

STEPPING INTO SELF LOVE

MODULE 6 *Getting Creative*

This module helps you create options and ideas to help you build your self-love muscle.

By now you will have realised that this exercise is leading you towards creating your own special relationship with yourself.

The outside world is merely a mirror of what is going on internally and that is never truer than when talking than in the face of our significant relationships.

So if we want to shake that up then it surely makes sense to shake up how ones treat themselves.

The idea behind this module is to get really creative – and lets come up with options, ideas and let those creative juices flow.

So here goes – I would like you to write 50, yes that is right, FIVE ZERO, ideas on how you can begin creating that relationship with you that will improve self care, love esteem and lead to self empowerment – and will naturally lead to changes in your relationship.

Really it must – when you are engaged in self-love – others will follow suit.

So go on get started.

There will be some obvious one that have come up – which is great – but don't be tempted to think – ok that is enough – remember this is about You and making you the most important person in your life.

So start as you mean to go on, don't cut corners and don't stop until you have completed the list.

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Just in case you are blanks, procrastinating or down right refusing to accept that you are important and how you treat yourself will determine every other relationships in your life – then take a moment to ponder how life will be in 6 months if you take no action.

Not motivated enough what about two years time if you change nothing, nothing changes and that means another two years of living feeling and struggling like you are at the moment.

Now on you go get on with it – you know you are worth it!

**Let you imagination run wild – have fun that is the only rule*

PART 2

Take a break – a few hours, a day what ever feels right for you.

Put the list to one side and just be aware of your thoughts.

Did you miss anything?

Are you particularly drawn to any of your choices?

When it feels right take the list circle those you are drawn to.

Read through it and circle any others, which you like.

Now you have a list of favourites it is decision time.

Are you going to implement all in your life immediately? - If so FANTASTIC Go straight to Module 5.

Otherwise this is where you get to treat yourself like your own hot date,

What action will you take?

Check in with yourself – what will you achieve by implementing these?

*When are you going to begin? * If you answer is more than 48 hours away then question why? What is stopping you? What could make you start sooner?*

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