

Unshackle A New, Better You In 21 Days



Disclaimer

The information contained in this eBook is offered for informational purposes solely, and it is geared towards providing exact and reliable information in regards to the topic and issue covered. The author and the publisher does not warrant that the information contained in this e-book is fully complete and shall not be responsible for any errors or omissions.

The author and publisher shall have neither liability nor responsibility to any person or entity concerning any reparation, damages, or monetary loss caused or alleged to be caused directly or indirectly by this e-book. Therefore, this eBook should be used as a guide - not as the ultimate source.

The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or printed format. Recording of this publication is strictly prohibited, and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The author own all copyrights not held by the publisher. The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are not affiliated with this document.

Table of Content

<i>Introduction</i>	5
<i>Day 1 – Become Self Aware</i>	6
<i>Day 2 – Know Your Limits & Desires</i>	9
<i>Day 3 – Define Your Mission, Vision, Goals</i>	11
<i>Day 4 - Rewrite Old Beliefs</i>	13
<i>Day 5 – Take Care Of Your Emotions</i>	16
<i>Day 6 – Develop A Positive Mental Attitude</i>	18
<i>Day 7 – Invest In Yourself</i>	21
<i>Day 8 – Practice The Forgiveness Exercise</i>	23
<i>Day 9 – Protect Yourself From Yourself</i>	25
<i>Day 10 – The Power of Visualization</i>	28
<i>Day 11 – Practice Self-Love</i>	30
<i>Day 12 – Recite These Mantras To Raise Your Self-Worth</i>	31
<i>Day 13 – Declutter Your Life</i>	33
<i>Day 14 - Develop The Habit Of Saving</i>	35
<i>Day 15 – Live A Comfortable Lifestyle On A Budget</i>	37
<i>Day 16 - Build Healthy Relationships</i>	39
<i>Day 17 - Protect Yourself From Emotional Manipulation</i>	41
<i>Day 18 - Practice Self-Control</i>	43
<i>Day 19 – Live Healthily</i>	45
<i>Day 20 - Think Excellence</i>	47
<i>Day 21 - Take Action</i>	49

Introduction

Thank you for downloading the “*Unshackle A New, Better You In 21 Days*”.

Everyone wants to become a better version of themselves. Both men and women, alike, desire to become greater versions of who they currently are. It is either a person wants to become healthier, wealthier, wiser, stronger, or more attractive to the opposite sex.

No matter who it is, I can assure you that they are thinking of how to make themselves better in some way, shape, or form. This is simply because no one is totally satisfied with themselves and everyone knows they have room for improvement.

Sadly, though many people want to become better, they find it very hard to do just that. Well, there are several reasons for this.

First of all, many people do not know where to start. Second, they do not know in what direction to turn. Third, many people find it very difficult to maintain on a set path towards self-improvement. Fourth, many of these individuals become distracted and discouraged too easily. To sum it up, there may be obstacles on the road to a better you.

In this special guide, I have shared twenty one exercises and vital steps anyone can take to becoming a better in terms of how they live their lives. These factors are directly related to the various aspects of life as we know it. You should make sure to practice these daily as explained.

Let's get started!



Day 1 – Become Self Aware

"Know thyself" was the famous injunction over the entrance to the temple of the Oracle in ancient Delphi. I wonder how many of those who went there to learn of their fate were really aware of the potentiality of that statement.

You know that you have bad attitude, lack of skills, overweight, etc. Yikes! That can feel harsh and may get you angry enough to take action but times are changing and most people 'DESIRE' is all around happiness even when they are on their journey.

Becoming self-aware is the key first step for anybody wishing to achieve personal inner healing, or a change in themselves, in how they are with others or in what they wish to accomplish.

Being self-aware is a vital tool in self-help and personal growth, can utterly change your life for the better and enable you to enter wholly new realms for experiencing a vastly more contented and effective quality of life.

At another level still you can if you choose enable yourself to enter the powerhouse of the temple of your own Being, as meditators and others have known for thousands of years.

Your first action for the day is to bring 5-10 minutes of dance! When you dance your body can become the oracle into your inner being. Learning it's messages to create a sacred space "within", is your temple. Grab your journal and write down your message.

Let your body be your guide!

If your body doesn't want to dance that is a message and you can start with swaying your shoulders back and forth. Unwind all the tension that you are experiencing.

The journey will be connected to the universe and all that is in alignment for your highest good. Here are the elements and energy we will be working with! Get excited to see miracles happen!!

Element: Earth ~ Tree pose ~ Branches & Leaves swaying ~ Grounding

Nourishment: Colors ~ Brown ~ Red

Chakra: Root

Yin: Receive



Day 2 – Know Your Limits & Desires

Yes. There is definitely a limit to things and a limit to what you can do and what you actually have energy for.

But the question here is have you really reached your limits? And to answer you, I dare to be telling you no... you have not! In fact, I have seen many who gave up without even actually even trying. Or perhaps to them, they have already tried more than just hard enough?

The very fact is we do have the capability to overcome the problem but sadly to be saying, many just do not know how to put forth their inner ability to use.

You see, to begin off life way back into the past, survival was only made possible through the discovering and understanding of one's strength and ability. And this understanding is not achieved in just a day but through numerous of harsh and dangerous experimenting to overcoming of obstacles after obstacles.

But in this modern day now, many just simply give up trying upon meeting of some obstacles and which some are not even considered to be an obstacle at all.

DAY TWO ACTION- Make a list and write out your desires. What excites you? What gets you moving? What do you want? Focus on your energetic levels and this new beautiful UNSTOPPABLE you!



Day 3 – Define Your Mission, Vision, Goals

So many people go through their lives like rudder-less ships - without clear direction, and are literally subject to storms and winds in the sea of life. Lack of direction can often lead to feelings of stress and anxiety, poor concentration levels, lack of confidence, and living life from a place of being reactive rather than proactive.

Your journey to success must start with creating a compelling vision of what you want and where you want to be and a clearly defined mission, that cause which arouses the passion to keep you going when times get tough. Also you should have a goal of breaking down your vision to plan.

Goal setting... Lets get more of the juice out of life! Next ACTION! Intitial or write next to the prompts what makes life worth living and YOU happy! Here is a couple examples of my list. Feel free to add more.

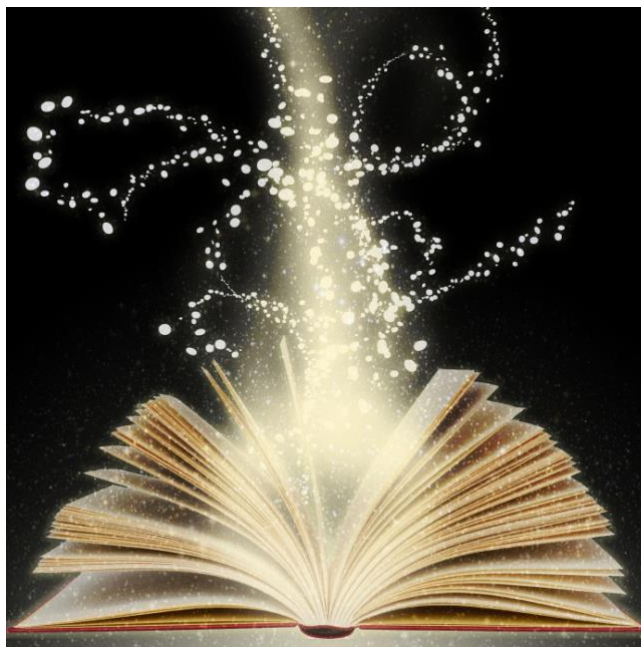
- Gives you purpose
- Motivates you to take action
- Boosts your self-confidence

- Helps you do more in your life
- Makes you better at what you do

Basically, setting goals is how you optimize your life.

The best known method and in fact the most followed principle when it comes to setting goals is following the SMART technique. Most businesses follow this mantra and find success. People have also applied this technique to weight loss goals, study goals, etc. and found immensely satisfying results.

We want you to feel less stress while you are on your journey living your best life!



Day 4 - Rewrite Old Beliefs

Your beliefs will set you free or keep you trapped in a self-imposed prison. A belief has power, assigned through thoughts and emotions. When repeated often, it occupies space in your mind, producing powerful emotions.

Beliefs are formed between the ages two and six, an impressionable time. It is the meaning we ascribe to the events, not the event itself that fuels the belief. For example, if your parents criticised you when you were young, you may have formed the belief, I'm not capable.

Though, this is one version of the truth based on your interpretation. I'm not suggesting it's your fault to adopt this belief, however we are meaning-making machines. We look for meaning in events to make sense of the situation.

Your mind searched for the meaning behind the criticism and concluded you mustn't be capable. But is this "the truth" or one possible interpretation?

Many people hold similar beliefs through adulthood, which keeps them trapped in a mind-made prison. Thinking is a surface-level activity, while beliefs are embedded in our mindset and run automatically.

If you want to run the latest software on a new computer, installing the Windows 2.0 operating system (released in 1987) is impractical. Modern day computers are equipped with technology too advanced for software designed three decades ago.

Yet, why do you give thought to the same beliefs based on one interpretation of events that took place as a child? Can you see how pointless it is? You've outgrown your childhood environment, yet you still carry the same beliefs as an adult.

Beliefs could be positive; which is about yourself, wanting to know the meaning of things, wanting to know about the past and future, or negative; bringing up blames, making up unnecessary comparison or criticism, living in the past, or even ego.

I love doing this work! This is where you define to the universe how you want to feel. How you want to be treated. Make this your sacred work and watch life and the universe collaborate with you instead of against you.

Here are a couple examples of my old beliefs that I thought were protecting me but they were keeping me locked up in a cage.

Old- If I get on a plane I will die.

New- I will get on a plane and relax. I will see the world and embark on a tropical adventure.

Old- I am stupid and will fail at public speaking.

New- I am very smart and wise and I have a lot of information that can help people feel confident, heal and be happy. Im excited to practice my speech!

Old- I am overwhelmed and can not handle life right now.

New- I am so excited for what life has to offer me! I know the universe has my back!

Do you see and feel the difference? These could also be your daily affirmations while you are transitioning. I Set a reminder on my phone. I love getting the reminder and it usual happens when I start to fall back into that old patterning.

One last optional step if you chose to take, is... write out all your worries, blocks, hurt and pain on to the paper and burn it. This releases negative stagnant energy!

Reprogram your brain and sit back and enjoy your life. It's all perspective so make it a beautiful one. This is your philosophy!



Day 5 – Take Care Of Your Emotions

Life happens, and your emotions are the expression of what is happening to you. Over the course of your life, you will experience numerous feelings. Many emotions will be familiar — those that occur on a regular basis and reflect the events of your daily life. Some will be less familiar, because the events these emotions express will be fewer and farther between, such as profound loss, tragedy, and death.

Mastering your emotions is not only your personal responsibility, but is also a positive strategy for getting through life in the best possible way you can. When you have a healthy attitude about your feelings and how to express them, you are

better equipped to get through events well, rather than feeling each time strong emotion hits that you are overwhelmed and incapable of handling the situation.

It's time to step into and embody full gratitude and appreciation for your emotions. E-motion is what fuels the thought and launches out what you want in life. Life can throw you negative experiences and society is so fast pace now it's hard to find the time to grieve or honor these emotions. What does that even look like. How I stay high vibe and still honor my emotions is diving deep into appreciation.

ACTION: Write out how this emotion feels. Next, dig deep and try to find the gift of this emotion. What it is trying to tell you? What do you appreciate about this emotion? If this emotion is linked to a person what do you appreciate about that person? What has this person taught you? Whoohoo!! You deserve a magical rest outside relaxing and listening to the birds chirp or some lavender tea and chill.

Great job going deep!! I new appreciation for your emotions create powerful and magical experiances.



Day 6 – Develop A Positive Mental Attitude

Having positive thoughts is one of the main keys to Success. Thoughts attract things, circumstances and people towards us. Through the Law of Attraction our dominating thoughts creates the life that we live in. As ether travels through air, as music travels from the radio station and is received through a certain frequency in a transmitter, our dominating thoughts create our world.

We become our own creator through our thoughts. Whether we realize it or not we're responsible for what has happened in our life, what is happening and we're responsible for what we are about to experience in our lives.

Our dominating thoughts are the medium which we attract what we desire. Unfortunately most of us have let this go autopilot. As mentioned in the previous chapter on Discipline and self-control, we've failed to take possession of our own mind.

The undesirable circumstances that we experienced are not the conspiracy of some power that wants to punish us. Rather it's the outcome of our own continuous thoughts and beliefs. Negative thoughts attract negative circumstances and positive thoughts attract desirable circumstances.

Thoughts of fear, hatred, jealousy, worry, doubts, anger etc. creates circumstances that reinforces these emotions. Thoughts of love, gratitude, self- confidence, faith, happiness brings about similar circumstances. Prosperity consciousness creates a conducive environment for growth while scarcity consciousness attracts only limitations in life.

Dwelling in self-pity and wallowing in worry and complaining of past and current negative situation have never helped nor will help anyone. That's the law and that's the way it is and that's the way it will be! We can both go against the nature's flow and perish or we can go along the nature's flow and flourish.

Yay!! It's time to get excited to turn the channel to Receiving! Do you remember the song "Don't worry, Be Happy Now." It sounds funny but it drops major wisdom and gets you out of a funk.

DAILY ACTION: Pick a song that has some deep high vibrational words that are positive. Anytime you feel a yucky annoying feeling hit play and change your tune. Today is not the day to go deep. Let's keep it high vibe & shine!

Raise your vibration to a GRATEFUL one. Jot down 3 things you are grateful for.
Relax and ride the wave.



Day 7 – Invest In Yourself

Most of us strive really hard to achieve success in our lives. However, little do we know that most successful people have achieved an immense amount of success only after investing in themselves. This investment is on a mental, physical and financial level. Thus, investing in yourself through personal growth can be the key to success. Because the reality of it is that people have innate desire to be successful, prosperous, and ultimately happy.

When you invest in yourself whether it's hiring a life coach, business coach, or mentor, you open yourself up to learning new things. You position yourself to be in the company of other people who know more than you, or who have been there done that. You also make room to stretch yourself out of your comfort zone.

You make room for others to invest in you. Now, this may sound cliché, but you can't expect for someone else to invest in you and see the value of you when you don't even invest in yourself. Remember, you are your biggest investment.

The best investment anyone can make, if not the only one that will directly make the most impact in your life, is to invest in yourself. This is a key to success if you want to achieve any type of goal in your life, business, career, or anything concerning your life. Too many people invest in so many other things but always forget to invest in themselves which support the premise that there are only a few who are truly content in their lives. So here are simple ways you can do to better yourself.

DAILY ACTION: No matter how big or small what is one thing you can invest in to get you closer to your results and feel better. How would it feel to have that goal accomplished?

If you are in pain and stressed what it life be like to have so much energy and thrive.

What about Investing in something inspires and gives you that good vibe feeling!

What about a couple new tops that bring out the essence of your HIGHEST self!

Have fun!!



Day 8 – Practice The Forgiveness Exercise

Without forgiveness you will always remember issues that made you sad in the past thus hindering you from being happy.

Without forgiveness you will always be stuck in the past.

By forgiving we let go of bad experiences that took place, forgiving actually helps ourselves more than the people or situations we are forgiving.

So always forgive yourself and forgive those who hurt you then forget and move on to create a more happy future.

ACTION DEEP DIVE: YOU GOT THIS!

Write the scenario that replays in your mind that connects to your situation today.

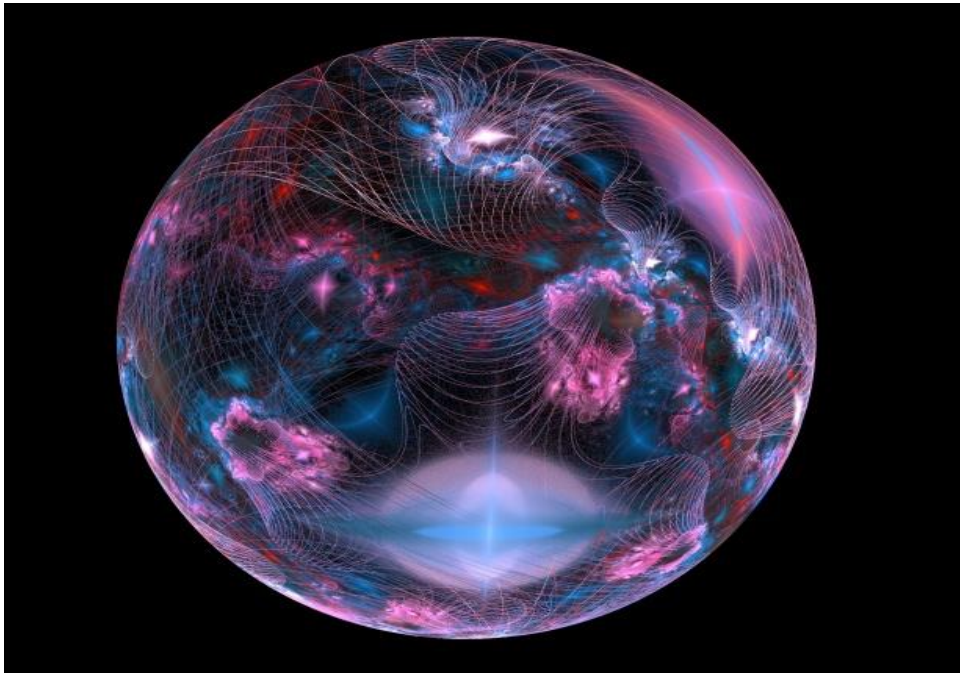
Write how angry you were and are.

I am angry...

What is positive that came from this situation?

What is negative?

What did you learn?



Day 9 – Protect Yourself From Yourself

Your future self is much more important than your current self. So you need to make decisions to help your future self (and also to help your future self make decisions).

From time to time, practically everybody sabotages themselves with needless emotional miseries. You can stop these unnecessary stresses.

Build a happier and sturdier lifestyle on four mutually supporting pillars of psychological strength: resilience, competence, confidence, and tolerance (acceptance).

Use recurring problems as channels for strengthening the pillars. We'll use overcoming upset as an example. You can substitute whatever recurring emotional problem that plagues you.

One thing most people do to help their future self is to learn. Building knowledge and understanding will make your future self much more valuable. There is always cost to your current self (you are spending time learning rather than doing something else you currently enjoy more), but if you pick the right thing to learn (something you really enjoy), the trade-off is small.

Daily Action! Make miracles happen!!

With the pillars in mind let's create some affirmations. You have deep dived into your healing the other days and now it's time to put the cherry on top!

Take some of these examples to get inspired in creating your energetic shift that is in alignment with the pillars above.

- When life gets tough I get stronger and create a beautiful healthy, wealthy and happy life.
- I have the knowledge to create a product that will help people and the earth.
- I have faith in myself that life is in my favor and the universe is on my side.
- I COMPLETELY accept myself.



Day 10 – The Power of Visualization

We all have different dreams and goals that we want to achieve in our life, sometimes they become reality and other not. What we need to do to reinforce our dreams and goals is to use the power of visualization as a tool to help up make our goals reality.

Why should you care? Many people go where life takes them, they have no control over what they do, they just feel that their life is their destiny and they follow along. Those people rarely achieve something great or even their goals, what you have to do is take charge of your life, where do you want to go? What do you want to achieve? What who do you want to be?

Once you have a clear vision of your goals and desired dreams it's time to put them in action. The first thing that you have to do is to use the power of visualization. Visualization will help you see how it feels to achieve your goals and what exactly are the circumstances that you want to have.

When using visualization as a tool, your whole body and mind are in balance creating and feeling your goals as if they were real already. This will create confidence in you and make your mind and body work towards your goals no matter what, your subconscious mind will be working with you, not against you.

It's very helpful to practice visualization from time to time so you can reinforce your goals or change them if you want. Feeling your goals will make you take action to achieve them and create a sense of confidence.

You got this!! Take 10 minutes to focus on these concepts. Take your daily dose of AMAZING action!

Find a quiet place, breathe deeply and then start visualizing your goals, with your emotions, feeling, smell, touch and feel as if you were there already. After you finish your visualization practice, you will feel more motivated and confident to go for it.



Day 11 – Practice Self-Love

Today, though, we're reflecting on the type of self-love which recognises that making decisions to look after ourselves means taking responsibility for our own health and happiness. When we do that everyone in our lives also benefits. I'd like to share some tips to help you manage the negative events, hurts and disappointments that happen in life which impact on our expectations and influence our view of the world.

- **Introduce 'reasonable' affirmations:** Saying 'I'm gorgeous/beautiful/perfect' is enough to give many people a bad case of indigestion, but being reasonable in our self talk enables us to say something like 'I am taking positive steps everyday', 'I am moving towards my goals and feeling good about myself'. Find something positively phrased, that sits well with you and repeat it daily. This practice can help to change your mindset and overcome years of unfortunate conditioning.
- **Do things that you do well:** Even, in fact especially, in a busy life, it's important to schedule time for things that you're good at, so that you remind

yourself how capable you are. Playing sport, baking a cake, doing some handiwork, even helping someone out are all ways to boost your self-love and bolster your confidence and self-esteem.

- **Be gracious in accepting praise:** So many of us are embarrassed or uncomfortable about praise or compliments. Instead of shrugging it off smile, be gracious and absorb it. That way everyone concerned feels good.

Self-love engages all the different elements of your life. When you establish strong roots the tree will grow confident and firm, able to weather the storms that come its way. Then, when you look in the mirror, you'll see a positive reflection that's vibrant, joyous and ready to break out of the limits of its frame.

Action: Go ahead and write some of these affirmations on a sticky note or in your phones calendar. Set an alert that reminds you that you are doing your best!!

Day 12 – Recite These Mantras To Raise Your Self-Worth

Self-worth is your ability to appreciate, accept, and value yourself independent of success, failure, or the opinions of others. It means having an overall favourable opinion of your self, believing in your right to feel good, and therefore choosing your thoughts, actions, and expressions based on the belief that you matter.

If you plan to achieve your goals, whether they are goals of weight loss, ending emotional eating, or overcoming stress, sadness, or depression, you will also need to build a valid sense of self-worth. While self-worth is not about your achievements, it is about spending energy and effort in pursuits that are meaningful to you and your happier life. When you feel worthy, you feel motivated to make behavior choices that support your overall goals of success and joy.

Here's how to do it: Pick a powerful mantra below and for the next few days, take a couple minutes each day to look into the mirror as you say these transformative words into your reflection.

- I am strong. Use this when you think you can't make it through pain.
- I can do this. Use this when you're exhausted and overwhelmed.
- I've got this. Use this when you think the outcome is not in your favor.
- I'm worth it all. Use this when you ask for something big and have worked hard for it.
- Universe or God is on my side. Use then when you need a blessing or an angel. Drop in a connect to pure love.
- Today is my big day. Use this when you lose sight of your purpose.
- I am a success! Use this when you doubt the path you've chosen for yourself.

Try these out or create your own! Allow your self-worth to rise up and meet your biggest dream. Self-worth is your right to live and be happy. Read these mantras and you will find that you have set into motion forces that allow you to deepen your sense of self-worth. You deserve the best! Live your best life!



Day 13 – Declutter Your Life & Energy

Whether you are a minimalist by choice or forced to reduce your possessions because of limited space, you may benefit from these ideas for making space in your home by reducing clutter, optimizing the space that you have, and creating versatility in your storage areas. Keeping things simple can be a rewarding venture, both physically and spiritually.

Many people who rid themselves of excess possessions find that their life is less cluttered, less complicated, more predictable, and more comforting. Minimalists report that it is much easier to organize and the simplify life has many rewards.

Simplifying your life can even have financial rewards. As your priorities shift from buying things that you like to only buying things that you need, you'll notice

yourself getting pickier about what you buy. You will not want to clutter up your limited or organized space, so you will only buy things that fit, purge old cloths are of a high enough quality to last, and that you know you'll love.

Buying only quality products may seem more expensive, but the money you save on frivolous spending and replacing junk will more than cover the few investments that you make.

Decluttering your life and instilling order and harmony in your home are two of the most amazing things you can do for yourself and your loved ones! The after effects of decluttering are amazing. You feel emotionally rejuvenated and your spirits are lifted to greater heights. This is one of the reasons why you might feel stagnant or tired. Tune into the highest version of you and what She/He wants. Once you add this into your life the harmony will light your inner and outer being. Become the master on how to declutter your life.

Take Action: As you drop into what your results are, feel this presence. What feels blocked or is clinging to you? In this space what do you want to create? Focus on the result for 70 sec. Take this energy and clear out your space. This could be your wallet, shoes, shirts, or fridge. What block came up in the body? Clear everything that is associated to it.

You want start feeling good and confident!!



Day 14 - Develop The Habit Of Saving

A penny saved is a penny earned. Developing a habit of saving money requires selfcontrol and self-discipline. Your relationship with money is a partnership. It is important so you can create the future or have the flexibility to do the things you enjoy. Trying to get a mortgage or car loan will be difficult if your not in a healthy relationship with money. According to the Huffington Post 50% of Americans have less than \$500 in their savings account. How can this be when we are one of the richest countries on earth?

If you don't have a savings account and/or an emergency fund the blame would be on you. According to some financial experts you should be saving 10% of all your income. If you have been working for 10 years at an average income of \$46,000 per year according to statistics. You should have \$46,000 liquid cash in your savings account.

I am not speaking about 401k's, pension, or other retirement plans. I am talking about cash money. You are red lining your finances if you don't have an emergency fund of at least \$1000. You risk going into debt when unexpected emergencies happen. Ideally you should have 6-9 months of emergency funds stashed away.

Invest the rest of your cash in income producing assets. Explained below are ways to develop a habit of saving money:

- Decide To Save : Make a decision to start saving money.
- Make Your Savings An Expense: Pay yourself first. Treat your savings like your car ; note, credit card bill, or mortgage payment.
- Pay Off Your Debts: Some experts say that you should pay off your debts first. From my experience I say do both.

Develop a habit of saving money now. Your home based business depends on it. A habit of saving money is the best way to take care of emergencies, unexpected expenses, and it gives you the ability to act when business opportunities arrive. Take action and start with one or all three! This is something that most of us put off. I give you the permission to get this over with to prevent disaster!!



Day 15 – Live A Comfortable Lifestyle On A Budget

To make sense of all the financial turmoil swirling around us today would take way more than the average citizen can comprehend. Regardless, one thing that everyone can think through today is under the title "Frugal Living".

As we hear some say that, in order to get out of debt we must first go further in debt, common sense would say just the opposite. That is the purpose of this guide; to get us to think frugally and live good on a budget.

To the common, everyday man or woman on the street, it appears that many corporations and banks are deemed "too big to fail" and thereby get a "helping hand" from good old Uncle Sam. But what about you and me? I think most would agree that, in the big picture, we are pretty much on our own. So, let's take a look at what we can do to stave off the pending "adjustments" that are sure to come.

Budget is a plan that helps balance your spendable income in your spending. It could be your monthly, quarterly or yearly income.

Some of the reasons you need to live on budget includes:

- To ensure that your spending is not greater than your income
- To keep you away from debt
- To avoid establishing a lifestyle far beyond your ability to pay.
- Your partner will be happy knowing that you can manage the family income well
- To prevent tension as a result of not being able to take care of the family needs.

Do not allow the unexpected issues of life to throw you off from your intensified goal of becoming financially free. You should go shopping on budget that you have set aside and stay focused.

ACTION: Simply acknowledge the area of your life that you need to cut back on. What doesn't fully satisfy you should be cut out. Here are some examples: Cutting out Starbucks, eating out, shopping online etc.... Create the amount that seems reasonable for you to spend.

The money you save Invest!

If it's not a healthy choice let it go.



Day 16 - Build Healthy Relationships

Being wanted and needed by other people is vital to personal health and happiness. Still, it is only one side of the golden coin. What is the other part? What is just as necessary as having someone to like us? It is having someone to like.

As Douglas Jerrold wrote, "It is the beautiful necessity of our nature to love something." Every individual needs someone upon whom he can release affections, kindnesses and services.

Healthy relationships are very hard to establish. When you know the secret of healthy relationships, you will be in a position to live a wholesome life that is filled with pleasure and fun.

Relationships are the cornerstone of society and, we all need to look for friends who will compliment your life. There are several things that will ensure that you get the relationships you are looking for. There is nothing more special than looking for friends who will enable your life become worthwhile and better.

One way to achieve this casual sort of acceptance is to give people credit for the roles they do play; appreciate them for what they are, and don't be distressed over what you think they should be.

Respect Privacy: The more you take the other person as he is, the more you will understand him. And the more you grasp the way he works, the more influence you are going to exert. People themselves will tell you how to win them over. But you have to listen.



Day 17 - Protect Yourself From Emotional Manipulation

Most people are empathetic, unless they have a personality disorder, and they understand that emotions are sacred. To be taken seriously. Most people agree that it's morally unethical to toy with someone else's emotions.

But some people-notably narcissists and psychopaths-find emotional manipulation to be a useful tactic in gaining control or domination over others. Emotional manipulators (EM's) have such a distorted view of their own importance in the world that they have no qualms about playing harmful mind games with other people. In extreme cases, that's just what it is-a game.

Often these people are so skilled, you don't realize they've been hurting you until damage is done. That's why it's important to understand these tactics to minimize the chance of someone using emotional manipulation against you.

Emotional manipulators can make you feel confused, unsure of your own feelings and even cause you to lose self-esteem. For example, if Emotional manipulator forgets your birthday, and your feelings are hurt, they will make YOU feel bad when you call them on it. "How can you be mad at me when I've had so many other things on my mind? You know the stress I'm under, and now you're giving me even more stress." Suddenly you're babysitting someone else's angst when you are the one who was slighted.

Another classic tactic Emotional manipulators will use to confuse you is when they agree with a plan and then undermine it. If, for example, they have promised to support you going back to school, and will do more of the household chores in support of your goal, watch out.

The consequences of succumbing to Emotional manipulator can be devastating, so it's important to be able to identify them and the tricks they use to control you.

ACTION: Protect your energy by giving back others their energy. When you feel your mood drop, you feel sad or angry after someone said something, they probably dumped their own SHISHHHT on you.

Practice feeling that energy in your body and say “ I send all this negative energy back to sender with love and light”.

Return to sender, Return to sender, Return to sender. I am not obligated to carry the weight of your issues.

Notice your energy through out the day.



Day 18 - Practice Self-Control

Self-control is the “balance wheel” with which you control your enthusiasm and direct it where you wish it to carry you. This lesson will teach you, in a most practical manner, to become “the master of your fate, the Captain of your Soul.”

The greatest challenge we will face in life - in fact, the very purpose of our existence - is to learn how to overcome the natural tendencies within us and to develop selfcontrol and discipline mentally, physically, emotionally, socially, morally, financially, and spiritually.

The difficulty of this necessary task should suggest the importance of the effort - for all things worthwhile require great work, discipline, and persistence. It is important to remember that the laws that govern self-control and discipline are the very same laws that dictate and determine success - namely: desire, belief,

commitment, an organized plan, daily action, learn from and not repeat mistakes, persistence, and to never give up!

We need to learn to discipline ourselves mentally and spiritually, the reality is that the message and principle apply to anything in life that requires us to exert more self-control and discipline - overcoming an addiction, eating properly and exercising often, being morally clean in thought or action, achieving a goal or dream, or perhaps even being more disciplined with our finances and spending.

The task at hand is difficult and will absolutely require daily effort and discipline; however, decide now to welcome a new life mentally by controlling your thoughts and natural tendencies, and overcome life's great test by converting those thoughts into consistent actions that create character.

ACTION: Alchemical Process

Negative thoughts or feelings can lead to an up-level of character.

Who is this new character? What thoughts does he/she think and how do they act?

Create and write 3 boundaries that will help you not get distracted by other people.

When you have dreams, goals and determination that can sometime attract the negative nellys and road blocks.

I found that sometimes just writing out these boundaries was enough and no uncomfortable conversations needed to be had. Establishing these energetic boundaries will help you and your greatest version GO PLACES!



Day 19 – Live Healthily

Everyone knows that good health and staying fit is something to be treasured and respected, but few make a conscious habit to pay attention to their health until the red flag appears which in most cases signifies really poor health conditions.

In fact, a lot of people throughout the world are so concerned about weight gain and weight loss. Millions of people everywhere are obese and suffering many different health consequences because of it. When such ill health conditions become apparent, they generally scramble to try and correct it however sadly more often than not these conditions are irreversible.

Some people even have trouble deciding which weight-loss plan is going to work for them. They can't make a solid plan or they fall victim to "snake-oil" cures like diet pills and ridiculous fad diets. In this book we're going to tell you the truth about weight gain, weight loss and what you can do to choose the perfect plan for you.

Although there is a lot of material available for all types of individual healthy lifestyle and diet scenarios, all one needs to do is to find one or a combination of styles that most suits the needs of the time.

You can start by detoxifying your body, drinking enough water daily, eating balanced diet, etc.

Daily Action: If you are on a diet or thinking about eating healthier already. What area in your diet can you up-level?

How can you make your life easier by pre-planning 3 healthy items ?

Go ahead and plan 3 to 5 days out and make it healthy and delicious!

Fuel for your body!



Day 20 - Think Excellence

Welcome to the world of excellence! Success and excellence usually go hand in hand, and the beautiful thing is that excellence can be achieved in almost anything! The key is to identify and define what your pursuit will be!

What your so-called chosen path will be is not for anyone else to determine because it, when done the right way, is about you, what you love to do, and, of course, what you're good at doing.

Doesn't it just make sense that if you follow something that you're really good at and that you also enjoy, that it will make you that much more successful in the end? You bet it does!

The issue of excellence that I'm talking about here has two very important elements, being good at something and being passionate about that same something. This combination is a great asset in the world of success, especially when it's a path that you have set for yourself! So what do you look for in a pursuit?

Anything that you really love to do and happen to be good at should be right at the top of your list for pursuits of true excellence.

Next on your list would be things that you love to do that you feel you could develop as a skill, turning what may now be a hobby into a lucrative pursuit of excellence.

Last, we have things you are good at but you don't really have a passion for.

These things can become pursuits of excellence but be careful about pursuing things that really don't interest you, no matter how lucrative they may be. There's more to overall success than just money.

LET'S TAKE ACTION! Today you are about to find clarity in your OWN magic. Let's keep it simple and create your list.

- 1) What do you love to do and happen to be good at?
- 2) Walk through the day and see what makes you happy.
- 3) Write out your whole day. Your story is your and you can make it a delicious one! How good can you stand it? Trust me you can stand more! Open up and get ready to receive all that you deserve!!



Day 21 - Take Action

Move from words to action. Taking action is critical but it's not at all for the reasons you might think... Action is necessary to create success, yet sometimes action is the very thing that keeps us from winning the big prize. To avoid this trap you need to know the real reasons behind taking action. Taking action does not change the world - it changes you. It makes you translate the plan to reality.

Understand this; to begin off, there is never a thing called ruler or even pencil that exists. And to draw a straight line, we simply make use of stones to draw against rock. And will we be able to get a perfect straight line? No way, isn't it?

Precisely! And this is how's life has always been. There can never be a perfect smooth path in life too. A perfect life? No way is life going to be just perfect. In life, there is bound to be obstacles after obstacles you are going to meet.

To achieve success in life, you must be prepared to face them.

Now, think back again. Have you really tried hard enough? Have you truly reached your limits of your ability?

Seek the correct understanding of life. Give yourself the chance to know the true you within yourself. There is definitely more to what you can achieve.

And take action today! What 3 things can you take action on? Pull from your notes and insights that you have gathered along your journey.

Start watering your future and live in this magical moment! Mary Weaver 2019

© Mary Weaver 2019
