



LIVING LOVINGLY
The Lifestyle Flippers

5 STEPS FOR TAPPING INTO SELF LOVE

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Living Lovingly:

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How often do you think about a better life for yourself? You've worked this hard and this is all you have? You are SICK of the struggle, shortage of time and cash. Tired and frustrated with areas of your life and feel personally disconnected and dissatisfied?

The question really is: "How do I get from where I am to where I really want to be? To be happy, content and balanced in all areas of my life?"

If this resonates with you then please read on!

The answer: Self-Love. It's quite as you may expect. It's not about LOVING everything about yourself and being 'perfect' and it's not as difficult as you may expect. Self-Love is not about looking in the mirror and chanting words back at yourself, it's actually workable and enjoyable, you will be astounded at the results and how quickly you feel better about yourself and your life and how action can change your situation dramatically.

Energy is everything. The energy and vibrations you emit when you are frustrated, tired, disconnected and dissatisfied are exactly the vibrations you get back from the Universe. So let's now alter all of THAT to elicit powerful energy that will in return bring you into success, prosperity, abundance and balance.

5 Steps to Self-love – Elevate your Life!

Step One: Colour of your thoughts

What colour are your thoughts? – “The soul becomes dyed with the colour of its thoughts!” – Marcus Aurelius

Our thoughts are like traffic signals in our minds and they either let us sail along smoothly, stop us in our tracks, or keep us idling in neutral.

Red Thoughts: These are thoughts that can stop us right in our tracks. They can keep us stuck in one place, angry, terrified, impatient, wanting to move but not knowing how. These thoughts always hold a worst-case scenario or doom & gloom view point. Fear dominates and creativity shrivels.

Green thoughts: These are the positive and empowering thoughts that say GO! They inspire us, move us ahead, get us to take risks, try new things and move us out of our comfort zones. They give us a positive spin on ourselves & our circumstances, our lives & our world.

Amber thoughts: These are our neutral thoughts. As humans, we don't stay here very long. These are non-judging, centering thoughts. They allow us to just be, to sit, to meditate and to be completely free of any story – green or red. They are the place to re-energise, to re-center or to move from red to green. Sometimes these are known as “observer” thoughts. This is where we can begin to observe the chatter and dialogue that is always running in our head.

Choosing the Colour of your Lens

The traffic signal analogy =. Let's say for a minute you get to be in charge of the metering system that sets the lights. You get to choose when they flash from red to amber to green. What if you could decide how to colour your life? What mix of colours would you want at any one time?

Begin to practice these three easy steps to learn how to colour your world the way you want!

- Start to notice the colour of your thoughts
- Be aware at any given moment which colours you are creating. You may need to learn to run some red lights first!
- Practice changing the lens and move from red to amber, then amber to green.

Step Two: Self-Care

Self-Care is not being selfish, it's not being indulgent, nor is it taking extended chunks of time to do flashy things. It's about respecting your own body, mind and soul and making the connection between all three and respecting your body and energy to catapult you forwards.

Self-Care is the continuum of taking care of yourself and the need to put yourself first and not overextend or overwork.

Reasons why Self-Care is Important for your health:

- Self-Care reduces stress levels
- Self-Care prevents people from giving up
- Self-Care aids in maintaining focus and refocusing
- Self-Care aids with the completion of daily
- Self care boosts personal happiness

"Dee is amazingly fabulous. She has really helped me through some difficult situations. Highly recommend her for readings, her workshops, mini-courses, cleansings and homeopathy needs."
-Glen 2017

Self-Care is any activity that we do deliberately in order to take care of our mental, emotional and physical health. Good self-care is key to improved mood and reduced anxiety. It's also key to a good relationship with oneself and others.

Sleep, healthy diet and exercise, anxiety controlling stress are all areas to be addressed in their section.

Construct a Self-Care Plan

"A self-care plan is thoughtfully constructed and intentionally engaged guide (wellness curriculum) to promote our health and wellbeing." A self-care plan has three prerequisites. Evidence based with empirically supported practices to foster our physical, emotional, social and spiritual wellbeing.

An easy one first: Sleep.

Body food - good diet.

Brain food – daily personal development.

Exercise. Get outside in nature.

Meditation – emotional balancing activity weekly.

Take your medications if you are prescribed to do so.

Physical – body management (bath/massage/stretching regime)

Relax – down time

Relationship time. YOU TIME activity (even reading or drawing or being in nature if that's what you like)



"3 words sung by Tina Turner says it all – SIMPLY THE BEST"

Yes & I will always know that I will leave your treatment rooms feeling revitalised. Dee's treatment is nothing like you can receive anywhere else it is amazing.

Full body repair

I do repeat my business & I would not hesitate to recommend Dee to anybody"

-Lorelle 2019

Step Three: Visualisation

Visualisation gives us purpose and direction. You are creating your own reality. SEE IT! BELIEVE IT! BECOME IT!

Numerous studies have shown that mental practice (through visualisation) can be as effective to improve skills as real practice. You can develop and reinforce real skills by visualising yourself practicing them. This explains why visualisation is part of the most world-class athletes trains: because it works!

A key to achieving your goals

Just as affirmations can help you motivate yourself and focus better to achieve your goals so can using visualisation or mental imagery. Used correctly it can bring about self-improvement, maintain good health, help you perform well in sports and accomplish your goals in life.

Visualisation techniques have been used by successful people to visualise their desired outcomes for ages. The practice has given some high achievers what seems like super-powers, helping them to create their dream lives by accomplishing one goal or task at a time with hyper focus and complete confidence

Become a confident high achiever

Step Four: Make a Plan

Where are you now exactly? Write it all down. Where are you wanting to go, be, goals etc. Best way to build a bridge between where you are now and where you want to be – SEE IT – VISUALISATION – PLAN FOR IT!

See how – What steps can you come up with that you can functionally put into your life now to end up where you want to be?

Now this sounds like a good plan!

Step Five: Nooks and Crannies

All the things we have been through in the about points need to be added, not in bulk but into nooks and crannies each day at first for this to be workable. The space exists – THE GAP – little snippets of time that get filled up by ridiculously simple time wasting derogatory thoughts and hijacking actions that could be better utilised towards your end goals and self-love and self-care. Find the space of the nooks and crannies for self-love!

If this resonates with you and you would like further info on the following please contact us today using the below details.

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- Or better yet if you have an interest in running your own business in our field of Personal Development. We offer a 'Ditch your Boss' business solution and wealth generation.

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“Thank you for your drop of
sunshine to my day and your
unwavering support for me to find
my value”
-K Sartor 2018