



The Self-Love Affair Home Study Course

15 Ways To Prepare Your Mind, Body & Spirit For Success

1. Clean out your make-up bag and replace old make-up with new, fresh make-up.
2. Go through your wardrobe and give away, sell or throw away clothes/shoes that you no longer wear.
3. Do you desire more exercise? If so, decide what you are going to do, book sessions with your gym, studio or trainer if required then lock it into your calendar. If you need some new equipment or gear, go buy it now.
4. Do you desire to eat more healthily? If so, create new meal plans and shopping lists or register with home delivery services to support your new healthy diet.
5. Do you need to have any clearing conversations with anyone? Now is the time to begin having those. You might also desire to let the people you live with know that you are beginning some personal development work.
6. Do you have any letters / emails to write and send? Any letters to write and NOT send!?
7. Schedule your wellbeing appointments - i.e. Dr, dentist, OBGYN, optometrist, chiropractor, acupuncture, massage, healing sessions etc
8. Are your pets and children up to date with their health checks? If not, get that booked in too!

9. Any security needing to be handled? i.e. medical insurance, life insurance, house insurance, gadget insurance, your personal will etc
10. Any financial completion or set up needed? i.e. hire an accountant or book-keeper or financial planner, apply for credit cards, contact people to whom you owe money and create a payment plan, do your tax return etc
11. Any personal up-levelling required? i.e. hiring a cleaner, gardener, a dog walker, nanny or cook!?
12. Any technology up-levelling required? i.e. learn to use Skype or Zoom, get a Google account, register with Facebook and create a profile, buy a new laptop or upgrade your mobile etc
13. Any home completion required? i.e. clean out the loft, hang pictures, paint a room, clear out the pantry, update the medical/first-aid box etc
14. Do you need to clear out your email inbox?!?
15. Do you have holiday plans to make or finalise?

You get the drift. Anything that has been on your mind and that you know is taking up bandwidth in your head – now is a great time to start ticking that stuff off your list before we begin our work together.

Let's free you up to create a bigger, more daring and mighty version of you!