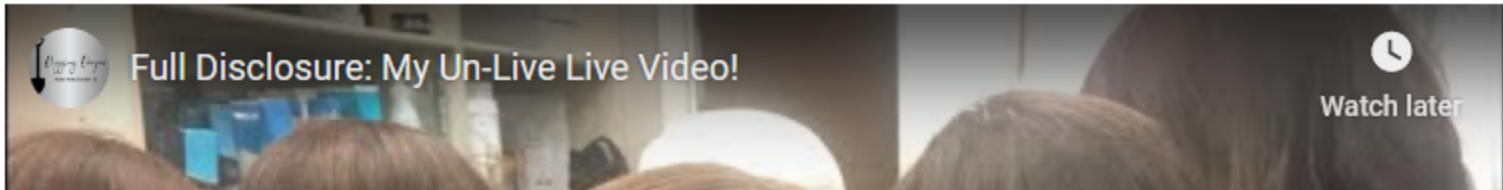
By the time I was 29 years old, I had created a million dollar annual income and the complete materialistic picture of success. I still had huge goals and dreams for myself, but after major life events and achievements, I began to realize that I was actually very empty and unhappy on the inside.

In 2010, at 31 years old, I began to realize that I could no longer continue in this life that was caging me in like a trapped wild animal. Without any idea where I was going or what I was doing, I began to make a series of choices that turned my entire world upside down. I left a career, then a marriage, and ultimately a religion in the unidentified quest of finding my own inner happiness. And across the course of the ensuing decade, I totally deconstructed who I had become in order to rebuild someone I loved.

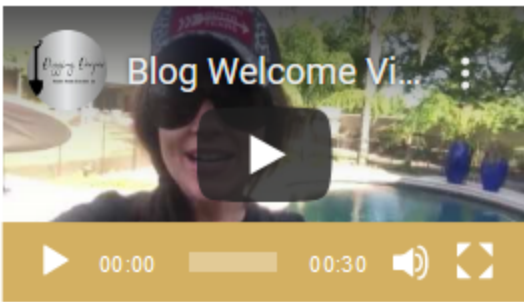
Some of you may take offense to part of what I am sharing here, and please know that is not my intention. However, I'd rather be on this journey with a few like-minded warriors than with an army of shallow soldiers.

Now, ten years later, in 2020, I feel like I finally have something worth sharing with the world. Everything I do (from raising my own family, to revolutionizing the global education system, to working with adults who want to transform their own lives, to building a food company) now stems from my passion of empowering others to discover, harness, and shine their own special light.

Those of you who know me personally know that I cannot do anything halfway. I'm an all or nothing kind of gal. So, as I climb back in the saddle to share my message with the world (or the three people who it may help), it's important to me that I take an opportunity to speak frankly about where I've come from, what I've been through, and now where I'm headed.



WELCOME!



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This video is a repost of an un-live LIVE FB video where I shared my story.

If this is helpful for you, please like, comment and share. Together we can wage war on the mediocrity in our world!!

For those of you who are really ready...it's time to stop skimming the surface of life. It's time to Dig Deeper!

All my love,  
Chaya xo

< IF YOU CAN'T, THEN YOU MUST!

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