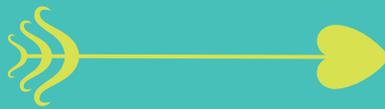


# Week 5

## *Self-Care & Self-Love*





## **WELCOME TO WEEK 5**

### **SELF-CARE & SELF-LOVE**

I hope that after last week you are now starting to experience more energy over a sustained period every day and are feeling more unstoppable with every week that goes by.

This next week ahead we will cover the topic of self love and self-care. Almost everything we have learnt so far could be classified as a self-care practice- and making these habits that you practice is an act of self-love. It might be surprising how big of an impact allowing yourself to practice self-care has on your life.

In this workbook I'll be sharing how you can truly love yourself by ridding yourself of negative perceptions and insecurities. Much like we nurture relationships with people who are important to us- we make time for them, do thoughtful things for them, think about what pleases them and help them when they're feeling down-we also need to nurture your relationship with yourself. I hope you enjoy implementing these practices in the week ahead!





# FORGIVENESS

This is all about letting go of any guilt you have that is holding you back from going all-out in your life. One of the first steps you need to take to forgive yourself is in realising that the past is precisely that: The past. You're not the same person you used to be many years ago. You're not the person you were during your childhood days. You wouldn't endlessly vilify your child or a client for a mistake made years before, so don't do it to yourself!

We all make mistakes. It's all part of being human. Learn to let go of guilt and move on.

If there is someone you feel you need to apologise to before you can move on, then do so. Most of the time, that person won't even remember or realise the great crime you committed against them, but if it was something hurtful, don't be disappointed if the outcome of your apology isn't all warm and fuzzy: sometimes people have trouble forgiving too.

But when you take responsibility for your words and actions and give your victims the chance to express themselves, you are righting the balance again and opening the door so you can both escape the traps of the past. You can even conduct a forgiveness exercise that only you know about without even telling the person or people involved- this will still help to release the guilt and free up your emotional centre.

## Forgiveness Work

Often we blame or hate ourselves for things we didn't do wrong. Negative people from the past still call us names and we squash that down. Don't hide from it. Call out that negative self-talk. Take out the shame and emotion by continuing that self-talk and correcting it to a more realistic statement.

Example: "I'm so clumsy. Bull in a china shop, that's me. No. That's my mother's voice from the days before anyone realized I needed glasses. I am no clumsier than anyone else on the planet, and occasionally we all bump into something or trip. It's no big deal and certainly not anything to be ashamed of."



## DO WHAT YOU LOVE

What we are more likely to do – especially coaches and entrepreneurs – is forego doing the things we love and focus on our family, friends, clients or business instead.

This response is normal but one that I want you to start shifting away from. Most of the problems we feel we have to take care of instead of taking time for ourselves will still be there tomorrow. Doing something that we love every day keeps life joyful, recharges our emotional batteries and reminds us that sometimes living can be satisfying, fun and fulfilling.

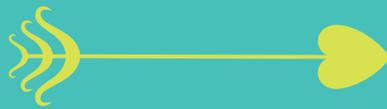
Also make sure that when you do things you love, that you want to remain grounded. Many people spend their lives disconnected from life, even when they fit leisure time into their schedules. For example, playing a computer game doesn't keep you grounded. Hanging out on Facebook doesn't keep you grounded. You need an activity that engages your physical senses and helps you to stay in the moment, aware of all life has to offer around you.

Many people find exercising, yoga or gardening grounding. Visiting or Facetiming with family – actually seeing them and hearing their voices in real-time – can be wonderfully grounding. Something tactile like baking bread is what others find grounding. Some even find that doing a physical household task brings them back to the moment.

Whatever works for you, find it and practice it regularly!

### Do What You Love

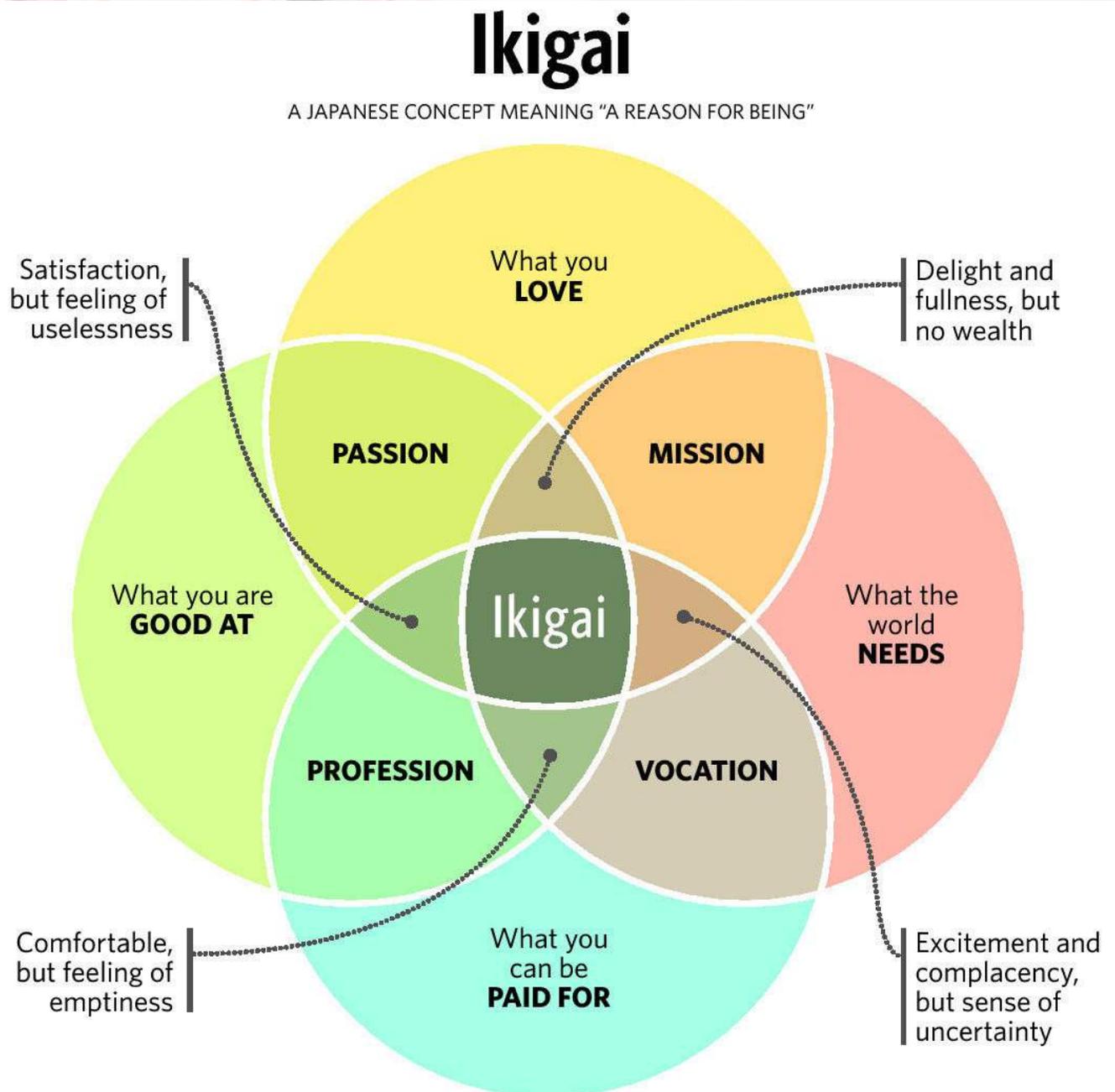
Make a list of things you love to do that are fun and grounding, and make a point to do a few of those things this week. It might mean that you spend an hour in your garden. Take your nieces to the movies. Go on a real date with your partner. Research medieval history. Go listen to that band. Read a book for pleasure. You only live once. Make sure you get off the duty treadmill every day!



# PASSION & PURPOSE

For our life to be happy and fulfilling we need to pursue our passions and purpose. This is the key to having the enthusiasm and energy to jump out of bed excitedly every day.

I love how this is summarised in this Venn diagram:





## PASSION & PURPOSE

When you consider your life, where do your various life activities fit into this diagram? Even if you're fortunate to have a mission, vocation, profession or vocation, unless that thing touches all the circles, there may yet be something missing that means you aren't fully living your passion and purpose.

Something you love, are good at, and the world needs may be wonderfully fulfilling, but if it doesn't pay, it can be tricky to pursue long-term. If it does pay, but the world doesn't need it, it could feel useless. If you're good at it, get paid, and the world needs it, you may feel secure and rewarded. But without love, it could feel empty. Finally, you might love it, get paid, and the world needs it, yet without being good at it, you may harbour insecurities, as per the 'imposter syndrome'.

If you're blessed enough to find something that includes all four circles, then, according to the figure, you would have attained ikigai. This is explained as having a 'reason to live', a benevolent sense that life is 'good and meaningful,' that it is 'worthwhile to continue living' in Japanese culture.

To reach a state of ikigai, you need to be living in the sweet spot where your values align with what you like to do and are good at.

### Find Your Life Purpose or Ikigai

Stuck? Try this Rocking Chair Life Vision exercise...Get out a pen and paper or a new Word document and spend 20 minutes expressive-writing responses to the questions that follow.

This exercise helps you see the vision you already have within you for your life. This is about YOU, so let your imagination go, write a story and paint a picture of your life with words.



## PASSION & PURPOSE

Take a moment to REALLY imagine you are blissfully happy and healthy AND 90 years old. You're sitting in your rocking chair and looking back over your IDEAL life.

1. Who are you as a person? What is it about you that people value?
2. What have you achieved? What are you proud of? What added meaning to your life and gives you a sense of fulfillment?
3. Perhaps consider how your life unfolded in the following areas; Family, Friends, Significant Other, Career, Health (emotional, spiritual and physical), your Home, what you did for Fun and Leisure, what you Learned about, what you did in Service, Leadership or in your Community.
4. Finally I wonder what you can see around you? What are you feeling? What can you hear? What SHOWS you're truly happy?

After completing this writing exercise, see what comes up for you and if it helps you to discover your true passion and purpose.

Remember that it's built-in to the human psyche to live with purpose and to make a difference. When we don't live with purpose and feel as if we're making a difference, we are unhappy. We don't feel fulfilled. When you are a slave to distraction and overwork, that is not living with purpose or making much of a difference, and your body knows it. You can fool your conscious mind, but you can't fool your body. Remember that.

So, what is your purpose? What brings you such intense joy that time flies? What makes you feel at the end of a workday as if you made a difference? What one thing did you need to achieve today that you managed to fulfill?

Here's the big secret: If you achieve only one meaningful goal today, that's enough for a day's work. You can shut off now. Take well-deserved downtime.



## SELF CHECKS

Sometimes we're so driven by our schedules and projects we ignore signs we shouldn't. Start running regular, daily checks on yourself, to make sure that you fit in proper self-care. Be aware when you are about to skip lunch and choose to eat something nutritious instead. If you have a headache, don't automatically pop a pill: Instead, check to see that you have been hydrating yourself properly today. Not even one glass of water? Just a couple of (diuretic) coffees? No wonder you have a headache – you're dehydrated!

Check in with your intuition. Learn to recognize that nagging unease when your gut is trying to warn you about someone or about a situation.

Check in with your feelings while you are at it. Does a specific client produce an instant slump in your spirits when you get an email from her? Does a particular task make you feel irritable and confused?

These are all indicators you need to be aware of, so get into the habit of listening to your thoughts and feelings. And listen to your body too.

### Self Checks Checklist

Make a checklist of all the thing you know you need to do for you every day and start conducting regular self-checks. This can get you started....

I am including in my day...

Time to exercise

Time to join in family activities

Time for spiritual replenishment

Time for friends

Time to journal

Me-time

Time to \_\_\_\_\_

Time for \_\_\_\_\_



## **FILL YOUR NEEDS**

Don't wait for others to validate you – you'll most likely wait forever! Recognise that you are perfectly capable of doing this for yourself.

When it comes to filling your own needs, allowing yourself to ask for assistance when you need help is one of the best ways to do this. Remember our lesson on boundaries?

Part of filling our needs can be NOT doing certain things that drain us. Find a coach or therapist for yourself if you need one. Outsource energy-draining tasks to contractors who love doing them. Hire a cleaner. Order groceries online. Get your car washed at the car detailed. Get a gardener to mow your lawn/tend to your garden if that's not something you enjoy.

This will then clear time and energetic space for you to do the things you love and to fill your needs as top priority. All of this brings you closer to nurturing and growing your relationship with YOURSELF, the same way you might do with others.

### **Fill Your Needs Checklist**

I have created a bonus checklist that you can use to see where there might be gaps in in your where you are not filling your needs completely. Have a read and start checking things off and making a plan for how you will change this moving forward,



## MANAGING TIME

Yes, managing our time is a self-care activity. So many times I hear clients say they don't "have time" for self-care, when actually what this means is it is not a priority. When something IS important we find the time to do those things, so it's time to start making the time for self-care too.

It can be easy to get into a cycle of "wheel spinning" . It can be helpful to start tracking how you spend your day, noting down everything you do in the day. When you have a clear list of all the things you do, you can assess them. Ask yourself, "Is this task helpful to bringing me closer to my goals?" "Is it bringing in actual income?" "Can I outsource it?"

Get into the habit of evaluating all the activities you do and asking yourself, "Is performing this activity moving me toward my goal? Is it even related to what I want so badly to achieve?"

This type of awareness gives you a really clear picture of what's essential and what is not. It gives you a clear view of your actual situation – and what you need to do about it. It makes you accountable for your own time, diminishes anxiety and helps you make decisions. Being responsible for your own time builds confidence and increases self-respect. One thing you'll notice when you track your day is how quickly you can allow yourself to be distracted.

Above all, don't over-complicate things. Strip out from your life anything that is no longer working for you or moving you toward your goal. Also, divest yourself of or reduce contact with anyone who doesn't help build you up.

### Time Management Homework

Do the tracking exercise described above and look at ways you can start to make self-care an everyday part of your life.



## UNDERSTANDING YOUR EMOTIONS

It's totally normal to experience a range of emotions, but understanding the triggers (especially for negative emotions) is very important in understanding ourselves better.

Many instances of emotional imbalance can be traced back to neurotransmitter deficiency. All of us have genetic potential for negative mood, triggered by stress and trauma, and most importantly, amplified by diet.

There are 3 specific nutritionally related triggers that can affect our emotions and cause imbalance in our moods: hypoglycemia, food intolerance, neurotransmitter dysfunction. The other non nutritional trigger is stress.

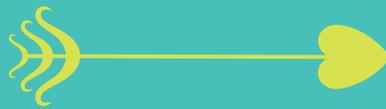
### 1. Hypoglycemia

The first trigger is hypoglycemia – low blood sugar level. Hypoglycemia occurs when:

- Your body's sugar (glucose) is used up too quickly
- Glucose is released into the bloodstream too slowly
- Too much insulin is released into the bloodstream

Although it is most common in people with diabetes, it can happen in healthy people from time to time as well, especially when there is a big fluctuation in blood sugar level, or if a person hasn't eaten for a long period of time.

Skipping meals, not eating enough during meals, genetic tendency for low blood sugar and not compensating by adding extra meals or snacks can all contribute to hypoglycemia.



## UNDERSTANDING YOUR EMOTIONS

Here are some symptoms of hypoglycemia:

- Double vision or blurry vision
- Fast or pounding heartbeat
- Feeling cranky or acting aggressive
- Feeling nervous
- Headache
- Hunger
- Shaking or trembling
- Sleeping trouble
- Sweating
- Tingling or numbness of the skin
- Tiredness or weakness
- Unclear thinking

Hypoglycemia can cause mood swing, which is most commonly defined as irritability, easy to get angry, and it extends to violent behavior. In fact, a majority of domestic violence can be attributed to hypoglycemia. Low energy phase caused by hypoglycemia can translate into a flat depression. An increased reactivity to stress as well as bipolar disorder can be traced back in part to hypoglycemic swings.

There are a few ways to alleviate mood issues caused by hypoglycemia:

First, eat meals with a low glycemic load. Glycemic load is a measurement of how quickly the carbohydrates in the meals get broken down into simple sugar and absorbed by the body. The higher the glycemic load, the faster the absorption rate – which creates a big fluctuation in blood sugar level causing it to first spike and then crash.

To create a meal with a low glycemic load, which will help balance blood sugar level, try substituting refined carbohydrates with whole grains. Include a generous amount of vegetables and a moderate amount of lean protein and good fats which can slow down the absorption of carbs.

To keep blood sugar level even, experiment with having 5 – 6 small meals or snacks a day, instead of 3 big meals.



## UNDERSTANDING YOUR EMOTIONS

If you need extra help with balancing blood sugar level, there are a few things that you can take to supplement your nutritional intake:

The basics are:

- \* Good multivitamin to deal with the backlog of deficiencies
- \* Vitamin C
- \* Essential fatty acid – fish oil supplement, omega 3

If you need further support, you can use:

Chromium, which helps balance blood sugar and L-Glutamine, which helps reduce cravings and balance mood swings. It's best to discuss with a healthcare professional before you integrate these two supplements into your routine.

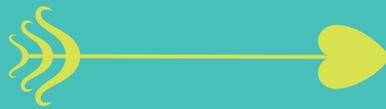
### 2. Gluten Intolerance

This is the second trigger for mood swings, depression and anxiety.

People who are gluten intolerant can suffer from mood problems, depression and anxiety when they eat foods that contain gluten. In children, this can also be expressed as learning disabilities or behavioral issues such as hyperactivity. Gluten can damage the brain and nerves of gluten-sensitive people. The symptoms from gluten occur through its action on the nervous system and affect brain function.

Gluten intolerance often expresses itself as chronic bowel problems, especially constipation, and cravings for gluten-containing foods such as refined sweets and starches.

The best way to find out is to eliminate gluten from the diet and challenge after 2 weeks – meaning adding gluten-containing foods back into the diet and observe the reaction.



## UNDERSTANDING YOUR EMOTIONS

### 3. Neurotransmitter Dysfunction

Our brain depends on neurotransmitters to transmit signals. Neurotransmitters are made of amino acids, which come from protein in our food. Brain is protein dependent, it needs amino acid, which makes up protein, to manufacture these neurotransmitters.

There are two sources of protein – animal and plant. Animal protein is the only high-protein source with a complete profile of essential amino acids. People who have removed animal protein from their diets can suffer from neurotransmitter dysfunction if they neglect to carefully replace animal protein with well-balanced plant protein sources.

An average person needs 25 – 30 grams per meal, and more if metabolism or activity level is high. Muscles can compete directly with the brain for these amino acids, so adequate protein intake is particularly important for athletes, those who weight-train, and people who do physical labor.

It is also worth noting that neurotransmitters that regulate mood also regulate our appetite. When we become deficient in our neurotransmitters, we start craving carbs and sugars. The more deficient, the more cravings we have for unhealthy sources of carbohydrates such as refined sugar and processed carbohydrates.

If dietary improvement is not enough to relieve depression and anxiety, and to counteract the cravings for “bad mood foods” such as refined carbs, sugar, corn syrup, fructose-based substances etc., then supplementation may be necessary to correct the imbalance. This is called amino acid therapy – the process is to identify negative mood symptoms and see what nutritional supplements are most useful for the symptoms.



## UNDERSTANDING YOUR EMOTIONS

### 4. Stress

By far the most insidious – and the most dangerous – causes of emotional imbalance is stress.

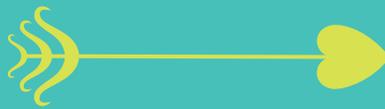
Stress is what causes insomnia. It clouds your thinking processes and your decisions. Stress prompts you to eat unwisely (or not eat at all). Worst of all, it affects your health: All aspects of your health.

Prolonged stress operates on your brain similar to the way that post-traumatic stress disorder does: By flooding the mind with cortisol, the “fight or flight” chemical. Studies have proven that chronic stress triggers stem cells to malfunction. It’s pretty scary, and that’s not even factoring in what stress does to your body. More inflammation, bowel disease, chest pain, migraines, and other unpleasant health conditions go hand-in-glove with stress.

Stress is the twin of burnout and it’s vital not to let yourself slide into this downward spiral.

### Understanding Your Emotions

After reading through this information, what do you think could be the source of mood swings that you might be experiencing. What steps can you start to take to improve your mood and stabilise your emotions day-to-day? This is imperative as part of your self-care so that you can be the unstoppable women you want to be.



# ESSENTIAL OIL RECOMMENDATIONS TO SUPPORT YOUR SELF CARE AND SELF LOVE

Ylang-Ylang has a lovely warm floral scent, and is often used to help relieve nervousness, tension, and restlessness. It's also really helpful for balancing emotions, creating connections with others, and can even be helpful for PMS symptoms.

**VALOR**<sup>®</sup>  
essential oil

- Enjoy its uplifting, affirming scent.
- Diffuse in the morning to jump-start a busy day.
- Wear as a subtle cologne or use as a base for personalized scents.

YOUNG LIVING ESSENTIAL OILS

**YLANG YLANG**  
essential oil

- Diffuse to enjoy its romantic and relaxing sweet floral aroma.
- Blend with Jasmine, Petitgrain, or Black Pepper essential oils.

YOUNG LIVING ESSENTIAL OILS

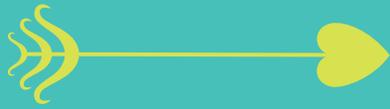
Valor essential oil blend combines some truly remarkable oils of Spruce Rosewood, Blue Tansy and Frankincense essential oils to feelings of courage, balance and strength to those who use it.

## DIFFUSER BLEND

### SUNNY DAY blend



2		1 DROP SPEARMINT
	4 DROPS GRAPEFRUIT	
2 DROPS GERANIUM	4	1
		



## NOTES

