



As Self-Love Strategy for Creating Your Best Life

***Stop Self-Sabotage, Increase Resilience, and
Generate More Joy***

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Creating Your Best Life

Embrace a Self-Love Practice to have your own back, replenish and become more radiant to create the relationship/s and life you love.

With a strong Self-Love Practice, we have what it takes to better tackle creating our best life and creating the relationship/s we desire...

If we don't properly love ourselves, how in the heck are we going to properly love everybody else? Nevermind creating our Best Life...

You might be feeling exhausted, unmotivated, uninspired, and truth be told, a bit lost as to how to launch the New Year, or new stage in your life, with pizzaz. You might be overwhelmed by everything you could be doing differently... You have no idea how to start right...

You are not alone! The New Year, or new beginning, creates a lot of pressure for people to launch into a new life without necessarily having a plan, resources and energy for it. We might have the best of intentions but before we know it we are back to the grind, or our usual, without having set ourselves up properly to have our best year yet, or a terrific new beginning...

We have to get it together and set the tone for creating our Best Life...

In this Masterclass we'll explore how a Self-Love Practice is exactly what is needed to address this apathy and to prevent us falling into our usual patterns- getting back into the grind, having a lusterless relationship, and an aimless approach to our life...

We'll Cover:

Part I:

1. Self-Growth as a requirement for a magnificent Human Experience
2. The 4 Aspects of a Self-Love Practice
3. Personal Development processes to help you get out of you own way

Part II:

1. 20 Tactics for designing and implementing your own Self-Love Practice

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PART I

~ 1 ~

Self-Growth Requirement

As we start a New Year, or any new beginning, we are looking forward to a new chapter, and possibly a new book, in our life.

The thing is that the person that got us here, our current self and state, is not the person and state that can get us there...

The person that got us here and only do more of the same... For us to create something new, we have to be able to Be in a new way... The new self can create our new chapter, our Best Year Yet.

As way to the New Self is through Self-Growth...

Part of our Human Experience is to continue to grow more into who we really are... To continue to evolve. Shedding the slumber, the character defenses, the defense mechanisms, and other unconscious patterns to become our Best Self.

This is the pursuit of Self-Growth... Our Self-Growth venture helps us learn, develop, honor and care for ourselves deeply...

🌟 **Self-Love Practice for our Being**

🌟 **Personal Development Practice for our Becoming**

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~ 2 ~

The Four Aspects of a Self-Love Practice

1 - Self-Honoring

Respecting and honoring ourselves- our values, our needs, our body, our feelings, our intuition, our perspectives, our space, our time, our preferences, our wishes, our dreams and so on.

Self-Honoring has to do with really knowing who we are and who we want to be. It has to do with fully knowing, owning, and celebrating who we are. It has to do with standing-up for ourselves and embracing all of us.

Embracing Self-Honoring has to do with setting up our lives so that it is in congruence and in alignment with our Core Self and our Essence...

It has to do with pursuing our Journey in such a way that we continue to become more and more our true, Authentic Self.



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2- Self-Management

Self-Management has to do with taking full responsibility for ourselves- with learning how to properly manage ourselves and strive for excellence and high performance. It is about flowing through our days creating our Best Life...

Embracing Self-Management in our Self-Love Practice allows us to truly have our own back and support ourselves in our Journey...

Self-Management is a multifaceted endeavor, it includes managing our thoughts, feelings, behaviors, energy, time, space, and everything else...

For the purpose of our Self-Love Practice, I'm honing-in on how we set up and go about our days to effortlessly achieve our goals, experience joy and fully live our life.



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3- Self-Care

Taking care of ourselves- with having a wholistic self-care practice that generates vitality, health and wellbeing.

There are a lot of definitions and information out there about how to do a Self-Care Practice. My Self-Care Practice is on steroids and became *The Self-Love Practice*... Now I like to look at Self-Care as solely the activities that nourish and take care of our body and wellbeing.

Self-care has to do with taking care of our “meat suit”, our human vehicle, so that it allows us to have a beautiful, full and long human experience... When we take proper care of ourselves, we slowdown the aging process, we increase our health, vitality, longevity and ability to truly enjoy our life.

A rich Self-Care Practice gives us the ability to feel happy and joyous more consistently, to better self-regulate and to be less triggerable... It helps with our wellbeing and resilience...



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4- Self-Connection

Having a strong relationship with ourselves- with fully knowing and accepting all parts of ourselves, with keeping our own company, with having our own back, with being more present, with nurturing ourselves.

Being in Connection with our Highest Self is our Soul's directive if you may...

When we are not in connection with our Self, we are banging around grinding through our life in our meat suit, aimlessly and exhaustingly, till we are six feet under. This is not the way to live!

When we are in Connection with our Highest Self, we embody our full Being, pursue our calling, embrace a full Human Experience that includes intentionally evolving... This is how we Radiate our Brilliance...

This is what makes us unique, special, magnificent, extraordinary, and exceptional. This is who we really are... Let's embrace ourselves once and for all, shall we?



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~ 3 ~

Stop the Self-Sabotage

We might have the best of intentions for creating changes in our life, including adding a Self-Love Practice to our Lifestyle, but somehow we don't stick to what we set out to do. We might not even get it off the ground!

We might do visioning and goals setting, jump on great ideas and concepts, map out an implementation plan, and even get started on that plan to soon find ourselves giving it all up or letting it fall to the wayside.

No matter how much we think we want the change and attempt at making the change, we just can't seem to make it or get the results we want from our attempts...

Complete the processes provided to help you remove blocks, upgrade your programs, help you generate good vibes and seamlessly establish or enrich your Self-Love Practice:

- A. Scripts & Limiting Believes**
- B. Personal Identity**
- C. Purpose**
- D. New Tone...**

***Leads to Integrating 20 Empowering Targeted Self-Love Tactics!**

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A - Scripts & Limiting Believes –

Our programming is so ingrained it prevents us from carrying out different commands, from creating change... This is why new habits and intentions don't stick if they don't align with our programming...

1 - When you think of a Self-Love Practice, what comes to mind?

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2- Thoroughly capture the thoughts you might have about:

- Focusing on yourself
- Expressing your wishes and thoughts
- Having dreams
- Setting boundaries
- Managing your time
- Focusing and reducing distractions
- Commitments and responsibilities
- Productivity and high-performance
- Self-care and your body, mind and spirit
- Health, vitality and longevity
- Feelings and mood
- Meeting your needs
- Intuition
- Silence
- Keeping your own company
- Nurturing yourself
- Treating yourself
- Using time and other resources for yourself
- Implementing a Self-Care Practice
- Sense of self and self-esteem

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3- Identify the top 5 areas where you captured the most highly charged thoughts (loaded, negative, critical, shaming, self-deprecating, blaming or lacking ownership, dismissive or minimizing, and the like):

>1<

>2<

>3<

>4<

>5<

4- Sort them into the Aspects of Self-Love they might be associated with:

Self-Honoring -

Self-Management -

Self-Care -

Self-Connection -

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5- For each Aspect, write the antidote for what you initially captured...

- **You don't have to keep holding the torch for your history, story or shortcomings...**
- **You don't have to keep making the case or holding on to the reasons for how things are...**
- **You have suffered enough. Life can kick us in the teeth sometimes, things might still be hard. But none of this means you can't create and have what you desire. Be open to seeing things differently...**

Regardless of your situation-

Deconstruct and reprogram the scripts and limiting beliefs shackling you and holding you back in your Journey- by cleaning up the *facts* with more truths, actualities, and options, highlighting how this situation might have served you in some way, noting the opposite characteristics you possess, reframing the story, capturing your other related strengths and skills, adding anything else you think is helpful to flip your stuff on its head and finally eliminate the power it had over you...

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6- Write a short paragraph capturing the upgraded version of you:



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B - Personal Identity –

Our personal identity also gets in the way of creating change if what we are trying to accomplish is incongruent to how we see ourselves. We can't carry on as someone we are not or be someone or something we don't identify with... Our Personal Identity needs to be congruent with who we want to be...

1- What kind of person do you want to be? What personal characteristics would you possess? How would you think differently? How will you feel? What strengths and skills would you have? What daily routines and habits would you have? What lifestyle would you create? What activities would you pursue? What indulgences would you allow yourself? How would you be different that you are today?

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2- What would you name this New Identity?

3- What is one action you can take today to start living as your New Identity?

4- Set some kind of daily reminder for you to channel your New Identity every day, to carry on as the New You...



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C - Purpose –

Sometimes we pursue things because for some reason we believe we should pursue them. Then we are surprised when all our attempts at mastering or achieving the thing fail.

This happens because what we are pursuing is not something we really want, or we haven't fully connected to why we really want the thing. Nobody wants to just pursue more things for the sake of the things.

There is usually a strong Why associated with the things we pursue with gusto.

1- List the Habits or changes you have been trying to implement that haven't fully taken hold or giving you the results you've wanted:

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2- For each item you listed, capture why you want to implement that habit or make that change... Dig deep till you find some real meaning to you that's in alignment with your Values... Find your strong Why for wanting the change... This will serve as a motivator to help you stay the course...

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3- Set the intention to stay True to yourself and connected to your Why going forward...



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D - New Tone –

Now you are ready to set the tone for creating your Best Life, to make the changes you've been trying to make, including Embracing a Self-Love Practice...

1- Pick 3 of the items you listed in the prior section, and note what you need to tweak about how you are trying to implement a new habit or make a change, to align better with who you are now, given how you've changed today, to finally get your desired outcome...

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2- Schedule time to address the tweaks you want to make:

3- Identify which of the 4 Aspects of the Self-Love Practice you'd like to start playing with first, refer to Part II for guidance Embracing each Aspect and its related empowering targeted tactics:

Schedule time to play with your chosen Aspect:

Make sure you protect the time and use it to design and implement your Self-Love Practice.



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PART II

~ 1 ~

Your Self-Love Practice **Being Your Radiant Self**

Have your Core Values handy to inform how you set up your Practice

Identifying Core Values:

<https://bit.ly/3u3OWYb>

Create a cozy and inspiring space to help you get in the mood and support your work. Turn off all distractions and sequester yourself (LOL)

Have the following handy as well:

- Candle or diffuser, aromatherapy oils
- Zen music or nature sounds
- Water or tea
- Journal and/or Working Notebook
- Pens, color pens, highlighters, stickers and other supplies that you would enjoy
- Calendar

Select 1 of the 4 Aspects to Focus on, and work and integrate the related Tactics into your Lifestyle:

A ~ Self-Honoring and Being

B ~ Self-Management and Flow

C ~ Self-Care and Resilience

D ~ Self-Connection and Radiance

LET'S DO THIS!

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Directory of the 20 Self-Love Tactics

A ~ Self-Honoring and Being

1. Values
2. Essence
3. Feelings
4. Intentions
5. Roles

B ~ Self-Management and Flow

6. Time Mapping
7. Time Blocking
8. Routines
9. Habits
10. Special Days

C ~ Self-Care and Resilience

11. Sleep
12. Exercise
13. Nutrition, Supplements & Hydration
14. Grooming & Hygiene
15. Relaxation & Mindfulness

D ~ Self-Connection and Radiance

16. Fully knowing and accepting all our parts
17. Having our own back
18. Being more present
19. Keeping our own company
20. Nurturing ourselves



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~ A ~

Self-Honoring & Being

You'd think it'd be easy to be us. To be who we are. To be ourselves... As you might be aware, this is actually not the case and our Journey is about learning and evolving ourselves... Therefore, it's imperative that we integrate tackling this intentionally in our lives...

Set some time aside to give yourself some Self-Love...

1 - Values – We have to know our Core Values to help us filter our decisions and pursuits in our lives... Complete the **Identifying Core Values** exercise if you haven't yet, and let your discovery inform other practices and tactics for more cohesiveness...

2 - Essence – We have to choose what flavor human being we want to be. LOL In your journal, list qualities of people you admire and who you consider role models.

- Underline the qualities you have in common with them.
- Circle the qualities they have that you'd like to embrace more in yourself...
- Summon the essence of that quality and strive for integrating it into yourself... Do this when you need a little pick me up, inspiration or motivation.

3 - Feelings – Thoughts lead to feelings... Therefore, we can generate whatever feelings we like!

- Decide what kinds of feelings you want to experience more in your life...
- What kinds of thoughts would you have to have to generate those feelings?
- In your Journal, capture the thoughts so you can reference them as needed if you are having a hard time generating them, and their related feelings, on any giving day...
- Make it a habit of choosing the feelings you desire for the day first thing in the morning and go about generating them...

4 - Intentions – We can be pretty chaotic in how we show up to our life and the days in our life if we are not intentional about it... Intentions are a powerful thing... You can choose how you want to show up everyday, and self correct at any giving moment...

- In your Journal, make a list of intentions about different ways you'd like to show up in your life.
- Keep this handy to draw from as needed to bring more intentionality and personal engagement in your life...
- You can use these as daily intentions, weekly themes, sprinkles for kicks and to keep things fresh

5 - Roles – This one is super important. I often discuss this in our work with clients in terms of what kind of people they want to be regardless of how the people in their lives are being...

- Ponder on what kind of human you want to be, what kind of man, woman, or other gender, what kind of partner, what kind of parent, what kind of "child", what kind of sibling, what kind of in-law, what kind of friend, neighbor, boss, and so on...
- In your Journal, capture your musings.
- Identify where you'd like to tweak how you are being in any relationship and get to making the corrections or upgrades...

Isn't this work just so delicious!? This is a quick way to embrace you and Be more of who you want to be, who you really are... You'll just be intentional about really Being you...

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~ B ~

Self-Management & Flow

Self-Management is a super skill. When we manage ourselves well, we are unstoppable! Here are tactics to help you easily start better managing yourself for more high-performance, productivity, and flow... Let your **Core Values** guide you as you work through this exercise.

Set some time aside to Design the Life You Want to Live...

1- Time Mapping – Decide how you want your weeks to flow... Design your Ideal Week. Designate days with themes and part of the days for different Life Areas. For example:

--You can have writing or content creation days, client days, meeting days, admin days and such.

--You can have Self-Love/Me Time, Couple Time, Family Time, Chores Time, you get my drift.

This guides where you add your commitments in your calendar, where you focus your attention and what you work on, and helps you manage how you use your time, energy, and bandwidth... This is a one-time exercise that you tweak as you see fit.

2 - Time Blocking – Now, within your Time Map, you get to drill-in how you use any given time. You designate time chunks for tasks and commitments. This is a weekly task where you plop in what you want to work on and accomplish into specific times of your week.

Be sure to judiciously block time including buffer time and transition time. We want to allow for context shifting and build in grace for when things don't work out as planned. This ensures more flow and ease in your days...

--This is a great activity to do on Friday before the closedown for the day, so you are ready for the next week and avoid the Sunday Scaries (AKA Sundayitis in my home). Or, a Saturday Morning Reset activity, or a Sunday Afternoon Reset activity. Whatever makes sense for your life.

Decide when you'll do your weekly Reset with Time Blocking. Add it to your calendar as a recurring event...

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3 - Routines – This is my favorite. When we create rich routines, we can make any change we desire in our life. We don't change in a vacuum. Creating change is very challenging and routines provide the context where the change can happen. It reduces friction, creates support and motivation. The things you are trying to do happen automatically without you having to white-knuckle your way.

--Choose a time of day where you and your family experience the most stress, where most conflict happens, where everyone ends up crying, yelling or both, or where you'd like to add more richness for a better life... This usually includes mornings, evenings, and bedtime, and other transition times like Friday evening, Sunday evening, before and after vacations or trips, and such.

--And, in terms of adding richness: Self-Care/Love Routine, Bedtime Routine, Skin Care Routine, Food Prep, Family Night, Couple Time, Date Your Partner, etc.

--Select your time by activity to improve, richness to integrate, most stressful to eliminate, by whatever you'd like to tackle first that will have the most immediate impact in your life...

Then design a routine that will address the friction and issues you encounter. For example, choose a time to start transitioning to the evening routine and what does that entail- daily review, organize for next day, closedown technology/work, connect with family members, discuss timing of next activity, start meal prep, etc.

Once you design the look and feel, tweak your schedule/calendar and your environments (declutter, layout stuff, set reminders, send notices, and such) to support your design...

4 - Habits – These are the ingredients of your routines!

Depending on what segment of the day or routine you are targeting to create more ease in your life, you can implement new habits to make that routine or time of day work better.

AND, to achieve your goals, you must have repeating targeted behaviors, tactics or habits to go along with them. Goals are achieved through taking consistent action...

To establish new habits, add them to a routine...

--Health/Wellness Habits do very well as part of a morning self-care routine and part of weekend reset routine (meal planning, food shopping, food prep).

--Connections Habits do well as part of transitions, evening routines, and weekend routines.

--Success Habits do well as part of targeted work time blocks...

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5 - Special Days – These are the exceptions to your routines and the sparkle sprinkles! Think of different ways of playing hooky if you may. LOL These are theme days to take care of things and enjoy things outside your regular routines.

--Specials days can be used as: Fun Day, Me Day, Mommy-Daughter Day (or other family combos), Adventure Day, Admin Day, Reset Day, Shoot Day, Lazy Day, and so on.

Make a list of all the Special Days that would make sense and that you would enjoy in your life. Then add them to your calendar as recurring events or keep as things to be scheduled during reset or planning days.

And that is the powerful way of taking charge of your days and creating the flavor of your life.



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~ C ~

Self-Care & Resilience

Some see self-care as a mysterious concept and have the mindset that only privileged or lazy people can afford it. They might consider it a luxury or a waste of time to do things to take care of themselves... Or, they truly believe they don't have the resources for it...

If this is you, I challenge you to consider that you can't afford not to invest in taking care of yourself...

You don't have to invest a tremendous amount of resources doing self-care tactics, you just need to make targeted investments to get the results you want.

Set some time aside to Design the Life You Want to Live...

STEP 1 – Decide what is it you want in terms of your fitness, health, and wellness. How are you doing in these areas and how would you like them to be, how would you like to feel?

Take stock of your energy level, mood, health, fitness, and appearance. What can use some upleveling?

STEP 2 – Review the Pillars below and choose one to focus on that will address the area you want to target and that will give you the most immediate results.

Depending on your current state and lifestyle, you might need to start with the basics, or you might want more advanced and nuanced strategies.

I provide a range of ideas here to get you going, feel free to do additional research to take charge of the Pillar you identify as your current focus.



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Pillar 1 – Sleep: Research shows that most people are sleep deprived. When sleep is the thing that detoxes and cleans, repairs and heals, and recharges us. We tend to short-change ourselves when it comes to sleep.

At the end of the day, it's not really about the amount of sleep but the quality of sleep you get that allows you to go through all the sleep cycles several times a night to get the most benefit from your sleep.

The key is to have good Sleep Hygiene:

zz Reverse engineer what time you want to get up in the morning, and back up to what time you'd need to go to bed to get up at that time while giving you an average of 7 hours of sleep.

zz Start shifting gears for sleep two hours before your bedtime – no food, drinks, blue light

zz Start your night routine at least 30 min before you want to be asleep – account for all the things you want to do before you fall asleep...

Like: Prepping for the next day, doing your skin care routine, activating your soothing bedroom environment, gratitude journaling, connecting with your partner, reading

zz Commit to lights out and shutting down by your sleep time

zz Set your alarm to wake you up at the time your chose and turn off snooze, get up when your alarm goes off

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Pillar 2 – Exercise: You might be doing everything right, but if you are not exercising you won't achieve your fitness, health and wellness goals... Which are needed to support the rest of the goals in our life and to truly live a well-lived life...

There are tons of myths about exercise, and exercising as we used to understand exercising is more harmful than good. For example, spending hours doing cardio to lose weight has proven to be an ineffective tactic (you lose muscle mass which slows down your metabolism)...

What seems to be better supported is a combination of:

-  **High Intensity Interval Training (HIIT)**
-  **Resistance Training**
-  **Flexibility Training**

You can create a basic workout routine that incorporates all 3 per workout session or on rotation that makes sense for your life and that is enjoyable for you.

And you can choose what types of activities to do for each. You can put in as much or a little into this as you wish as long as you cover your basics.

*Consult your doctor if you have any medical conditions.

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Pillar 3 – Nutrition, Supplementation and Hydration: The key here is to understand your goal and to feed yourself accordingly in a nutritious and healthy manner... There are so many ways of eating and so many different diet protocols and they all contradict each other- your head can explode trying to figure out how to eat...

My suggestion is that if you are just now beginning to take charge of your consumption that you start small and with the basics:

🍌 **Reduce your caloric intake-** consume calories in relation to how you spend calories, reduce to a reasonable intake that still provides you with enough energy and nutrition (for women an average of 1500 cal/day does the trick but do your own research to match your situation)

🥗 **Eat cleaner-** just stop eating all the processed foods and junk, and greatly reduce your alcohol consumption!

🥦 **Step it up to even cleaner eating-** reduce any inflammatory foods you recognize your body doesn't like (bloat, pimples, constipation, foggy brain, etc.)- like gluten, dairy, soy, eggs, peanuts/other nuts, corn, cruciferous vegetables, beans, nightshade vegetables, sweeteners, onion/garlic, caffeine (increases cortisol levels!).

📞 **Consult a nutritionist or functional doctor-** get specific guidance if you are lost, confused or need additional support for creating a plan that works for you and your body... And for proper supplementation.

💧 **Hydrate, hydrate, hydrate-** Shoot for 32 to 64oz (1 to 2 liters) of water per day and you can step it up as you desire... You fun water bottles that support your habit.

*Consult your doctor if you have any medical conditions.

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Pillar 4 – Grooming and Hygiene: This is totally a personal choice of course. But I have it here as part of taking care of our body. A groomed body looks better, is more youthful and lasts longer...

👁 Taking care of our skin, hair, teeth, eyes (hydrating with eyedrops helps maintain good vision!), etc. goes a long way.

📌 Minding our products is super important as we try to become radiant from the inside out and minimize the toxins we put in our bodies...

🔪 Adding a detoxing routine is a great practice – like body rolling, face rolling and skin brushing.

Pillar 5 – Relaxation and Mindfulness: Can you believe that we forget to breathe? LOL

We might shallow-breathe to get air in for survival, but in general we don't breathe well. We don't get enough clean air circulating through our body.

Additionally, we don't stop to smell the roses. We are always on go mode or mindlessly taking a break or so called relaxing.

We don't properly restore, recharge and rejuvenate.

Our daily routine needs to include practices for being present and grounded, intentional breaks, and restorative activities like:

- Meditation
- Visualization
- Breath Work
- Taking a break from our computer and other devices
- Stretching
- Connection calls
- Pursuing an interest or hobby

Regardless of where you are with your Self-Care Practice, it's always nice to shake things up, spruce them up and uplevel them. Focus on the Pillar that makes the most sense for you to address first, then tackle the rest as you make progress.

Don't take all this on at once. It can be very overwhelming to make so many changes at once, and you won't be able to fully integrate them into your life if you start slipping up (which you will if you do too much at once).

Once you selected your Pillar, do the research, set up the routines, set up the supportive environments, put all the things in place to help you work your Pillar.

Have fun with this. This is a lifelong pursuit. Enjoy the process!

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~ D ~

Self-Connection & Radiance

If Self-Love was a cake, it'd be made of the first 3 Aspects (Self-Honoring, Self-Management, and Self-Care), and it would have Self-Connection as the *icing*. This is what makes the whole thing. 😊

We all need to have our cake to live a delicious life, a life well lived!

Review which Tactic in this Aspect resonates the most for you and complete the related process below...

1- Fully knowing and accepting all our parts – In your Journal, on a clean page, draw a circle. Divide the circle into 8 equal slices using horizontal, vertical, and diagonal lines, for a pizza effect.

In each slice capture different Parts of yourself, not roles you have but personality-like parts. Try to capture as many sides of yourself as possible, negative and positive, that you can see. Group characteristics as you see fit.

Here is a working example:

1. Ambitious, proactive, conscientious, determined
2. Relator, connector, compassionate, caring
3. Adventurous, courageous, outgoing, friendly
4. Distrusting, controlling, micromanaging, rigid
5. Proud, sensitive, independent, lone-wolf
6. ?
7. ?
8. ?

Then, identify what Parts you would like to have that you don't already have or don't recognize in yourself and add them to any available slices.

Finally, create two new Habits: One to counter a negative characteristic you'd like to eliminate, and another to cultivate a positive characteristic you'd like to embrace... This is how we own and evolve ourselves...

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2- Having our own back – In your Journal, capture a stream of consciousness about your state- how you are feeling, what's working, what's not working, what pleases you, what annoys you and the like... Write for a couple of pages until you feel you have captured your current state (+/- a couple of days...). Go back to what you wrote and identify any themes.

What do they have to do with:

- Your mood, energy, bandwidth, stamina? (Wellness)
- Connection, intimacy, love, support, appreciation? (Connection)
- Your productivity, finances, impact? (Success)

Now, select the theme that is torturing you the most and address it with a conversation, new habit, environment tweak, additional support, etc. Make sure you address whatever need is screaming for attention.

3- Being more present – In your Journal, capture a *day in the life* (your life obviously). Then review it for your level of presence throughout the day...

- Do you have any mindfulness practices?
- Do you take intentional breaks?
- Do you protect your focus from distractions?
- Do you make time to connect and attune with loved ones?
- Do you check-in with yourself about how you are doing and what you might need?
- Do you consume inspiring and positive content?
- Do you consume clean and nutritious food?
- Do you minimize the noise in your life?

Rate yourself from 1-10 for how present you are daily, with 10 being super present (quite...).

Commit to increasing your score by a certain amount by a certain time, and identify a change you'll make to achieve it: Routine tweak, new habit, better boundaries, more support, etc.

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4- Keeping our own company – Unless you are a complete introvert, you most likely have a hard time being alone... And this is true if you are an introvert as well where even if you are alone you are otherwise engaged... You are not keeping your own company...

When we are in constant interaction, with others and otherwise engaged, we don't get to know, see and honor our Self... We don't get to Connect with our Self...

Take stock of how often you keep your own company... Where you are engaging with your Self... I bet it's almost never...

Let's change that!

- Select a time in your weekly routine where you have Me Time...
- Block off this time, create a recurring event for it, and protect it going forward...
- Make a list of activities, you'd like to do by yourself keeping your own company...
- Ahead of time, pull from this list to do during your Me Time. Complete any planning if your activities requires any scheduling, setting up, etc. This can be part of your Reset for the upcoming week.

Make sure nothing gets in the way of having an amazing time with You!



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5- Nurturing ourselves – And this is the Sparklers on our cake! From the **first Tactic in the first Aspect** to this point, the focus has primarily been on making sure we honor and take care of ourselves well and to the fullest extent to ensure we can do famously in our Journey...

This Tactic is about adding more joy, fun, experiences and indulgences to make the journey more worthwhile!

-Make a list of the little things that give you joy.

Here are a few of mine that I grabbed from just my morning routine...

- Water, supportive water bottles
- Transcendental affirmations
- Meditation, spa eye pillow, infrared heating pad
- Exercising, gym, yoga
- Yerba mate, herbal tea, spiced warm lemon water, ACV (apple cider vinegar)
- Learning and consuming inspiring content
- Tibetan flute and nature sounds playlist, Tibetan bowl, gong
- Diffuser with aromatherapy oils, aromatherapy candles, incense, sage, palo santo
- Journaling, visioning, planning
- Fresh flowers

-Then, make a list of experiences you want to have, Bucket List like.

-Finally, make a list of indulgences, little and big luxuries, you want to add to your life.

Depending on your lifestyle and Practice, choose a good place to start for you:

- Adding little touches to your daily routine and life
- Scheduling monthly experiences during your monthly resets
- Planning the integration of more little and big luxuries into your life

Use these Tactics to keep things fresh and recharged in your life!

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Voila! This brings us to the conclusion of our Self-Love Practice.

We have covered a lot of ground in the past few weeks. You now have **20 Targeted Tactics** to help you embrace a Self-Love Practice and help you upgrade your life!

And a Self-Love Practice allows us to have better relationships with others....

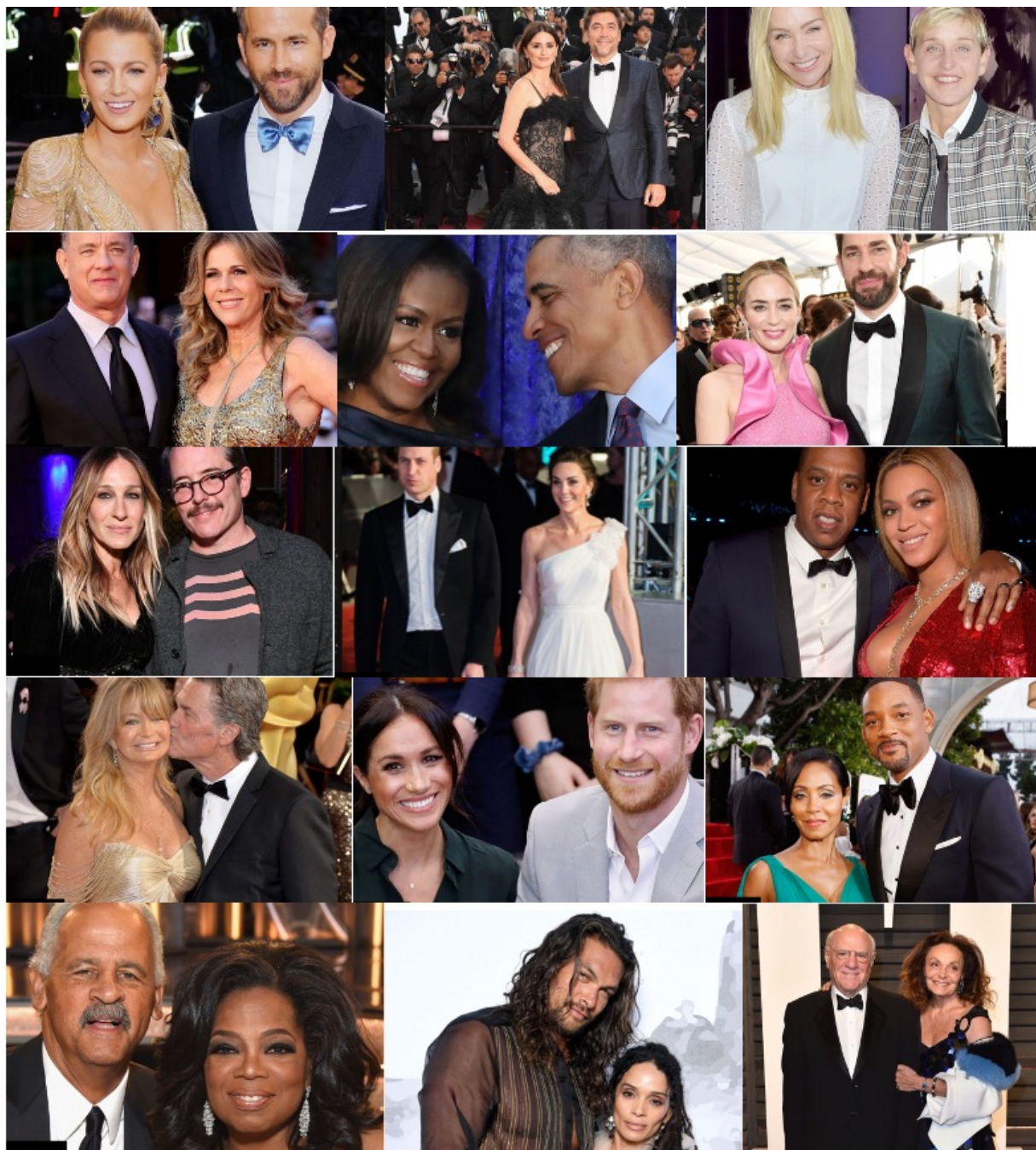
Wishing you a magnificent Self-Love Practice!



You CAN create the relationship & life you want!



Always a Pleasure Serving You!



You CAN create the relationship & life you want!