

# Five Things You Don't Know About Me: “So Worthy” Creator Dawna Daigneault

by [MICHAEL MACKIE](#)

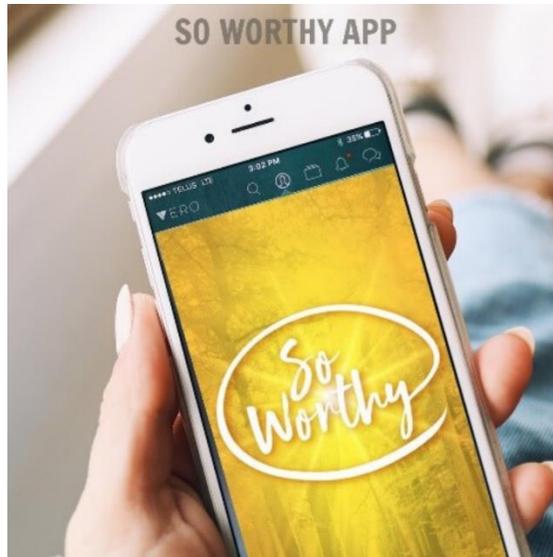
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Dawna Daigneault Ed.S., LPC, is all about healing. In fact, she spent the past two years of her personal time creating *So Worthy*, a [self-worth app](#) that introduces an explorative and introspective healing space for people in their own homes.



Not only does she have 14 years of professional counseling under her belt, she's also a graduate from the University of Missouri – Kansas City with a master's and education specialist degree in counseling.

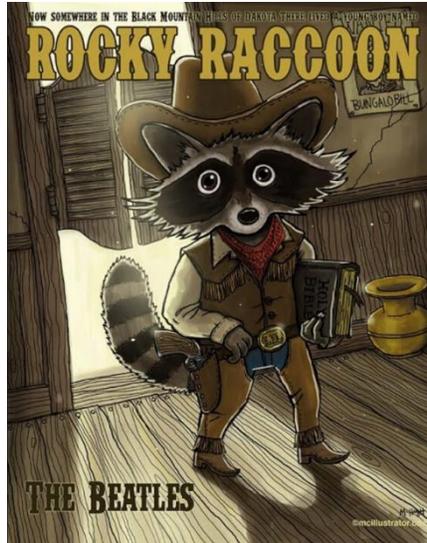
We caught up with the compassionate Daigneault—who currently owns [Zest of Life](#) in the metro—to find out five things you don't know about the self-worth guru.



5. **“I seized the opportunity to create a free self-help app 2½ years ago.** I’m tenacious, so spending my weekends turning complicated content into a simple journey on an app was an appealing challenge. I laid out hundreds of notes and drawings across my floors as I attempted to map where the many different paths would flow from topic to topic. Check out the finished project at [www.soworthy.app](http://www.soworthy.app).”



4. **“I was born with metatarsus adductus and a right leg deformation.** I had to wear corrective shoes and braces as a toddler. My mom did a brilliant thing and enrolled me in ballet classes which trained and strengthened my feet and legs to turn out. I took dance classes from the age of 3 up through college because I loved dancing.”



3. **“I love the Beatles’ *White* album** and would listen to the whole thing on repeat when I was younger. Two years ago while driving up to Mount Rushmore, a sign with the words ‘Black Hills’ caught my attention. Impulsively the words, ‘Now somewhere in the Black Mining Hills of Dakota there lived a young boy named Rocky Raccoon ...’ the rest of the song followed (almost perfectly) to the surprise and delight of all in the car—including me.”



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2. **“I was a tag-a-long on a trip to Greece last year with some family.** We completed the Sacred Greek Triangle in auspicious style—three people, three days, three temples—by happenstance. I have been expecting some Mount Olympus magic ever since.”



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1. **“I am an experienced-beginner yogi.** I love going to yoga classes (pre-pandemic) but instead of getting more skilled over the years and moving up—my body has played a trick on me by aging at a rate where I am able to just manage the beginner level moves without injury and feel like I’ve accomplished a great feat.”

**TAGS: [DAWNA DAIGNEAULT](#), [FIVE THINGS YOU DON'T KNOW ABOUT ME](#), [LOCAL COUNSELOR](#), [SO WORTHY APP](#), [ZEST OF LIFE](#)**