

SELF-LOVE JOURNEY



#WannabeConfident



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ER SHRED™



HELLO GORGEOUS

HOW do you love yourself? This is a question I've been asking for years? "I just can't seem to find that self-worth button" I'd tell Sean. "Just tell me where it is and I'll PUSH that darn thing."

But I'm having this realization. You know how we often say, *well I'd like to do that, but there's a part of me that won't let me.*

It's because we are NOT those parts. Those parts of us are the traumatized parts that are in pain and crying out for help. They need YOU to heal them, to free them.

When I began visualizing myself talking with the part of me that is blocking the love. I began to feel empowered. I saw myself as separate than the part that struggles to love herself.

I realized that the part of me that is plagued with "never enoughness", is not me, and in fact she NEEDS my help. She's been calling for me, screaming in pain, spewing negativity at me to get my attention.

Yes, your inner critic is a bully, but don't you wonder what causes the bully to want to bully others? It's a cry for help in the only way they know how. They have trauma that they don't know what to do with.



Let's free our inner bully from her suffering.

Let's do this!



GET TO KNOW YOUR INNER "BULLY"

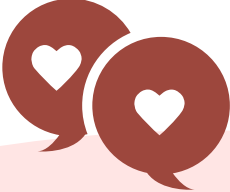
What's her name? How old is she?

Where does she live in your body?

Invite her to sit down and have lunch or a cup of coffee with you. Give her a voice, a microphone.

What does she want to tell you or show you?

She's the one carrying all your trauma. She's only reacting from that place in your past. So, can you offer her some compassion? Can you ask her what she's afraid of? What is she trying to show you? Stay with her until she knows you understand why she's upset. Ask her what she wants you to do. Is there anything she wants you to say to someone?



Make friends
with your
inner bully. She
needs
you to free her
from suffering.

QUESTIONS TO MYSELF



What kinds of actions do confident people take?

Answer in one word:
What emotion is blocking you from your goals?

Ask where does this emotion originate?

Who am I comparing myself with?

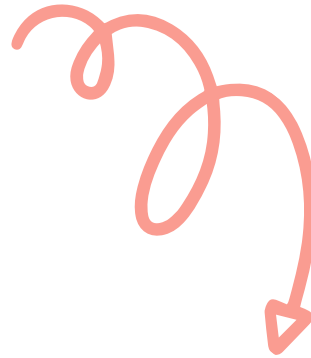
Do you really want all that comes with the life of the person you're comparing yourself with?

How can I create value in the world, for myself, and my family?

PRACTICING SELF-LOVE



Here are 11 tips
you can follow on
your journey to
self love!



1. Recognize and accept your feelings.
2. Take time to investigate them, examine, dig deeper.
3. Visualize conversing with your inner critic.
4. Visualize letting go of past trauma and limiting beliefs.
5. Practice your new thoughts/ beliefs DAILY in order to create those new Neuro pathways.
6. Have a Pattern Interrupt like EFT tapping, deep breathing, or just a word you say when old patterns emerge.
7. Challenge a negative story about yourself
8. Be Impeccable with your word
9. Get outside in nature, sun on your skin, and dirt under your bare feet.
10. Commit to learning to self soothe and self validate.
11. TAKE ACTION

14 DAYS

OF LOVING YOURSELF

Wanna play a fun game? Use these prompts every day leading up to Valentines Day. Post your thoughts and experience, or just a pic for each prompt using the hashtag [#WannabeConfident](#) .

Day 1

Post a selfie and share 3 things you love about yourself.

Day 2

Write about what makes you UNIQUE.

Day 3

Write about what you are most proud of.

Day 4

Go on a walk and get BAREFOOT in the sun if you can.

Day 5

What is your biggest dream in life?

Day 6

Share a list of things that make you feel happy, calm, and loved.

Day 7

Write a positive note on your mirror

Day 8

Share your self care activities for the day.

Day 9

I'm beautiful because...

Day 10

To increase my self-esteem I plan to...

Day 11

Share a quote that lifts you up when you're down.

Day 12

Start learning a new skill

Day 13

What goals are you working towards?

Day 14

Write a love letter to yourself, and if you're too shy to share this publicly, then write a gratitude post tagging the person/people you feel grateful for.