

Self-Love Affair

SECRET #7: BECOME MORE ATTRACTIVE!

Life is meant to be lived. How are you showing up to your life? Schedule time to have some fun! Put a smile on your face every day, no matter what, give away a smile, you never know how much of an impact that has on others!

10 THINGS THAT MAKE ME HAPPY!

I AM GOING TO COMMIT TO THIS ONCE A WEEK...

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SECRET #8: GAIN SELF-RESPECT

Do you ever feel like other's don't respect you? Do you ever wonder why that is? Check in with yourself and respect yourself first because it sets the bar for others. Remember to set your own boundaries for yourself; Don't miss your own self-care appointments! Give yourself that self-respect.

WHAT DOES RESPECT LOOK LIKE TO YOU?

WHAT DOES A PERSON NEED TO DO TO SHOW YOU RESPECT OR FOR YOU TO FEEL RESPECTED?

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SECRET #9: BUILD A NEW IDENTITY THAT SERVES YOU

We all have a self-image of ourselves, how we view ourselves is very important. This identity has been developed for many years; our environment, the people we grow up with, the circumstances, they all contribute to shaping our identity. We are constantly becoming, own yourself and who you are. Give yourself love and grace for how far you have come and take yourself to the next level by becoming who you need to become.

WHAT BELIEFS DO I HAVE ABOUT MYSELF?

WHAT OLD IDENTITIES DO I NEED TO LET GO OF?

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SECRET #10: GETTING COMFORTABLE WITH FINANCES

Its so important to know your worth and own it! Create a great relationship with money and knowing where you are because it is important to fill the gap to where you want to be! There is nothing magical about a person that makes a lot of money versus a person that has limited funds. The only difference is their mindset. Let go of limiting believes about money.

Don't sell yourself short!

EARNED INCOME + PASSIVE INCOME - EXPENSES

= CASH FLOW (WHAT CAN I DO TO INCREASE MY INCOME AND/OR CUT DOWN MY EXPENSES)

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SECRET #11: CELEBRATE LIKE A ROCK STAR!

Celebrating gives us a boost of energy, for our mind and well-being. It allows us to take a tiny moment to acknowledge ourselves for something! It's important for our self-love AND our overall mindset! We don't need to wait for a special occasion to allow ourselves to celebrate! Go on, celebrate!

WHAT ARE SOME THINGS THAT I CAN CELEBRATE?

WHEN ARE YOU GOING TO ALLOW YOURSELF TO CELEBRATE?

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SECRET #12: WISDOM & GROWTH.

Life is a journey and you will always continue down a path no matter what, just don't stay still and keep moving, one step at a time. Create the future you want, become the person you need to become and don't worry about how you will get to your dreams only think about you being there!

WHAT WERE MY KEY TAKEAWAYS FROM MY SELF-AFFAIR COURSE?

WHAT ARE MY NEXT STEPS TO ACCOMPLISHING THE LIFE I WANT?