

TIME TO BE YOUR OWN BEST FRIEND



Free Guide to Loving Yourself so you can
"Shine" from the inside out.

LET'S TALK INNER DIALOGUE

Tip 1: Be your own “bestie”.

Let's get honest here. In those quiet moments when you are thinking about yourself or checking out your reflection in the mirror...do you make internal comments as your Best Friend would about you?

Or do you pick holes, girlfriend?

Write down 10 things that rock about you. Can't think of much? Write down what your bestie would say about you.

Make any thought or inner dialogue about YOU positive; reflect what your best friend would say about you. Better yet? anything you think or say about YOU...force it to be positive. **We ARE what we think.** This IS doable; you just have to start.



STOP COMPARING

Tip 2: You were born to be REAL, not perfect.

Do you look at social media and see how “perfect” everyone looks, their lives look, their bodies look and wonder why you are SO imperfect?

Think about this:

Comparison kills confidence. Not only that, but people put their “best” foot forward on social media. Who wants to put their worst day or worst pictures for the world to see? Of course we put our best show on! So: The next time you are looking at social media and comparing with others; on their “perfection” and huge successes E V E R Y single day...do the following:

- Limit the time you spend on social media; it’s been shown the longer people are on it...the more chance they can feel depressed.
- STOP focussing on what others are doing so well and instead focus on YOUR dreams, to-do’s, goals, business, life (it’s amazing how this helps!)
- BEGIN understanding you are so not alone girlfriend in your feelings of lacking. Even the woman who appears the “most put together” is struggling with something like you.



TAKE A COMPLIMENT

Tip 3: Ever heard of the words: thank you?

As in “thank you” period?

We can be so bad at taking a compliment. Someone says how nice we look and we poke holes in our jiggly legs.

Two things to think about here:

- 1) NO ONE was looking at your jiggly legs before you pointed them out.
- 2) Have you ever thought of a **compliment as a gift**? When someone says something to you – liken it to something they bought for you and are giving. By you putting yourself down, you’ve really just “returned the gift” to them. Thanks but no thanks.

So next time you receive a compliment; think about where it ’s coming from.

The more positivity you can insert into your life and language, the more positive you will feel...more confident and happy. Sounds simple; funnily-enough. It really is.



CONFIDENCE: FAKE IT TIL YA MAKE IT!

Tip 4: Competency helps Confidence.

When we are unconfident, we typically feel “incompetent” at something, unsure of our abilities, or worried about judgement from others.

Time to flex this muscle and wear this like an outfit daily!

When we “think” positive thoughts and have a positive inner dialogue...it all contributes towards our self confidence. When we stop judging ourselves, seeing ourselves as imperfect it ALL helps. When we take compliments stop comparing and believe in ourselves.....**it is all helping our confidence.**

So: faking it til you make it really does work. The more you try to “feel” confident, the more you act this way (with all of the items above in play), the more confident you will begin to feel.

Alternativey: WORK on what it is that causes you lack of confident and angst: the better you get, the more competent you'll feel. This stuff works!!

NOTE: this doesn't happen overnight – like anything else it takes **constant work.**



IF YOU ARE HEALTHY, YOU ARE WEALTHY...

Tip 5: Put YOU first; make your health and wellbeing a priority. How healthy you feel, goes a LONG way to helping you LOVE yourself!

Without our health (doesn't matter HOW much moola we have) are nothing. It's precious. So LOVE yourself enough to make it your number ONE to do. In fact: LOVE yourself enough that you'll put some practices in place that you may not love but you know are helping YOU! I get it: WHO wants to work out daily? Who wants to have to do something at the end of a long day? Who has time for this?

You should and you do.

PLAN: every Sunday, take five minutes to sit down – put on some tunes even! – and plan your menu for the week. Doing this is a life-saver and priceless.

SUGAR: If there's ONE thing I can tell you It is PLEASE make decreasing your sugar intake Less. You WILL get used to it. You won't feel like snacking and you'll be making yourself (and your loved ones!) Healthier!

FIND TIME: a time of day that works for you (if you leave things til the end of the day, WHO has the energy?!). Opt for something you enjoy (love walking? Put on the tunes and walk. Love dancing? Dance! Just pick something). There are SO many things to choose from.....it's picking something. We have become a lazy society. And get this: back to **CONFIDENCE**, Shining from the inside out,....the fitter you are, the healthier you are, the more confident you feel.

Want tips? Email me at coachcarolynchannel@gmail.com and let me help!



LOVE YOURSELF TO INSPIRE OTHERS...

Tip 6: Inspire our Young

If none of the other points have made an impact then think about this:

LOVE YOURSELF – so the young boys, girls, daughters, sons – in your life will emulate you. **Every time** you tell your daughter to “love herself” yet she hears you put yourself down on the phone with a friend....THIS my friend is what she is taking in. We have girls as young as 5 dieting. Something has to change. So.....let’s be the change we need to see and begin talking, acting, and living with complete and utter **LOVE** for ourselves.

THAT. In itself is reason enough, no?!



JOIN MY COMMUNITY OF SPARKLES!



I'm here to help women of ALL ages and generations LOVE themselves silly. Understand all they have to offer; and to literally *SHINE* from the inside out.

Thanks for joining my Sparkle Tribe; my monthly newsletters of inspiration and hopefully my social media platforms.

Want to reach out? Here's how you can reach me:

Online Courses: Healthy Life, Happy You series:
shine-with-carolyn.thinkific.com

•**INSTAGRAM:** [coachcarolynm](https://www.instagram.com/coachcarolynm)

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Hugs' n' sparkles
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Coach Carolyn