

Empowered Self-Love

Thriving through life





Welcome

Are you ready to prioritise your well-being, silence self-doubt, and experience ease and fulfillment. This transformative guide is designed to support you in embracing self-love, shifting your mindset, and experience greater joy in every area of your life. Within these pages, you'll discover practical tips and insightful wisdom to help you:

- Cultivate self-love and self-care
- Reprogram limiting beliefs
- Foster meaningful relationships

Get ready to embark on this short journey. You deserve to thrive, and it starts with loving yourself first.

Carla



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The story of Sarah.

If you're like Sarah or you don't want to be like Sarah keep reading...

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Self-Love fuels success



THIS IS A TRUE STORY

Meet Sarah*, a successful entrepreneur on the brink of collapse

Sarah's life was a ticking time bomb, ready to detonate at any moment. Behind the facade of her thriving business, loving family, and luxurious home, Sarah was suffocating under the weight of her own expectations. Every day was a relentless battle to keep up appearances, to be the perfect entrepreneur, wife, and mother.

But the mask was slipping. Sarah's eyes, once bright and full of life, had dulled, her smile forced. She felt like a robot, programmed to perform, but devoid of passion or purpose. The stress was eating away at her, like a cancer, silently destroying her from the inside out.

And then, it happened. The day of reckoning. Sarah found herself crumpled on her bathroom floor, her body wracked with sobs. She couldn't catch her breath, her mind racing with thoughts of failure and inadequacy. The tears streamed down her face like a river, washing away the facade, revealing the raw, vulnerable truth.

*In order to maintain her anonymity I have changed the name of my client to protect her privacy



THIS IS A TRUE STORY

In that moment, Sarah realised she'd lost herself in the chaos of her own making. She'd forgotten the most essential ingredient to her success: self-love. She'd been so focused on pleasing others, she'd neglected her own needs, sacrificing her happiness on the altar of perfection.

But as she lay there, broken and battered, Sarah felt a glimmer of hope. She remembered the words she'd heard somewhere: "You can't pour from an empty cup..." She realised she'd been running on empty for far too long.

Then she came to see me....



*In order to maintain her anonymity I have changed the name of my client to protect her privacy





HOW TO USE THIS GUIDE

Well done on prioritising your self-love today.

This guide will work when you work it.

Right now, if you can, go to a place where you are not disturbed. It can be a favourite space in your home, or outside in the garden, or in a quiet coffee shop, a park, even a library or bookstore, somewhere where you can spend at least one hour reading this guide.

I recommend you have a journal with you or a notebook to make notes, and to write down what comes up for you as you go through each section.

I've e added some extra pages at the end with journal prompts for you to dive deeper once you've finished this guide. These additional pages are designed to help you uncover more about yourself, guiding you towards a transformative and enriching experience.



CULTIVATING SELF LOVE

Its not news that life is getting faster, busier, and crazier. The world is changing at such a fast-pace, and the demands set on ourselves are so unrealistic that we ignore the most essential investment - the investment on ourselves.

Neglecting self-care can lead to burnout, decreased productivity, a weakened immune system and a compromised nervous system.

When you don't prioritise your well-being, you could experience increased stress, anxiety, and feelings of overwhelm.

This perpetuates negative outcomes, including a diminished sense of overall life satisfaction.

On the other hand, taking just a few minutes each day to cultivate self-love can transform your life. By setting self-love alarms, slowing down, practicing self-care, reprogramming limiting beliefs, you'll unlock a life of purpose, abundance, and joyful fulfillment.

Remember, self-love is not selfish - it's essential.

Take the first step towards empowering yourself today.



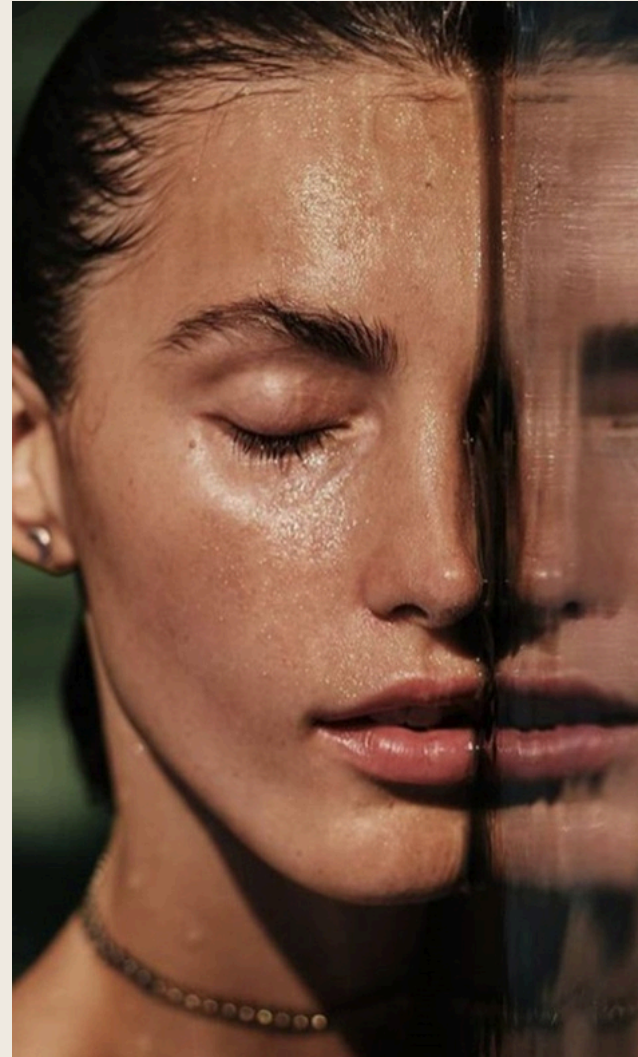
RITUALS TO ENCORPORATE IN YOUR LIFE TODAY

Set self-love alarms:

- Set phone reminders to take 5-minute breaks.
- Schedule self-care time in your calendar.
- Use a mindfulness app for guided meditations.

Slow down:

- Take a 20-minute outdoor Solo Soul Walk 3 times a week.
- Listen to your favourite music for at least 10 minutes after work.
- Read a chapter in a book instead of scrolling social media.
- Practice deep breathing exercises before bed.



*"The greatest love story of all time is your own." -
Rumi*



Reprogramme your limiting beliefs

Do you feel like something is holding you back from living the life you truly deserve?

Perhaps, like Sarah, you've been suffocating under the weight of your own expectations, sacrificing your happiness to please others.

The truth is, many times it's our limiting beliefs and past stories that prevent us from seeing the greatness that's meant for us.

Here are some examples of limiting beliefs that may have been instilled in you from a young age, contributing to the less-than-great-life you're experiencing now:

- "I must be perfect to be loved/accepted." (Fear of failure, people-pleasing)
- "I'm not good enough/smart enough/talented enough." (Self-doubt, low self-esteem)
- "I have to work hard to be worthy." (Overwork, burnout)
- "Money is scarce, and I'll never have enough." (Financial stress, anxiety)
- "I have to be busy to be productive." (Overwork, burnout)
- "I must control everything to be safe." (Anxiety, control issues)



"The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking." — Albert Einstein; "





How your limiting beliefs manifest in your life

1. Chronic stress and anxiety
2. Burnout and exhaustion
3. People-pleasing and overcommitting
4. Financial stress and anxiety
5. Self-doubt and imposter syndrome
6. Fear of failure and risk-taking
7. Difficulty setting boundaries and prioritising self-care
8. Overwork and lack of work-life balance
9. Struggling to pursue passions and dreams
10. Difficulty receiving help and support



Change your actions, change your thinking

The key to unlocking your true potential lies not in external validation, but in cultivating profound self-love. What if embracing your worth, just as you are, could be the catalyst for transforming your life?

Challenge your negative thoughts:

- Ask yourself, "Is this thought really true?" or "Is there another way to look at this?"

Practice Mindfulness:

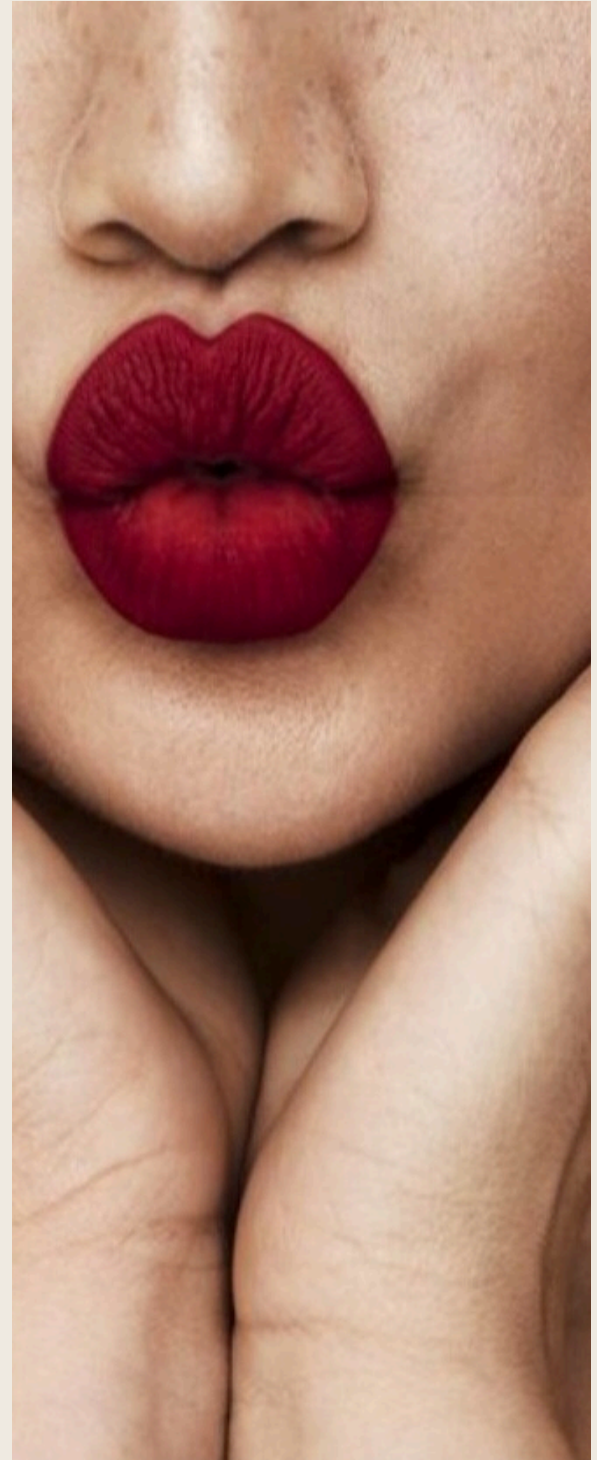
- Notice when limiting beliefs arise and pause to reframe them.

Self-reflection:

- Schedule regular time for self-reflection to identify patterns.

Practice Self-Compassion

- Repeat daily affirmations , e.g. "I am worthy of love and respect no matter what I do".
- Prioritise activities that nourish your mind, body, and soul e.g. meditation, dancing.
- Gratitude practice: Focus on three things you're grateful for each day.



Wherever you are , there you are

EMPOWERED LIVING

Empowered living is a state of mind, and a way of being.

You must embrace your worth, set boundaries that honor your soul, and cultivate relationships that uplift and inspire you.

As you deepen your self-love practice and reprogram limiting beliefs, you'll naturally attract connections that reflect your newfound value and respect for yourself.

Learn to recognise and nurture relationships that fuel your growth, joy, and success - and gracefully release those that no longer serve you.

By prioritising your emotional well-being and setting healthy boundaries, you'll unlock the freedom to live authentically, love unapologetically, and thrive in every area of your life.



Practical Tips

Set clear boundaries: Communicate your needs and expectations clearly with others.

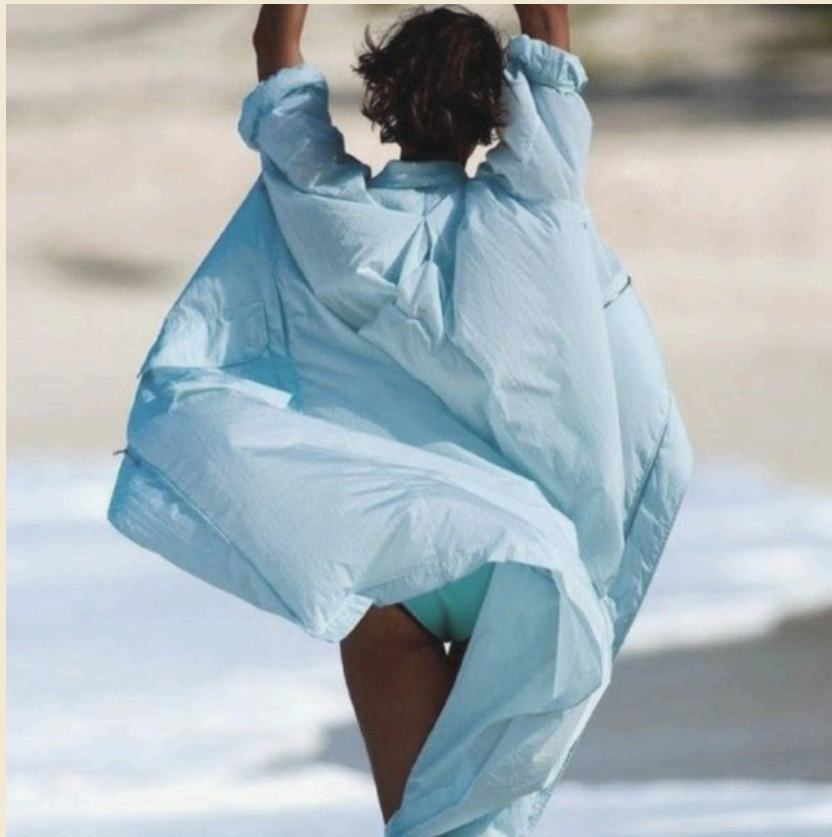
Surround yourself with positivity: Seek supportive relationships and environments.

Practice assertive communication: Express your needs and feelings without aggression or passivity.

Learn to say "no": Set healthy limits with others without guilt or apology.

Cultivate emotional intelligence: Recognise and manage your emotions.

Foster healthy conflict resolution: Address issues constructively and respectfully.



DATE

Prompt: Where do I feel drained or resentful?

DAILY JOURNAL

YOUR THOUGHTS

GOALS

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TO DO

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DATE

Prompt: What are my emotional triggers, and how can I manage them?

DAILY JOURNAL

YOUR THOUGHTS

GOALS

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TO DO

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DATE

Prompt: Why am I not taking care of myself more regularly?

DAILY JOURNAL

YOUR THOUGHTS

GOALS

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TO DO

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DATE

Prompt: How can I communicate my boundaries more effectively?

DAILY JOURNAL

YOUR THOUGHTS

GOALS

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CONCLUSION

By prioritising self-care, you'll experience profound benefits that radiate into all areas of your life.

You'll feel more grounded, confident, and resilient.

Your relationships will flourish, and your creativity will soar.

You'll make better decisions, and your overall well-being will thrive.

Self-love is not a luxury - it's a necessity.

Take control of your happiness and well-being by incorporating self-care into your daily routine.

Your mind, body, and soul will thank you.



Thank you



NEED MORE INSIGHT & SUPPORT?

THE MINDSET PROGRAMME

I offer two exclusive one-on-one mindset programs specifically designed to help you transform your mindset and enjoy a life of abundant living. These sessions will ignite your passion for life and guide you towards achieving your desires.

Additionally, I provide tailor-made programs that empower you to experience profound growth, newfound confidence, and true success. These personalised sessions ensure you reach your goals and live a life filled with purpose and fulfillment.

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