

Self-Love Affair

SECRET #1: GAIN CLARITY ON WHO YOU ARE & WHAT YOU WANT

Being clear on what it is you want is an important step to getting what it is you want as well as empowering and freeing. Take this opportunity and put aside anyone else, society, your family, friends and even your partner if you are with someone and put the focus completely on you.

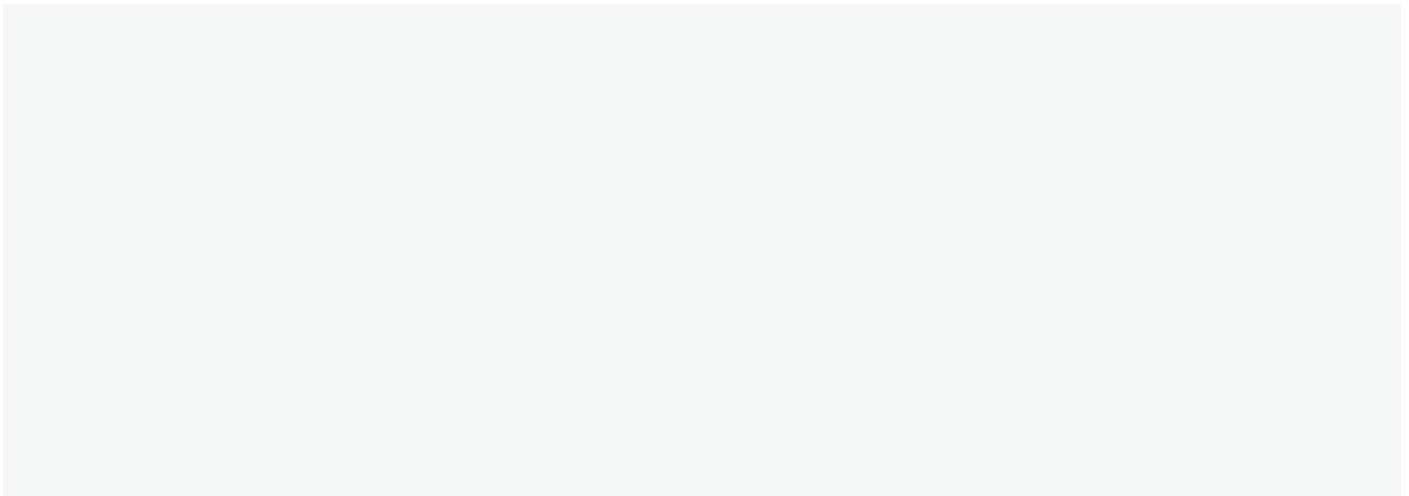
WHAT DO I REALLY WANT? What kind of life do I want to live.

WHO DO I NEED TO BECOME TO HAVE THIS LIFE?

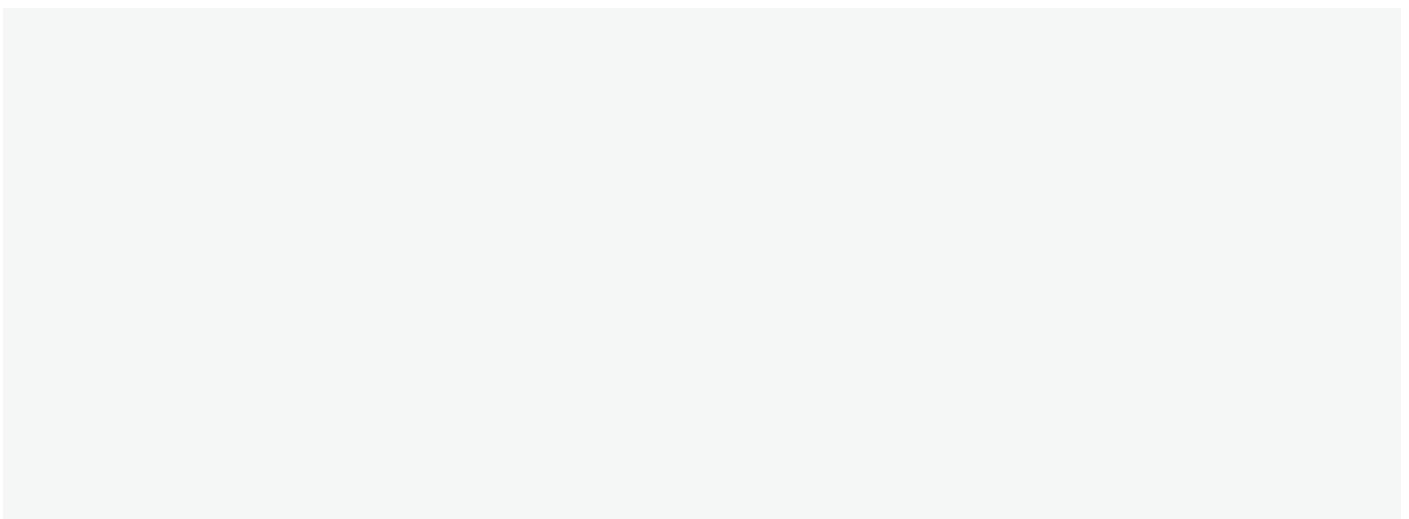
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SECRET #1: GAIN CLARITY ON WHO
YOU ARE & WHAT YOU WANT

THINGS I LOVE...



MY LIFE PURPOSE IS...



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SECRET #2: LEARN TO LET GO OF WHAT IS
KEEPING YOU FROM GETTING WHAT YOU WANT

Now that you are clear on what it is you want and who you need to become to have this life as well as your purpose! We carry so much crap that we accumulate over the years that may not even be ours. I am talking about beliefs, grudges, and moments that caused us hardships. Learn to forgive yourself from things you have done in the past.

IN THE PAST, THESE WERE MY NEGATIVE BELIEFS & THOUGHTS...

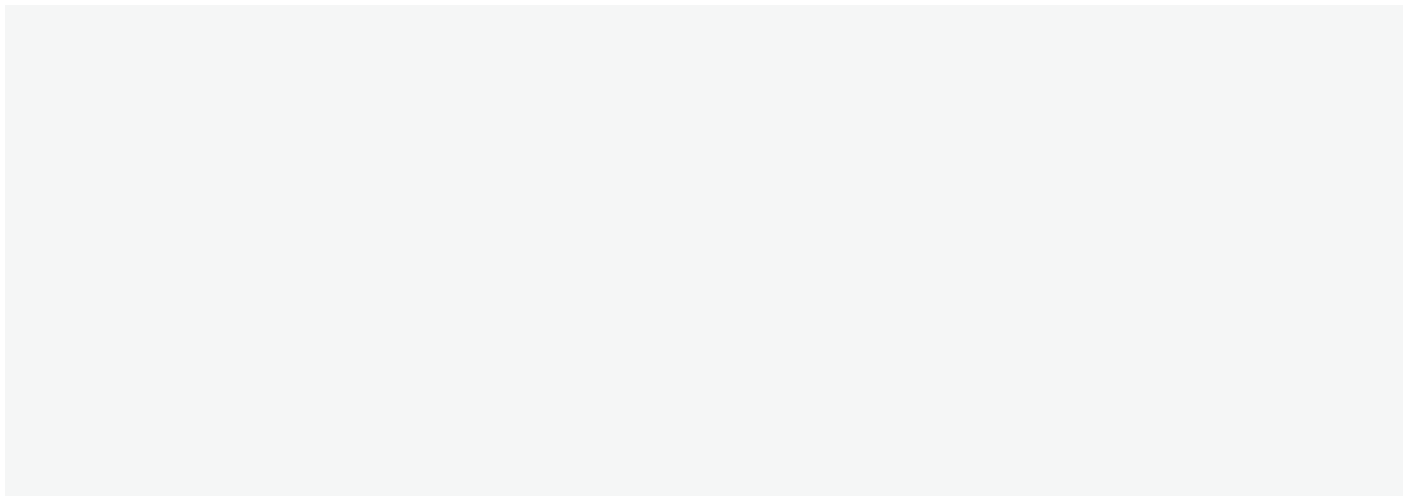
MY NEW POSITIVE BELIEFS ARE...

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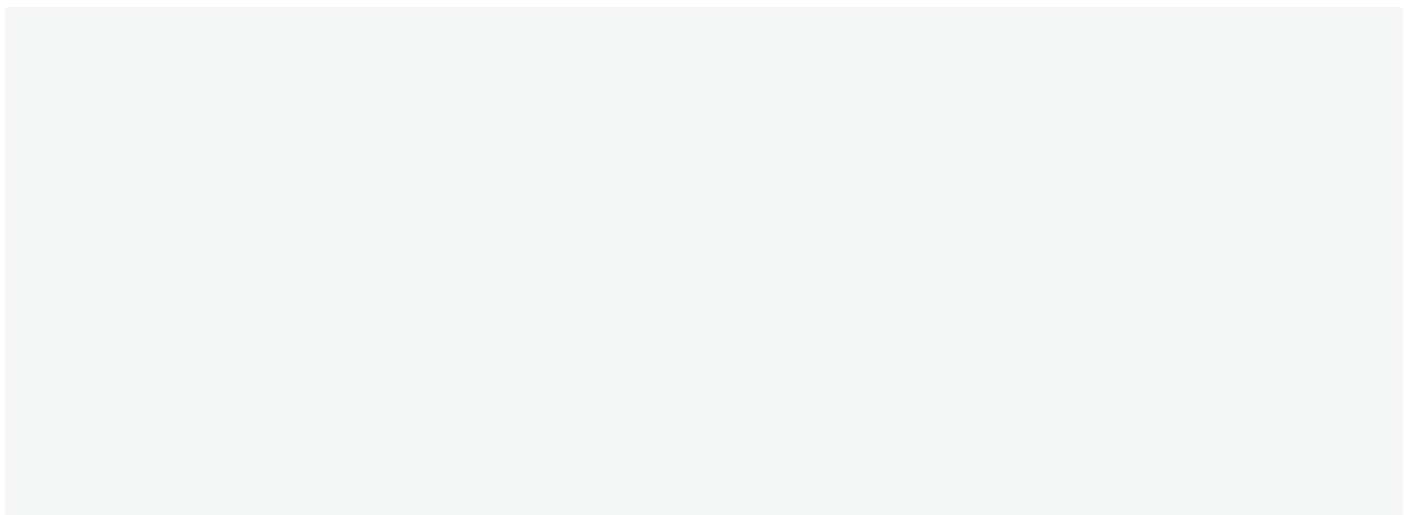
SECRET #3: CREATE HEALTHY ROUTINES FOR UNSTOPPABLE MOTIVATION

Routines and rituals are an absolute MUST for getting your results! Routines are things we do on consistent basis and rituals are things we do with meaning behind it. Motivation always fades, so you need to tell yourself to do it without any negotiation, you need to be self-motivated. Influence yourself and do whatever it takes.

MY MORNING ROUTINE IS...



MY NIGHTTIME ROUTINE IS...



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SECRET #4: BECOME SELF-DISCIPLINED

Discipline and self-control is a very important part of our lives. Over time, this makes a difference between staying in a relationship or not, fitting in a desired outfit or not, getting sick because of our bad habits or not.... Staying in a career you don't want... This is because the moment we wake up, we react all day long. Start living intentionally!

DECIDE, COMMIT & DO!!!

I NOT LONGER TOLERATE...

HOW IS THIS AFFECTING MY LIFE RIGHT NOW? WHY IS IT IMPORTANT TO CHANGE IT?

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SECRET #5: USE YOUR ENERGIES SO THAT
THEY WORK FOR YOU

We both have the feminine and masculine side within us. Accessing both of these energies allows us to be well functioning individuals - being able to lead, discuss feelings, logically analyze situations and so much more!

WHAT ARE SOME THINGS YOU CAN COMMIT TO DO TO HELP YOU LEAD WITH YOUR CORE ENERGY?

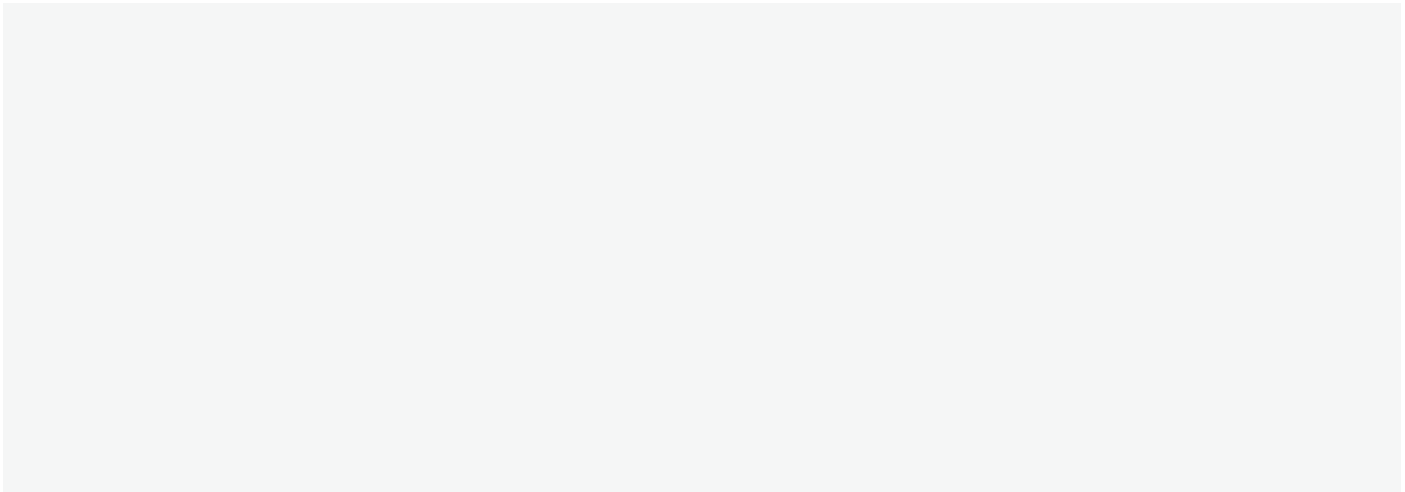
WHAT ARE AREAS IN YOUR LIFE YOU CAN SEE BEING MASCULINE WILL HELP YOU ACHIEVE THE OUTCOME YOU WANT? DO THE SAME FOR YOUR FEMININE SIDE.

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SECRET #6: UNLEASH YOUR SELF-CONFIDENCE

With developing self-love comes self-trust which also builds confidence. CONFIDENCE is a big word! When it comes to our personal or professional lives, confidence is the word that seems to be in common that keeps showing up. Build trust within yourself. Trust that there is no right or wrong. Whichever path you take is the PERFECT ONE!

WRITE DOWN 3 THINGS THAT YOU WOULD DO IF YOU HAD ALL THE CONFIDENCE IN THE WORLD.



I AM GOING TO COMMIT TO...

