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RADICAL SELF-LOVE

7 DAYS TO RADIATING CONFIDENCE,
LIVING YOUR TRUTH,
& MANIFESTING AWESOMENESS!

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SELF-LOVE IS THE PATH TO EVERYTHING YOU DESIRE.



I'm about to drop some wisdom on you today:

If you don't love yourself, no amount of meditating or research or energy work or anything else will lead to you getting the life you truly deserve.

YOU CANNOT MANIFEST WITHOUT SELF-LOVE.

Well...that's not 100% accurate. You can. You'll just manifest a bunch of crap experiences.

Pretty sure that's not what you're going for, amiright?

In order to manifest all the good things you dream of, you **MUST** start loving yourself.

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As you get going, no matter what you've been taught, know this:

It's not egotistical to love yourself.

It's not selfish to take care of yourself.

It's not wasteful to spend money on things you love.

It's not any of the negative things that you might have been told.

But - you know what it IS?

It is sending out the right frequency so that all that awesome stuff you want so very much deep in your soul can finally be attracted to you.

And you can finally experience it all.

WHAT AWESOMENESS DO YOU WANT?

The things you want don't have to be things like owning a Bentley or writing a best-selling book or living in a mansion.

They can also be things like feeling confidence to ask for that promotion you freaking deserve.

Or to attract an amazing person that thinks you are beyond amazing, too.

Or to ask for help with that big business idea you have.

Or to simply FEEL better in your own skin.

ALL of those things require self-love.

TO MANIFEST, YOU'VE GOT TO GET TO THE ROOT OF THE ISSUE.

Unfortunately, many of us were not taught to love ourselves.

In fact, in the healing work I do, lack of self-worth is the common factor at the root of pretty much all disease.

The other thing I find down there in the roots?

A disordered belief about the self.

What do I mean by that? It's that you're completely unable to see the wonderful awesomeness in you that everyone else sees (well, everyone except the people in your life who put the disordered beliefs in there. Actually, they see it too—that's why they wanted to hold you down in the first place. More on that later.)

The people in your life that taught you to not believe in yourself saw how awesome you are, and they felt threatened.

They needed to make you feel small to make themselves feel big.

DISORDERED BELIEFS CREATE MASSIVE ISSUES:

The most common disordered beliefs I see are:

- ♥ lack of self-love
- 👤 a belief that you are not a good person, and/or
- ⚠️ a belief that you don't deserve good in your life

These disordered beliefs become signals you send out to life. Those bad signals create blockages, negative patterns, unwellness, and more.

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In fact, blockages like these (and believe me, I've had them, too!) can keep us from fully getting into the healing process. It also blocks us from getting into that place where we not only believe in our dreams, but we start to connect with the truth that we *deserve* our dreams and desires.

THIS IS WHERE RADICAL SELF-LOVE COMES IN.

When you take a hard look at these problem beliefs (as you are doing in this challenge!) you can dismantle them.

You can rob them of their power.

And you can completely retune them into beliefs filled with self-love, self-support, and abundance.

Doing this work is CRITICAL if you ever want to have the life you dream of.

When you do this, it shifts your energy so that, from a frequency standpoint, you are actually aligned with your dreams, instead of being aligned with all those crap experiences and frustrations and disappointments.

And that's the goal, right?

You are on the journey now! Up ahead, you're going to look at self-love through the healing lens.

And you are going to be looking at how healing your love for yourself actually up-levels you into connecting with the things you truly desire.

Sounds like magic? It is, kind of...

IT'S TIME TO TAP BACK INTO THE MAGICAL.



You probably already know this, but you can't just sit around thinking magical thoughts and expect changes to happen in your life.

To be clear, hanging out thinking magical things can be fun. You can feel a little better. You might start to be a touch happier. You might even feel like you are riding a unicorn leaping over rainbows.

And hey, that might be worth it on it's own!

But you can't start truly shifting without also taking some practical actions in alignment with the magical thinking.

In this little book, I am going to show you how to both think magically (read: finally feel proud and happy and loving with yourself and KNOW that you deserve the life of your dreams) AND ask you to do some exercises that are practical, real-world, and—more than likely—hard.

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The exercises are non-negotiable. If you don't do them, you won't see the same results.

You're probably going to feel kind of silly. Some of them may be very difficult for you to do. You may even feel so overwhelmed by them that you want to throw something. You might want to even call and scream at me.

That's okay.

The more awful you feel trying to get through these exercises, the more you needed them.

So, commit to doing them, okay?



COMMITTING TO DOING HARD THINGS IS SELF-LOVE, TOO.

And you CAN do hard things. You can. In fact, you probably already have, many times over!

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Repeat after me:

“I can do hard things.”

Say it again, a little louder.

“I can do hard things!”

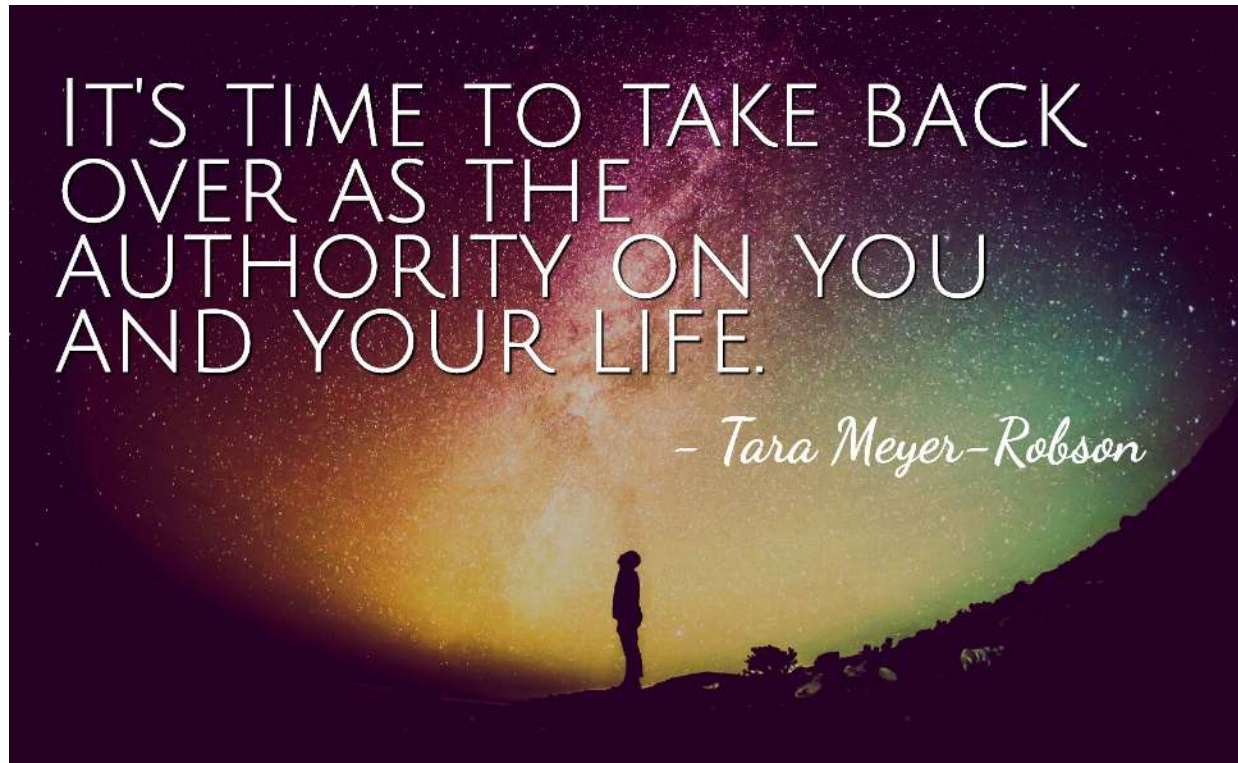
Throw your hands in the air and really feel it!

“I CAN DO HARD THINGS!!!”

Yep, you can. And you will. And it will be awesome.



WHEN BAD "AUTHORITIES" SET YOUR BELIEFS ABOUT YOURSELF



Where do our negative beliefs about ourselves come from?

They come from a few places:

1. They come from parents and others we consider to be authorities over us.
2. They come from negative experiences with friends or lovers where our sense of self was crushed.
3. They come from toxic environments.
4. They come from toxic work environments, and particularly, toxic bosses.

SO, WHO ARE “AUTHORITIES” OVER YOU?

Well, when you were a kid, *everyone* was an authority over you.

This is fine and normal, but it's also more than a tad problematic if the authorities you were dealing with were flawed, abusive, absent, bullies, or simply not very good people.

Aside from the obvious problem with those kinds of people in our lives, the bigger problem (at least from a self-worth standpoint) is that, as young kids, we don't have any ability to sort out the kinds of information we should believe, and the kinds that are going to cause us to self-sabotage when faced with the potential of living a truly awesome, authentic life.

IT ALL COMES DOWN TO OUR CONSCIOUS AND SUBCONSCIOUS MINDS.

I'm sure you've heard of the conscious and subconscious mind, but, just in case, here's a primer for what they each do and why we have to deal with them if we want to live the life of our dreams:

Your **conscious mind** is like a gatekeeper; it takes a look at information coming in to you and tries to decide what's true for you and what's not. If something is consciously assessed to be a trash bit of information, the conscious mind uses logic to kick that thought or belief right out of there.

Your **subconscious mind** is like your computer. The code that's in your subconscious computer is input by whatever your conscious mind accepts as true. If your conscious mind accepts it as true, your subconscious accepts as true. That creates code that essentially creates neural pathways that are beliefs.

And much like the code that creates an app on your phone and which allows it to always act in the same way every time you open it, the code of beliefs in your subconscious start forming experiences in your life that match what those beliefs are. Until they are changed, you will continuously tune into the same kinds of experiences and patterns again and again.

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This is a pretty good system, but there's a hitch:

Until you are about about 8 years old, you don't have a conscious mind.

So, you've got no gatekeeper. No one guarding to keep the bad thoughts out. No one to make sure you are only taking on the very best, most uplifting beliefs about yourself, your abilities, and your potential.

I'm sure you see the problem...

Of course, this means that all authorities around you are coding whatever the heck they want to into your subconscious. Those beliefs—good and bad— begin running your operating system from that point forward (until you take a deep look at them and change them, like you are doing now!).

➔ So, if you had an abusive parent, you might have learned that you were always at fault for other's emotions, or that the world isn't safe, or that you aren't worthy of being loved.

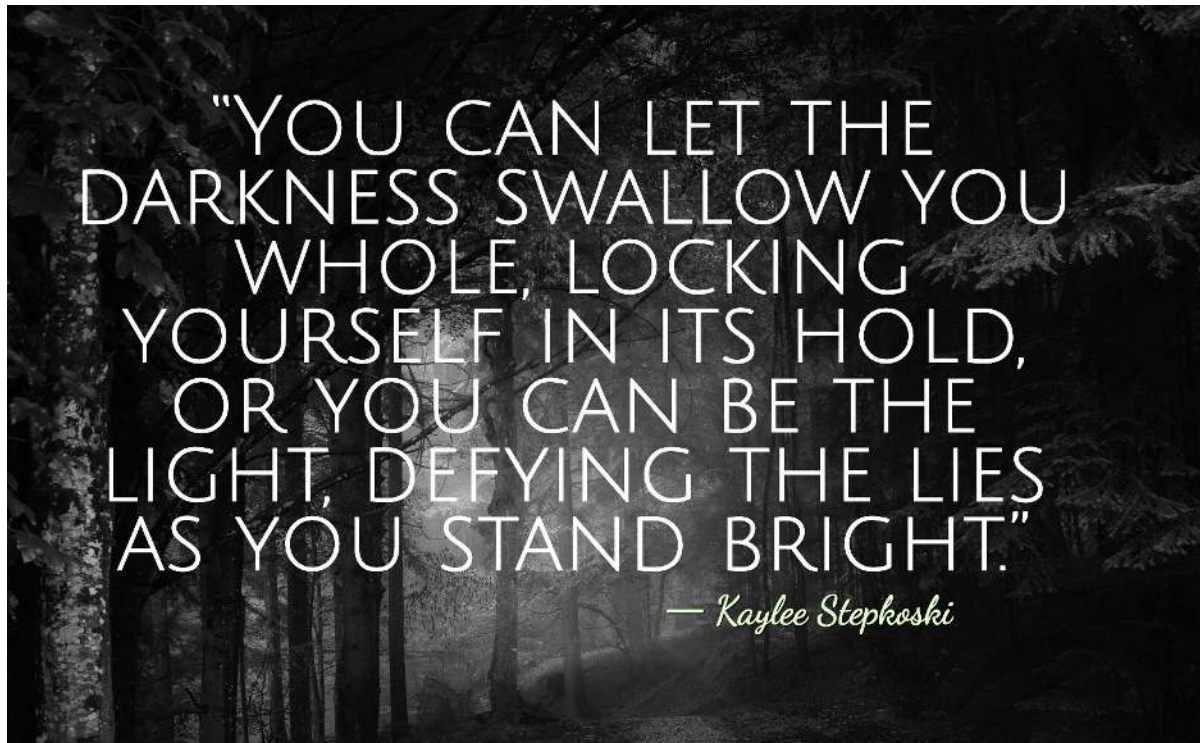
➔ If you had parents that fought a lot, you might have learned that love is hard and relationships mean fighting and stress.

➔ If you had a mom or dad that worked all the time and told you constantly that "Life is hard," then you believe life is hard.

➔ If you had parents that always supported your sibling, but never supported you (common in narcissistic families), you might learn that you aren't valuable or that nothing you do is ever good enough.

All of this causes a whole lot of problems when you finally wake up and begin trying to create a life that is true to you.

DISMANTLING THE LIES WE BELIEVE



A good way to see how this works in real life is to look at some examples.

For instance, let's say you decide that you want to create an online business and start being able to travel. You desire a successful business that allows you a lot of free time with your family. However, you work and work at it, and you keep having more and more piled on you. You work around the clock, sacrificing time with family and friends. You push beyond the point of exhaustion. None of this looks like how you wanted it to be, and you can't figure out what is going on. You know you want life to be easier, but you are driven to push harder.

The problem? That old programming from your parents, "Life is hard."

Think about it. If you unconsciously believe that "Life is hard," how in the world can you ever create experiences where life is easy and supportive?

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Let's take another one:

You're a highly competent, accomplished person who works hard and stands out from the crowd professionally. But you find yourself feeling like you are never doing enough or are worthy of asking for a raise. What's going on here?

When you look at it, you realize that you grew up in a family where your sister was always financially supported, but you were not. Even as an adult, your parents help her out whenever she's got something she needs back up on, but you are left to struggle.

You realize that you were always trying to prove your worth to your parents and never succeeding. You took on the belief "I am never good enough to deserve to be supported or paid well," and your unconscious has been holding on to that (and creating experiences to match that) for your whole life.

You see how invasive this is? And how difficult it can be to shift it UNLESS you do the hard things and really look at it and work hard to change it?

LET'S TAKE A LOOK AT A REAL-LIFE EXAMPLE FROM A MEMBER OF MY BODY LANGUAGE COURSE:

Dear Tara,

I am trying to figure out how to help my son.

He's 10 years old, but he keeps having stomach pain. He only has it when he is heading to school. So I think he's avoiding school or trying to.

He's a super sensitive kid. So I'm wondering if there might be a connection.

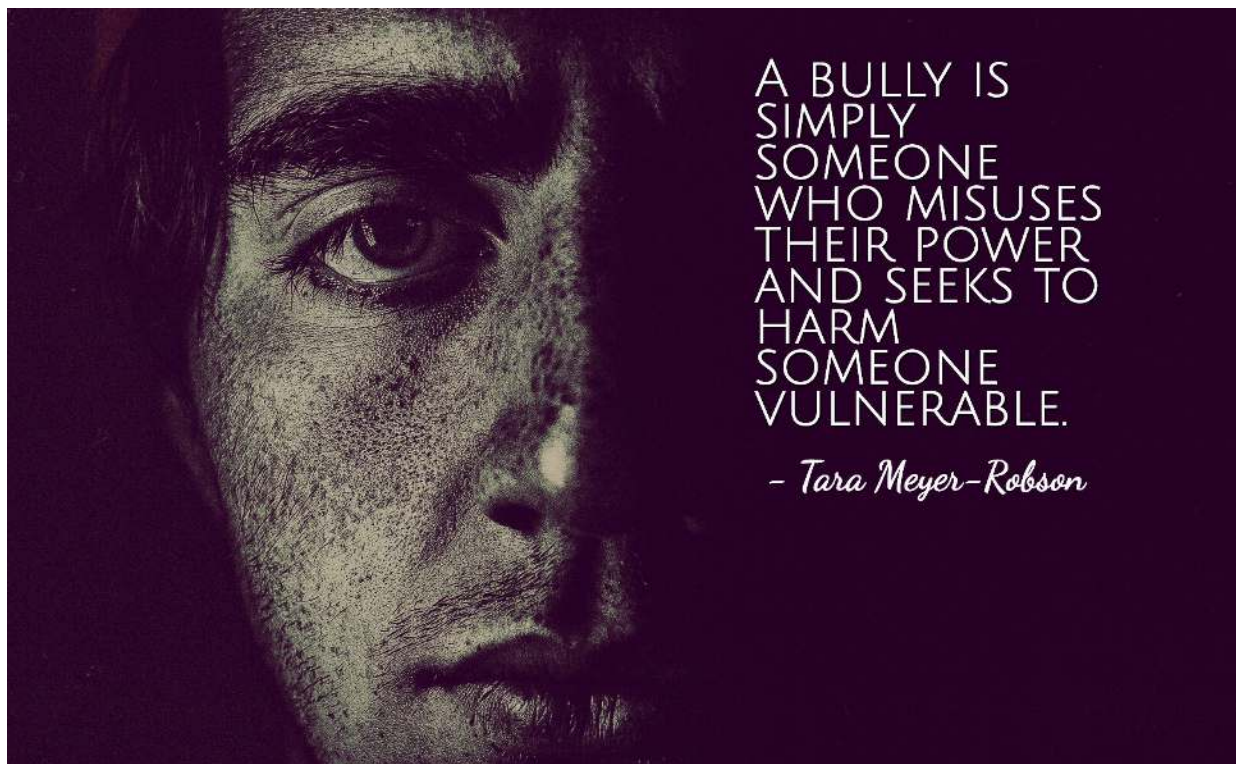
Thanks, Betsy

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This is a perfect example of how negative beliefs from negative experiences with bullies can affect us, including causing physical symptoms that can show up. If the wound is not handled, it will also show up again as low self-esteem and attracting more bullying experiences to ourselves as adults.

And, to be clear—bullies don't just look like the mean schoolyard kid. Parents can be bullies. Grandparents can be bullies. Aunts and uncles can be bullies. Foster parents can be bullies. Coaches, teachers, religious leaders, bosses, and others can be bullies.

We are never more vulnerable or in need of protection than when we are kids, and, unfortunately, people in our lives that should love and support us often misuse their power.



But—back to the question at hand:

The moment I saw this question, my immediate concern was that this young child is highly sensitive, so I wondered, “Is he going into the classroom into the school environment and picking up on all of the emotions and energy that the kids and teachers are bringing in?”

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And that's an important point:

If you were a highly sensitive kid (and are, therefore, now a highly sensitive adult), then you would have additionally taken in potentially negative beliefs even MORE deeply than a “normal” kid.

The reason for this is that you were more aware of all the emotional and energetic input from anything happening around you, so when something happened around you or someone in authority told you something, all that input combined to program it even quicker and more strongly into your subconscious mind.

In this case, it will be much easier to have that negative belief—and all the emotions associated with it—pulled up anytime you encounter something of similar frequency as an adult.

In short, if you are a highly sensitive person, it's likely you took on these kinds of negative beliefs even deeper AND it's even more imperative that you use this book and the exercises I give you to shift all of this.

But, I digress again—back to the question (and my answer).

On top of all of that, my concern for this young boy was that the stomach had stomach pain, and that stomach pain was specific to school. That told me right away that school itself was a trigger for some sort of event that was making him feel “socked in the gut.”

In the healing work I do, the stomach is the center of our personal identity, of our core self, and of our feeling of self-worth (or lack thereof).

With stomach pain like this, I had to immediately suspect bullying. Was he physically being punched in the gut? Or was he emotionally feeling like something about his identity was being attacked? Was his self-worth being beaten up by a bully?

And that's exactly what it came down to.

Betsy was able to take this information and speak to her son, and she finally got the story out of him: he was being bullied by several other kids. He was a creative and sensitive kid, and they were calling him a “crybaby” and “wimp.” He was being figuratively hit in the gut.

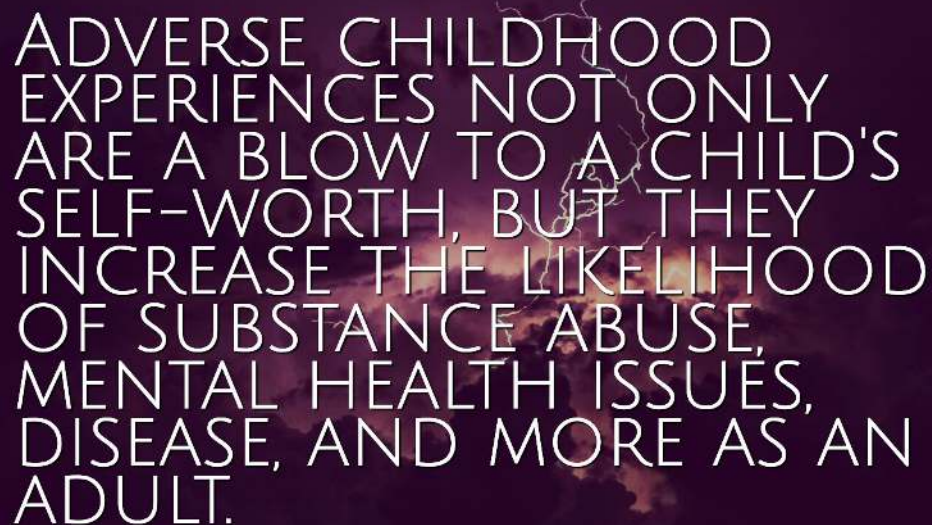
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Now, I know so many people just shrug off bullying as “just something kids do,” but that’s *beyond* wrong. The long-term impact of bullying on children is now being studied and proven. In fact, bullying is now known as one of a range of issues that are called “adverse childhood experiences” or “ACEs.”

ARE ADVERSE CHILDHOOD EXPERIENCES CREATING LOW SELF-WORTH?

ACEs can be bullying, but they can also be other traumas, such as a highly unsupportive/narcissistic family, emotional or physical abuse, food insecurity, and more. Scientific studies on ACEs now show that there’s a direct connection to heart disease, perfectionism, stress, and addictions. These addictions can be alcoholism, nicotine, drugs, food, or even exercise and work addictions. They can also show up as eating disorders, either too little or too much.

They can also be things like an unconscious addiction to self-sabotage.



ADVERSE CHILDHOOD EXPERIENCES NOT ONLY ARE A BLOW TO A CHILD'S SELF-WORTH, BUT THEY INCREASE THE LIKELIHOOD OF SUBSTANCE ABUSE, MENTAL HEALTH ISSUES, DISEASE, AND MORE AS AN ADULT.

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From my perspective, the reason for those increased negative outcomes is twofold:

One, when a child experiences an ACE (or multiple ACEs), they will have it coded in their subconscious mind that they are not worthy of love, affection, or goodness. They won't believe in his or her personal potential. As they grow into adulthood, that old programming is still there.

And two, I see a lot of people who end up using different substances or distractions to numb their emotional pain from those early traumas, which ends up turning into an addiction.

At the root of all of this is low self-worth coming from trauma as a child.

This is why it's so important to repair any damage done when we were kids, either from parents, or from bullying teachers, coaches, and even religious leaders.

Honestly, the staggering amount of people I work within my healing practice that have all kinds of low self-worth issues and negative disorders that stem back from all manner of bullying and emotional traumas is stunning. I see the impact of ACEs on a person's long-term health every single day.

WHAT'S THE IMPACT OF CHILDHOOD BULLIES ON YOU?

If you were bullied as a kid (from any of the possible "authorities" in your life, you will have a much harder time not only trusting that there is good in your life.

You'll also have a harder time trusting other people.

And a harder time believing that you can stand up and be who you are, because it's super likely that you'll also suffer from anxiety that if you stand out, you'll be criticized.

This messaging gets stuck in your mind, body, and life.

This can stop you from going after your dreams in every possible way.

It's time to change these negative beliefs and build unshakable self-worth.

But first, you've got to take off the "negativity goggles" and see your true self-worth.

TAKING OFF YOUR NEGATIVITY GOGGLES.

What do I mean by "negativity goggles?"

What I mean is that you can have such strongly coded negative beliefs that you are not able to see yourself in a positive or even true light. It's like someone put every negative thing you could possibly believe about yourself and coded them into lenses, then put those goggles over your eyes.



Then, when you go to look at yourself or aspects of your identity, you don't see the good. All you see is a distorted vision of your reality; one that clouds everything with the negative beliefs about yourself that you took on. Sometimes this belief can be so strong that you will rebel rather than accept a new and better truth.

What would happen if, with those goggles on, you tried to accomplish a new goal?

Or tried to start a business?

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Or improve yourself?

Or stand up on stage and talk about something you were passionate about?

It wouldn't go well.

Until you take those goggles off and see yourself as you really are, it will be hard to truly know and love yourself.

YOU CAN'T CREATE BETTER FOR YOURSELF IF YOU CAN'T SEE BETTER *IN* YOURSELF.



I had something happen to me recently that showed me how strongly we can be attached to a negative, distorted view of ourselves, even to the point of not believing empirical evidence to the contrary.

I've been trying to work out and take better care of myself. So, I decided to get a body fat scale to track how I am doing with new workouts and such.

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Now, I had an eating disorder in college and still have to work on not having a distorted body image, so scales can be a bit of a trigger for me. But, I decided that this would be a good thing for me to see some data points and see progress.

I got on it, and my body fat was a full 10% lower than I thought it was going to be.

TEN percent!

And this is where those “negativity goggles” come in.

I was SO *100%* sure that I was way bigger than what it said I was that I decided that the body fat scale was faulty.

Notice that I thought the *scale* was faulty, not my perception of myself. I was totally convinced that my perception of myself as way overweight was right.

I couldn't find anything to say that this scale was faulty; in fact, all I found were reviews after reviews saying that it was highly accurate.

But my negativity goggles weren't going to take *that* as the truth. Oh no—I was WAY too attached to my belief about myself to just let that go.

So, I googled images of people at different body fat percentages. And, looking at those, I was absolutely sure that I looked like the ones that were 10% higher than what the scale was saying.

(Like, *“I will fight you because I am SO right!!”* kind of sure.)

That scale HAD to be wrong, right?

Well, I finally took my computer with all the images of the different body fat percentages pulled up, and I made myself go and look in the mirror.

To my absolute shock, I did NOT look like the pictures with 10% more body fat.

I *did* look like the pictures of the body fat percentage that the scale reported.

I was stunned. STUNNED.

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It was like someone had finally taken those negativity goggles off and stomped on them. I felt like I was truly seeing myself for the first time.

I could not believe how *convinced* I was of being worse than I am.

I could not believe how hard it was for me to see the good in myself, or how committed I was to proving a non-judgmental data point wrong.

It was like I was screaming, "*No! See? I am truly worse than you think!!*"

It was staggering to me how deeply this still impacts me, even after all the work I've done on myself.

My body fat scale was not wrong. My mind was wrong.

Actually, my mind was *really* wrong.

This was a huge AHA! moment for me.



WHAT DO *YOUR* NEGATIVITY GOGGLES TELL YOU?

This experience showed me in shocking detail how entrenched a belief can be.

In fact, it can be so entrenched that we will refuse even the best possible proof, even fighting to prove that the crap belief is right.

Negativity goggles cause people to self-sabotage as well. Let's say a person was brought up without support or love, and that they were told that they weren't good enough, in word and deed.

Then, let's say they meet someone who thinks they're amazing. Life-changing. Top-of-the-mountain-incredible.

Because they're so convinced of their own worthlessness, they'll freak out at this unconditional love. If it's a client, they'll do something to fail them. If it's a relationship, they might cheat or ghost the person.

They **will** sabotage this experience that's trying to show them how great they are because they are committed to the belief that they're bad.

Then, they can say, "See! I really am a failure. I really am not good enough."

Just like me trying to prove a scale wrong.

It's crazy to think that having to face the truth that you are better than you think you are would result in trying to prove that person (or scale!) wrong, but that's what happens.

THE TRUTH IS THAT YOU ARE PROBABLY A HECK OF A LOT BETTER THAN YOU THINK YOU ARE.

We're all so hard on ourselves. We've been taught to be hard on ourselves in thousands of little ways, over and over again.

We've been taught it and shown it so often that it's etched on those goggles.

The problem is that when we are that hard on ourselves, we can't believe that we're deserving of healing ourselves.

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We can't see that we deserve to have great things in our lives.

We can't believe that we have the power to manifest the things we desire.

We can't inhabit the awesome belief in ourselves that moves mountains because we aren't seeing clearly the truth about our own beauty and about our own potential in this world. We can't see it, because all these bad beliefs are clouding our vision.

It's time to clear out the bad stuff we believe so strongly. It's time to see clearly. It's time to take off the negativity goggles, stomp on them, and toss them out for good.

Let's get to daily exercises that can change everything!

RADICAL SELF-LOVE: BUSTING THE LIMITATIONS AND FINDING YOUR TRUE AWESOMENESS!

Here's where the work starts!

Take out a few clean sheets of paper or a notebook/journal. I suggest breaking this work down into daily "chunks."

Not only does that make it manageable, but also allows you to take time to reflect on each piece.

If you'd rather push ahead and go through more of these a day, please feel free. Just make sure that you are taking good care of yourself along the way.

DAY 1: GET CLEAR ON YOUR JUNK BELIEFS.



When you think about yourself, what kind of beliefs do you hold? Do you think you're successful? A failure? Not enough? Too much? Too old? Too loud? Too quiet? Too whatever?

In order to develop true self-love, you've got to pause, take a deep breath, and look the ugly things you believe about yourself right in the eye. (And we will be actually looking it in the eye in a little bit!).

Up to now, you may have been unconsciously operating on these beliefs, never noticing how much they are impacting you. It's a lot like sitting in front of the TV and unconsciously munching on junk food; if you don't stop and take a look at what you are doing, you will end up overeating, filling yourself up with non-nutritious food, and feeling really bad.

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To get you started, answer the following questions:

1. Do you feel like you deserve good things to come to you? If not, why not? What beliefs are making you feel that you are not worthy?
2. What do I think my bad traits or qualities are? Do you think you are “too much” or “not enough” in any way?
3. What characteristics do I believe I have?
4. What don't I like about myself?
5. What do I believe are my limitations?
6. Do I believe that I can create the life of my dreams? If not, why not? What would be holding me back?
7. Did I ever hear or learn that a person “like me” can't possibly achieve something?
8. What words do I use to criticize myself?
9. What have people said to me when I tried and failed at something?

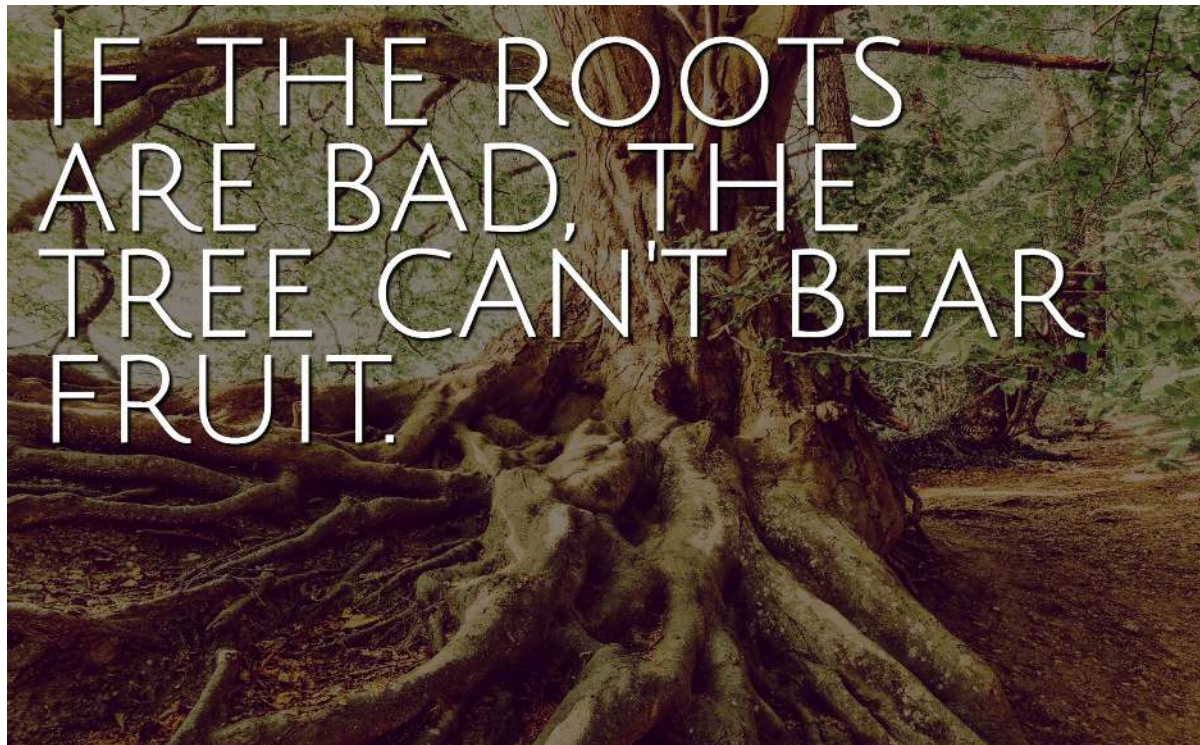
Take your time with this; it doesn't have to be done quickly. It doesn't even have to be done all at once. You can do a little bit, walk away. Take a night off. Come back and do a little more.

If it starts to feel overwhelming, definitely take time away. Go do something that makes you feel good or feel happy (I love to drive in my car with music blaring; it always makes me feel happier!).

Just know that it can get pretty heavy, especially if you had a particularly difficult childhood. Make sure that you check in with yourself on how you are feeling, and, if you are feeling overwhelmed, walk away for a bit (but commit to coming back to it).

*You can also download the worksheet from the webpage and use that to guide your work here.

DAY 2: GET TO THE ROOT OF THE MATTER.



You've just done the work to get clear on the negative beliefs you hold about yourself.

Now, let's take a look at how you learned that in the first place. Where is the root of this belief?

As we talked about earlier, the root of any belief can come from:

- 👤 childhood experiences
- ⚠️ traumas
- 👂 parents and how they talked to or treated you
- 👤 other "authorities" in your life, such as coaches and religious figures
- ⬇️ personal "failures" and other negative experiences
- 🔄 and much more

Take one belief you uncovered and ask yourself, "Where did this come from? How did I first hear this/learn this?"

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When you take a look at it, you'll often be able to figure out the root of a negative belief, and you'll be able to see exactly where it started.

For instance, maybe you believe you aren't smart enough to start a dream business. Where did it come from? Your dad told you that you made dumb decisions. When did it start? As long back as you can remember.

Or, maybe you think you aren't attractive. Where did this come from? You dealt with lots of rejection in school and had people bullying you, saying that you were ugly. That root started in middle school, when you first encountered it.

Take each belief and try to see if you can figure out when and where you took it on.

WHAT WAS THEIR MOTIVATION?

For beliefs that clearly came from specific people, take a moment and see if you think there might have been a reason that a certain person wanted or needed you to take on that particular belief.

For instance, if you had a mom that was always in competition with you and felt threatened by you, it's likely that she would have told you that you'd never be a success in something you were actually incredible at because she had failed at something she cared about and she didn't want you to be better than her.

Or, maybe you had a dad that wanted to keep you as his "little princess" and started shaming you as you got older, because he secretly felt threatened by you growing up.

Maybe you were bullied by the popular guy in school because you were sensitive. Of course, this made you feel that your sensitivity was a bad trait. But the truth is that the bully actually felt bad about himself, and he picked on you not because there was anything wrong with you, but because there was a lot wrong with himself.

It could be a lot of different things and a lot of reasons why someone would have made you feel bad about yourself. For instance, being the child of parents in extremely strict churches can cause you to grow up feeling a great deal of shame for very human, normal desires.

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Coaches can have a lasting negative influence if you had a personality difference with them, and so, they put you down because you refused to not stand up when the coach was being unfair.

Parents that were brought up in a certain way - even if it was abusive - will automatically repeat that pattern unless they've specifically focused on changing it. It's counter-intuitive, but hurt people hurt people.

And, while hopefully you had an awesome upbringing with super supportive parents and you can't imagine your parents ever not wanting for your best, that is far from the norm. I see it all the time in my coaching and healing business; and the scars of parents that should have known better are very deep.

DAY 3: DO YOU RESPECT THE PEOPLE WHO TAUGHT YOU THESE THINGS?



Notice I did not say, “feel that you SHOULD respect,” but DO you respect them?

Many of your negative beliefs about yourself have been coded into your subconscious by people that may not even be living a life you admire.

Or that might not be particularly good people.

Or that might have massive issues.

When we are young, we are taught to respect our elders. And our religious figures. And our teachers. And our coaches.*

We are taught that people that are supposed to love us MUST be telling us the truth. But, many times, those people are very flawed.

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Many times, they are completely wrong.

Many times, they come from a place that is not for your best (they may be manipulating you for their own ends as well).

Many times, they are not even people we'd respect or hang out with, were we not related to them.

So, do the people who have given you these beliefs live a life you admire? Do they live the kind of life you would want?

If not, it's time to realize that they are (or were) coming at you from a perspective that was not for your best, nor was it right. YOU get to choose for yourself what you believe about yourself. You get to throw out beliefs that no longer serve you (or never served you).

*Let me just say - there are AWESOME ones of all of those categories that you should respect and who DO want your best. However, if you have negative beliefs about yourself from any of those, then I would suggest that it is time to let those go.

So, do you respect the person who gave you the negative belief?

It might be immediately obvious to you, but if it isn't, ask yourself:

- Is this person living a life I would even want?
- Are they living joyfully? Purposefully?
- When you look at your own dreams and desires for your life, is it beyond this person? (That doesn't mean it's better than this person's life, just that it's a bigger dream you have for yourself than this person would want.)
- Are there people in my life that I am afraid I'd make feel bad about themselves if I had the kind of success that I dream of?

These questions can be difficult when it comes to parents or other close family members. You might feel a great deal of guilt for even thinking that maybe they don't have as much authority as we thought they did about a key subject, namely YOU.

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Please know that this isn't about making a huge, mean judgment on people you love. It's not about pointing fingers and blame.

It's about allowing yourself to look at a certain belief (or set of beliefs) given to you by a certain person, and then logically evaluating whether or not this is a person who you respect enough for their negative belief to even matter.

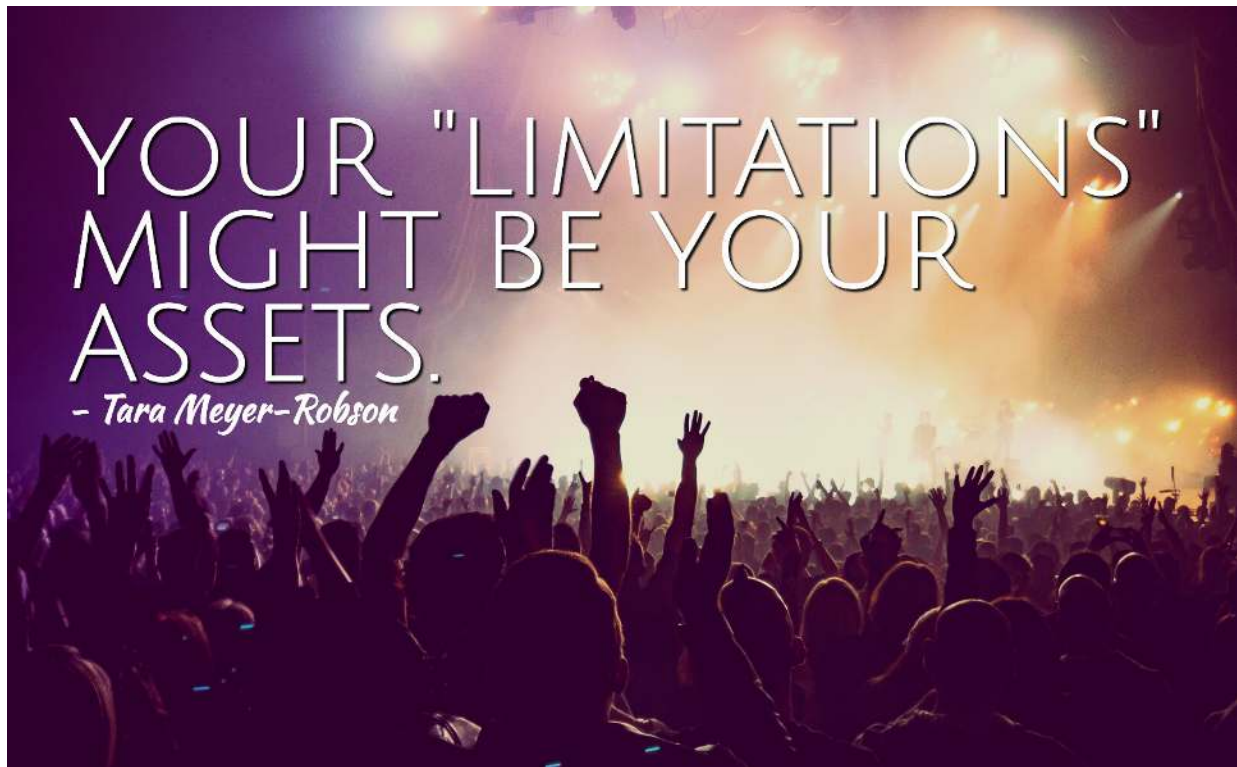
Parents and other family members can even mean well, but it's quite possible that your your life and your dreams are so foreign to them that they can't have an opinion on them. They have no knowledge or life experience to draw from. Those kinds of opinions just don't matter.

I know this process can be hard, but if they are putting negative beliefs in there that are limiting your personal confidence and your life, then it's time to look at it for what it is.

TIP:

Notice if the ways that you criticize yourself are the same as the ways that parents or others criticized you growing up. We often unconsciously take on the same exact critical words and phrases used by authority figures, and we unconsciously turn them on ourselves. See if that is true for you.

DAY 4: BUST THROUGH YOUR LIMITATIONS



What's limiting you?

We all have things we've been brought up to believe are limitations for us. We have limitations we've taken on as adults, too.

For instance, maybe you want to be the next TikTok star, but you're 60 years old. You might believe that you're too old...

Or, maybe you have a disability and were told that you could never be an archeologist.

Or maybe you're a teenager and want to start your own business, but you think you're too young.

Or maybe your limitation is one of literally thousands of things that you could dream up:

"I don't look like a model."

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"I'm in a wheelchair."

"I'm not smart enough."

"I came from abject poverty."

On and on it goes.

It's time to change what we think about "limitations." In fact, it's time to get rid of them altogether.

If, on Day 1, you answered the question, "What are my limitations?" then you're ready to move on.

If not, take a moment and think about what you believe limits you from being able to do or be whatever you dream of doing or being.

Write all those down.

Then —since you are about to work on getting rid of them, be forewarned —

These "limitations" generally get really, really loud the moment you start dismantling them. They get even louder the second you're shifting your beliefs to finally go after a long-held dream.

In fact, the instant you take that step forward, any limitations you believe in go from a quiet whisper to the irrational raging of a toddler that's been given the wrong kind of cookie.

So, let's go ahead and deal with them now, so they shut the heck up and let you get on with aligning with your true awesomeness.

HOW TO START?

It's as easy as an internet search.

Seriously.

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Here's an example: A few years ago, I worked with a client that was in his late 60's and desperately wanted to be an actor. Of course, he felt like he was too old to get started.

I had him look up actors that became famous in their 50's and 60's. Low and behold, there are many - Morgan Freeman was 52, Judy Dench was 61, Estelle Getty was 62, just to name a few.

This made him realize that he was NOT "too old" to get going. He started acting in community theatre, finally securing an agent for commercial work.

I'd like you to do the same thing. It's easy:

Step 1: Define a limitation you believe you have.

Step 2: Google to see if there are people with that limitation who have succeeded.

Step 3: Read everything you can about those people. Watch stories and shows about them.

Align yourself fully with their success so you can feel how you can do this, too. As you do this, allow yourself to fully feel their excitement in their success, and pretend that it is your success as well. That emotional connection is super powerful!

And then, for extra inspiration, I highly suggest printing out some pictures of the people you find most inspiring, and put them in your workspace or somewhere that you will look at them every day. You can make an "inspiration poster" with those as well!

Remember, limitations don't necessarily have to be limitations. Maybe they are assets when we look at them properly...

I think you'll be amazed how uplifting it can be to see that other people have worn a path ahead of you that have dealing with exactly what you've dealt with.

Now that you are (hopefully) feeling good about yourself, let's take a look at the positive.

DAY 5: THROW SOME LOVE YOUR WAY!



We've taken a look at the bad and the ugly.

Now, let's take a look at the **good**.

Take out your paper or journal, and simply start writing down things that you like about yourself.

Or that you are good at.

Or proud of.

Or feel good about.

Or ways you help others.

Or how you make a difference in the world.

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You get the idea.

This may be difficult if you've had a lifetime of self-hatred and low self-esteem thrust upon you. It may take a while to work those deep roots out.

Or not (you might just shift!).

Notice how difficult it is to write out what you like about yourself. Were you trained not to like things about yourself? Were you taught that it was egotistical to say that you were good at things? Were you taught that you should not outshine others?

If so, keep taking deep breaths and working through this. (You can also walk away for a bit, but commit to coming back to it. The harder it is for you, the more you need it.)

If things you dislike seem to come up easier, write up a list of the things you dislike. Is that easier to put down? Is it a longer list?

Don't judge, just notice. If your dislike list is much longer than your like list, that's okay. You are working through this. Send yourself some love, and be gentle.

DAY 6: IS IT TRUE?



Look at the negative beliefs you hold about yourself. Take a moment to ask yourself, "Is this actually true?"

Can you find examples of why this is NOT true? (I bet you can!!)

For instance, maybe you believe that you're not very good at math, and therefore, not responsible with money.

Is that actually true? Do you know how to make change? Offer a tip for good service? Do you pay your credit cards? Have a bank account? Those all require some math skills, so you can't be awful at math.

What about a belief like, "I will never succeed." Have you ever succeeded at anything? Gotten an "A" in a class? Hit a home run? Had a happy long-term relationship? If you've had successes, then you know this is a lie you've been taught to believe.

Take each negative belief and deep dive on whether you can find proof that it's not true.

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If it's very difficult for you to be able to see yourself clearly, then you might still be blinded by "negativity goggles." You might be so stuck in your negative beliefs about yourself that it might be time to call in reinforcements.

For this, you need someone you completely trust.

You know the person; they're the one you call to cheer you up. They celebrate every victory with you. They fight anyone who has treated you badly. They show up at your door, wine in hand and a sad movie ready to go, when you've had a bad break up.

If you have a person like this, go to them and ask them to help you see where negative beliefs about you are not true. Ask them to help you take off the goggles and be able to see yourself and your worth clearly.

I bet they will be honored to help.

And then LISTEN to what they tell you. Write it down so you don't forget it.

Believe what they are saying, even if you cannot see it at first. Remember, I truly thought my scale was wrong because I was so entrenched in my own negative beliefs over body fat. I was totally wrong—the scale was not.

Imagine that your friend or loved one is the scale. And remember that they are right.

If you don't have anyone in your life that is a complete cheerleader for you, I want you to imagine such a person.

The way I like to do this is to pick a favorite book, TV, or movie character that you'd love to be best buddies with. Rachel from *Friends*. David or Alexis from *Schitt's Creek*. Liz Lemon or Jack Donaghy from *30 Rock*. (And now you know my favorite kinds of shows.)

Imagine this character is sitting with you, going through these negative beliefs. What would they say to you? How would they respond to you putting yourself down? How would they show you your true awesomeness?

I know this might seem like a silly exercise, but trust me—this one does work. And, if it's a favorite character, it's fun and should bring a smile to your face. Win-win.

DAY 7: MIRROR WORK



Many of us throw so much hatred at our bodies. We pick at ourselves, thinking “this isn’t right,” or “I wish I looked more like...”

We worry about our size. Our appearance. Getting older. Anything and everything can become a source of hatred for ourselves.

But the thing is that you could not experience the many physical joys of life if you were not in the very body you are in right now.

You couldn’t smell flowers on a Spring day.

Or hold your child.

Or hug your partner or spouse.

Or eat unbelievably yummy food.

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Or any of the wonders that our world holds that can only be experienced by being in a body.

IT'S TIME TO OFFER OUR BODIES SOME LOVE AND GRATITUDE FOR ALL THEY ALLOW US TO EXPERIENCE.

And, in finally loving and accepting your body, you connect with energy, power, confidence and love that sends out a frequency to connect with more of that (and we all want more of that, right?).

Loving yourself literally up-levels every area of your life, and it opens the door to fully heal and to experience the life you truly desire.

To do this, I'm going to ask you to stand in front of a mirror, look yourself in the eye, and say a few things. If you've lived a lifetime of low self-worth, or if you've been taught to believe that you shouldn't love yourself or appreciate yourself because it's egotistical, then this can be VERY hard.

That's okay. Breathe through it. Walk away from it if you need to (but commit to coming back). The harder it is for you, the more you need this practice.

I promise, the difference it will make in your life will be unbelievable.

To properly do the practice, first write down all the things you are grateful that you can experience because you are in the body you are in:

1. What things are you grateful that you can feel?
2. What things are you grateful that you can see?
3. What things are you grateful that you can taste?
4. What things are you grateful for being able to hear?
5. What things are you grateful for being able to touch?
6. What things are you grateful to fully experience because you are in your body?

So, to get you started, I am so grateful because I can hug my sweet little daughter and see her smile. I am so grateful to be able to walk around the Botanic Gardens here and smell the flowers, hear the birds singing, and feel the sun on my skin. I am grateful for the sound of my husband's voice and his calm presence around me.

What kinds of things are like that for you?

Put that on a list that you keep by your mirror.

YOUR BODY DESERVES AN APOLOGY.

Then, look yourself in the eyes in the mirror, and start with an authentic apology to yourself.

Why an apology?

Because your body deserves one.

Think about the nasty things you've thought and said about your body throughout your life. Now, imagine that someone came up and said those things to you. What if that person began berating you? Shaming you? Criticizing you mercilessly?

How would you feel?

Betrayed? Upset? Sad? Offended? Angry?

You'd probably feel all of the above. Needless to say, you'd certainly want that person to apologize.

Not just *any* apology, either. Certainly not one of those "not-apologies." You know what I mean, right? When you express how someone hurt you and, instead of truly taking responsibility and fully understanding why you were hurt, they say, "I'm sorry you felt that way" or "I'm sorry you took it that way."

None of that nonsense. Your body (and you) deserve better.

This apology needs to be from a place of "I am truly sorry I said and thought that. I know I've been hurting you. I understand why you are hurt."

So, something like that will work. Or, look in the mirror and try:

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"I am so very sorry for all the hate I've turned towards you. I learned messaging that wasn't right about you, and I'm undoing that now. You didn't deserve the hate. You didn't deserve the judgement. I know you are trying to keep me alive. I know you want me to thrive. I know you are here to help me experience life fully. I know that you are sending me messages all the time to help me thrive in this world and to keep me away from negative people and situations. I am grateful for you."

Then, start reading your list of gratitude, still looking in your eyes.

This practice will be profound for you. The more you do it, the stronger the self-love will become. The more confidence you will show.

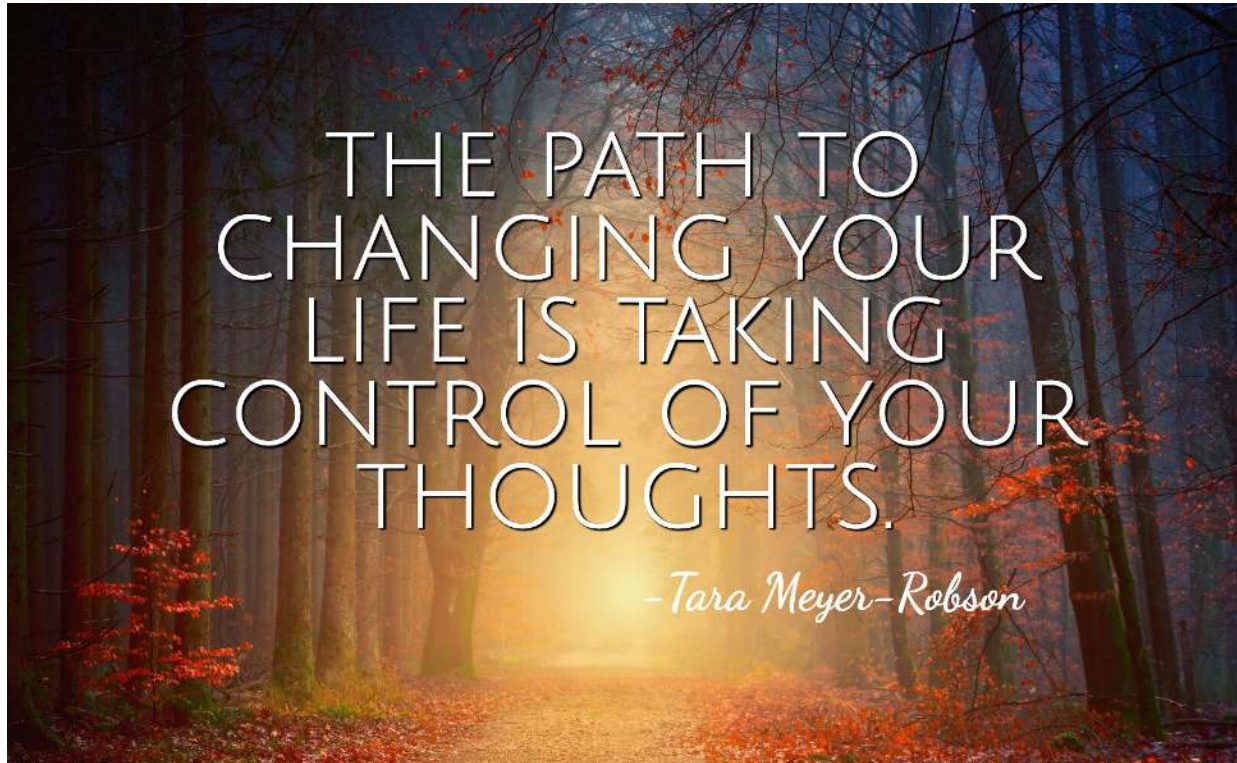
In fact, I truly suggest making this a DAILY practice from now on (not just one day!). Keep doing this every morning. Every night. Whenever you look in the mirror.

You don't have to do the apology anymore if you feel like you've accepted that; just do the gratitude bits.

It. Is. Radical. Self-Love. It is life-changing.

If you'd like, I have also created a short audio with the full practice; it's called Body Love. Find that on the webpage where you grabbed this book as well!

BONUS: DAY 8 - PRACTICING CONSTANT RADICAL SELF-LOVE



Hopefully you have already done Day 7's practice.

Now, I'd like you to work on bringing your awareness on when you criticize yourself throughout your day.

This can also be hard, and it can be frustrating. It takes a willingness to be present in your body and to truly face how critical you are all day long.

What I'd like you to do is pay attention to anything you say or think that is critical of yourself.

You might be going about your day, catch your image in a mirror and think, "Ugh, my face looks fat. Stop. Catch that."

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Or, you might be at a sales presentation and go to sit down, and your belly catches on the table. You might automatically think, "I hate my big stomach." Stop. Catch that.

Or, you might be trying to write your first article or novel and find yourself thinking, "I am not good enough to do this. I am stupid." Stop. Catch that.

The moment you catch your critical thought or words, stop that instant.

Immediately think of your gratitude list. Start saying things you are grateful for in your head.

Something like, "I'm grateful that I can see my child's beautiful smile today. I'm grateful that I can hold the hand of my partner, my spouse, whoever. I'm grateful that today I can wear something that feels good. I'm glad that I am smart and have the ability to take on challenges. I am grateful that I can figure out that the negative things I learned weren't true, and I am grateful that I have the smarts to shift this."

Interrupt the pattern. Remember, what you repeat and attach to keeps creating stronger and stronger neural pathways, and those create stronger and stronger signals that you unknowingly send out to the world and look for things that match what you believe.

Obviously, thinking, saying, and feeling positive things about yourself is going to be a better signal, right?

HOW TO GO FORWARD MANIFESTING THROUGH SELF-LOVE

Now that you've done the 7 (or 8) days, I hope that you implement all these practices every single day. The more you use them - particularly the Body Love and shifting your thoughts - the more you will align with the kind of powerful, amazing life you've always dreamed of (and always deserved).

If you are ready to take it to the next level, then make sure you grab your copy of The Flow Method today. In my ground-breaking book, you will be able to pinpoint the EXACT beliefs holding you back, learn exactly which of 7 areas of your mind, body, and life are tuning into negative experiences and pain, and develop an individualized plan to shift every area of your life.

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And, if you are ready to Manifest Your Dream Life, jump in to my Manifest Your Dream Life Academy now! (You get the book for free when you join!)

I hope all of these practices are life-changing for you! You deserve love and joy and all good things; I promise you—you DO!

Would you like to pinpoint the EXACT negative beliefs holding you back and learn how to shift into happiness, wellness, and the life of your dreams? Grab The Flow Method now!

If you'd like even more help and inspiration manifesting your dream life, join my Manifest Your Dream Life Academy [here](#).

RADICAL SELF-LOVE IS LIFE-CHANGING.

Tara Meyer-Robson is the author of the award-winning book *The Flow Method: 40 Days to Total Life Transformation*, a program that transforms the mind, body, life, and spirit with one personalized process, and is an internationally-respected mind-body coach and speaker who uses her own empath nature as a gift throughout her work, helping others to heal.

She teaches people how to translate the message behind any pain or illness they are dealing with in her ground-breaking course, *Body Language: Deciphering Your Body's Clues so You Can Heal*.

She is also the founder of *The Empath Institute*, the leading online training program giving Empaths the help, coaching, and resources they need to go from exhausted to empowered.

To find out more about Tara's work, schedule a session with her, join upcoming group coaching sessions, learn about her upcoming coaching certifications, or find out if you are an empath, check out www.TaraMeyerRobson.com. You can also find Tara on [Facebook](#), [Pinterest](#), [YouTube](#), and [Instagram](#).