

STEPPING INTO SELF LOVE

MODULE *Taking Action*

This is where you uncover ways to hold yourself accountable. It is all well and good to know what needs to be done – but you need to know how to quiet the inner critic when she lays the guilt trip on you.

Woo hoo you have identified your some of the ways you can begin to really take care of you, which will of course increase self esteem, self worth and begin you shift the way you view yourself and those around you.

It will begin a change inside of you, which will allow the dynamic in your reallocation to change.

I hope you have found lots of compassion for yourself too. It is so important to treat ourselves as we would anyone else.

Watch out for the mind chatter.

If you are anything like the rest of us you will start out full of enthusiasm and gusto but how are you going to maintain that in the long term?

What strategies can you put in place to ensure that Self Love and Self Compassion becomes as natural as cleaning your teeth in the morning.

Who can you rope in to make sure you keep moving with this?

Of course you will fall by the way side, guilt will take over – but why not remind yourself that you can only give your best to others when you are at your best?

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In fact why not finish off this course by writing our 10 self-affirmations which you can use to remind yourself why this journey is so important.

***I deserve happiness and I am taking responsibility for it.
I am worthy of love and willing to teach other how to love me.
I am worthy of my own love
etc...***

These work so well just to make a quick shift in thinking.

Remember it works if you work it, but it isn't that half measures give you 50% of the success, so take a commitment to loving yourself.

CONGRATULATIONS - YOU DID IT - YOU TOOK YOUR FIRST STEP INTO LOVE

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