



Lesson 2:

Action Guide

So, I've spent over 20 years working in corporate and having the "dream job." I bought the house that I was supposed to purchase because everyone told me it was what you were supposed to do in your thirties. I got married and had a child a few years after that. In my early forties I looked up and wondered where my life went - and every time I talked to someone new about living a life they loved, my first thought would be:

"Are they really happy... or are they just pretending like I am?"

Because no matter how cool your car is or how many people tell you how beautiful your house is, it just doesn't matter if you are sleepwalking through your life. Never stopping long enough to take stock of your own happiness. And that's why I teach my five-step system to transformational self-love. When you are able to love yourself, the safe people around you and the experiences that keep life interesting you will truly have heaven here on earth. Below I have listed the steps so that you can take stock of your own life and decide if you are tired of pretending and ready to begin living a life you love.

Step #1, there's identifying the [Eruptions](#)... this is a great place to start because this is where you reflect on the traumatic events that have plagued your life. It's where you begin to see your self-esteem diminish. These life-altering events aren't always the most obvious ones. They could be a conversation that you never got over, a situation that everyone else thought was no big deal and that you should move on, get over it and pick yourself up. But for you these events left you feeling like you weren't enough, that bad things seemed to always happen to you or that somehow you did something to deserve the outcome.

The second step is removing the [Rocks](#) of negative self-talk because of what has happened in your past. When you allow the rocks to take hold, you begin to model what the world expects of you instead of being who you were meant to be. It's where you begin to believe the negative comments and give no consideration to the fact that you are a brilliant and amazing human being.

Third, is recognizing that we all need a [Support](#) system, people you can turn to that will hold you up when all you want to do is lie down. These are the professions that will help you to work through your problems and give you the tools to see that there is light at the end of even the darkest tunnel. For some, this is a higher power that they can lean on when they need to have faith in something other than what they can see and touch.

The next step is putting in the [Work](#) – once you recognize the steps you have to take to walk past your fears and feelings of inadequacy, this is where growth happens. It's where you see a glimpse of what is truly possible. All too often it's easier for us to live in our failures because it proves that people were right then to take the risk of being awesome and shining in your own light. Often we say we want the light but so many times we fear that it will be too bright that it will be too hard to keep up. The funny thing that people don't realize is that being yourself comes naturally; it's much harder to pretend to be less than you actually are than to just be your most magnificent self.

The fifth and final step is the [Polishing](#) – this is where you finally see how amazing you are. This is where you reap the benefits of your hard work. When you can shine for all of the world to see and you refuse to diminish your greatness because you are unapologetically happy with who you are is when your true purpose begins to reveal itself. Purpose looks different to each and every one of us, but you were put on this earth with a gift to share with the world. It's just up to you to find out what that gift is.

The Polishing stage is almost magical in its power, but it's more advanced... So it's not the first step that we start with, but it is the one where your transformation finally takes hold.