

21 Days to **I LOVE ME**

It's very hard to give the best of ourselves and be the best of ourselves when we have forgotten who we are and what we love. Below are 21 seemingly simple steps to get you back in touch with who you are, what you love and what makes YOU happy but with huge results and shifts in yourself that will surprise you! Pay attention to the little things because they each add up to the one big thing—knowing and loving YOU!

DAY 1 - WHAT COLORS MAKE YOU HAPPY AND BRING YOU JOY?

As you know, I love corals, pinks, yellows, and oranges in my wardrobe but my home is a different story. I like my home to be calming and soothing with white and tan colors throughout. What's your favorite color and where can you bring it into your life?

DAY 2 - WHAT MUSIC STIRS YOUR SOUL AND MAKES YOU FEEL ALIVE WHEN YOU HEAR IT?

What are some songs you love but have forgotten about? Just the sound of their very first note can send you in the direction of an entirely different mindset. What songs move you and give you all the feels? Write them down. Create musical playlists that you can turn on at any time. Maybe one for dancing, or for relaxing, or music you like to listen to while cooking or maybe something romantic. Stir your SOUL!



DAY 3 - WHAT FRAGRANCES BRING YOU JOY AND MAKE YOU FEEL ALIVE? WHAT SMELLS MAKE YOU WANT TO CLOSE YOUR EYES, STOP, AND TAKE THEM IN?

Did you know that olfactory memories (smell memories) last the longest in our minds? In other words, we could forget a person's name from 20 years ago but we could still remember the smell of their home.

We are awakening your senses and bringing you back to feeling the most alive you can possibly feel. Your colors, your music, and now what smells do you love? Coffee? Cupcakes? Pine? Fresh Laundry? Vanilla? Musk?

DAY 4 - WHERE IS YOUR FAVORITE SPOT?

A chair in a room upstairs or a rocker on a porch. Maybe it's not at your home but it's a bench in a park or sitting under a favorite tree. Where is YOUR spot? Think of a place that is only yours where you can pray or read or just be.



DAY 5 - WHAT SONGS MAKE YOU GET UP AND DANCE?

I know you're thinking, we just did music, but this is a different category of music...

There's a difference between hearing Pavarotti's *Nessun Dorma*, stopping and feeling your body draw near to tears in the hypnotic sounds of his voice versus standing in a grocery store and hearing the Gipsy King's *Bamboleo* come on and you start a little salsa as you glide down the aisles.

DAY 6 - WHAT IS YOUR FAVORITE FEATURE ON YOUR FACE?

Loving yourself is about loving the things that stir your soul, but it is also about loving the way you look and loving your body. I know for so many women looking into a mirror and being grateful is hard. We instinctively look and see all the things that are wrong or that we want to fix. Rarely do we just sit, look and say to ourselves, "I have pretty eyes, or skin or lips" or whatever it is. God created you uniquely. there is not another you in this world. You are his masterpiece whether you believe it or not.



DAY 7 - WHAT IS YOUR FAVORITE FEATURE ON YOUR BODY?

MY Body? My totally out of proportion large arms, my back fat, that area between my thighs...I could go on and on. I'm saddened at how bad our own self-talk has been at times. Sometimes I forget to come from a place of gratitude for a body that is HERE, is healthy and works (mostly, it doesn't run distances very well). In short, my body is a scrambled up, hot mess! BUT it's a glorious daily reminder to me that I'm here.

DAY 8 - WHAT DO YOU LOVE TO READ? WHAT BOOKS TAKE YOU AWAY?

What books do you love? If you haven't read for a while, ask what your friends are reading and jump in. Yes, audio books count, but dive into something that interests YOU.

DAY 9 - WHAT IS YOUR FAVORITE TIME OF DAY?

When is your sweet spot? Are you a night owl or a morning girl? When is your most powerful time of the day? When are you the best YOU? Try to plan to do your most important things in this space. Be intentional about what things you do during this time. Ask yourself, "what things in my day deserve the best of me?"



DAY 10 - TELL AT LEAST THREE PEOPLE TODAY THAT YOU LOVE THEM OR ARE JUST THINKING ABOUT THEM.

Have you ever listened to the "nudges" or "whispers" in your mind that happen randomly throughout the day? Have you reached out to those people that are very randomly on your heart and mind? Take just a few minutes to reach out today. No one ever regretted telling another person that they love them, care about them, and are grateful for them.

DAY 11 - TAKE THE EXTRA TIME TO DO YOUR HAIR AND MAKEUP ALL THE WAY TODAY.

There is something fun and exciting about sitting down and taking the time to really style our hair and put ALL of our makeup on. The kind we only reserve for special events. Sounds silly that makeup and hair could do so much but it can and it does. I worked in cosmetics for 10 years and literally watched women cry after doing their makeup because they forgot how amazing they could look.

Now before you get all worked up, let's be clear, YES YOU ARE ENOUGH WITHOUT MAKEUP. If you don't like it, don't wear it. You do you! I just want you to be aware that doing something as little as this can really change your mindset and emotional state and remind you of how much YOU love YOU! Remember, God thinks you are magnificent perfection no matter what, I just want YOU to remember it too!



DAY 12 - WHAT WOULD AN IDEAL DAY LOOK LIKE TO YOU?

No appointments, no to dos, what would this day look like for you? Now plan that in your calendar. You deserve at least ONE ideal day a year...but ideally, put it several times.

DAY 13 - WHEN WAS THE LAST TIME YOU PURCHASED NEW UNDERGARMENTS?

Undergarments you say? Yep. Your panties, your bras, your delicates...whatever you want to call them. When was the last time you bought new, PRETTY ones for yourself? Let's toss those old ugly things out and get ones that make us feel good about ourselves! I don't think we're supposed to wear the same ones for 17 years.

ANNNNNDDDD it doesn't just have to be something all girly. I have a girlfriend that bought me wonder woman panties when I was going through cancer and I still LOVE wearing them. Especially for special occasions!

You deserve to feel pretty and special. Girl, go get a new bra!



DAY 14 - WHAT IS YOUR FAVORITE WAY TO MOVE YOUR BODY?

Let's be clear, I'd rather be eating some spicy jambalaya than getting up and moving my body. I'm not a person that has learned to enjoy this thing called exercise. Nope, not even a little. But here's what I know, moving your body doesn't have to be miserable or come with a membership at a gym. What's your thing, how do you LOVE to move your body?

DAY 15 - PICK OUT A GO -TO OUTFIT YOU ALWAYS FEEL SUPER MEGA FABULOUS IN.

I want you to find your 1 super hero outfit. You know, that outfit that makes you feel like you can take on the day and make all things happen? That one. What is hanging in that closet of yours that you just LOVE? Start wearing it more, quit saving it, this is not a dress rehearsal.



DAY 16 - MAKE A LIST OF PEOPLE THAT FILL YOUR CUP WHEN YOU ARE IN THEIR SPACE. SPEND MORE TIME WITH THEM.

This one thing I know for sure—who you spend your time with matters. Your family, your friends, your co-workers, it all matters. Respecting and loving ourselves means that we spend time with people that lift us, fill our cups, and treat us well. We walk away feeling good after we've been with them, not worse. You are far too magnificent of a woman to be anything but loved and lifted, my sweet friend.

DAY 17 - WHAT IS YOUR FAVORITE MEAL?

Seems simple doesn't it? But for so long you have served and loved others so well maybe you have forgotten what it is that YOU LOVE. Appetizers, dinner and desserts! Remind yourself of what you love and whatever it is, have some!

DAY 18 - WHERE WOULD YOU LIKE TO TAKE A TRIP TO?

Not with the family or girlfriends, just a place YOU want to see, what is that place for you? After you really define it, then you can add in the people, but first it just has to be a place YOU want to go.



DAY 19 - DO YOU KNOW WHAT MAKES YOU FEEL LOVED?

This is not as easy as you might think because we are all different. I am not a gift person at all, I love words. Words make me feel loved, what makes YOU feel loved? Is it when people do things for you or spend time with you? Is it a kiss on the neck? What are those things for you? Make a long, long list and keep adding to it.

DAY 20 - TAKE A TEST OR MAKE A LIST OF WHAT YOUR GIFTINGS ARE.

We all have many gifts. Yes, this includes you! You have beautiful magnificent ones, but maybe they have slipped your mind through time and the busyness of life. You are created for a purpose with many gifts, it's time to let them shine.



DAY 21 - STAND IN FRONT OF A MIRROR WITHOUT CLOTHES ON AND THANK GOD.

Starting with the hair on your head, all the way down to your toes, thank God for it. I know, your face is wincing and your jaw is dropped, but trust me on this one. It's a miraculous exercise. Truly look at every single part of your body and THANK HIM. Yes, even your thighs and upper arms. THANK HIM! This is an emotional challenge but freeing. DO it often.



