

MASTER YOUR MINDSET

Module 1: Love Yo` Self (Part 1)

What are you currently doing in life right now out of love? Are you fulfilling your dreams? Are you supporting your loved ones? Make a list of all the things that you can think about that you are acting from love.

What are you doing out of fear? Do you exercise because you hate your body? Do you hold on to negativity? Do you have toxic people in your life?

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Module 1: Love Yo` Self (Part 2)

Before you answer these questions, head over to the homework section and fill out the quiz, then return back here to answer the questions.

1.) After completing the quiz, did your results indicate that you were acting more out of love or fear?

2.) Were there any realizations when you were taking this quiz? Did you find any hidden thoughts you might not have been aware of?

3.) What are some ways you can start making the transition from fear to love? Ex. can you start looking at food from a place of love? Can you change the way you look at exercise? Jot down 2 things you will start working on right away. Once you feel comfortable with that, start adding other things you want to change and tackle them from love not fear.

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Module 1: Love Yo` Self (Part 3)

1.) First things first, do you have your quote on your mirror? If not, head on over and get er done.

“I love and accept everything about me, I am unapologetically me and damn proud of it.”

2.) Write down all the things that you might be doing to dull your sparkle, that make you feel sad, unhappy, that hold you back and keep you living in fear. This could be holding on to grudges, being a people pleaser, never saying no, holding on to anger, etc.

3.) Now write down things you would like to do (or are doing) that make you feel happy, in flow and fills your cup. This could be doing a morning routine, waking up early to have some alone time, going for your daily walks, etc

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Module 1: Love Yo` Self (Part 3)

4.) Now, we schedule time to make sure you doing things for you. Now, before your ego jumps in with all the excuses of why this can not happen, gently close the door on it, commit to it and make it happen.

This week I want you to schedule 2 things that you are going to do for you. Your homework is to make this happen, to put the plans in action and make this a non negotiable. If an excuse comes up, attack it with love and find a solution.

Two things I am going to do for myself this week are:

1.) _____

2.) _____

I will be doing a facebook post to see what your two items are, so stay tuned.

5.) And your last piece of homework is to print this slip off and have it visible somewhere in your house so you can see this everyday.

Permission Slip

I _____ (NAME)

give myself permission to allow myself to unconditionally love
and accept myself in this moment.

I love and accept everything about me,
I relax and let go of any judgements I hold about myself and
love my self entirely.

Date: _____