



# *The* VALENTINE'S DAY BUNDLE

By: Kristel David



# MEET YOUR MENTOR

*Kristel David*



I am a soul purpose life coach, relationship guide, empowerment fanatic, keynote speaker, proud mamma of 5, and entrepreneur who also happens to be the partner of a former professional athlete. Today, vulnerability, authenticity and confidence in myself and my relationship are kind of my superpowers, but trust me, that was not always the case.

I am on a mission to reverse the painfully high divorce rate amongst professional athlete partners and inspire my fellow wifeys to have real trust, deep intimacy and tons of passion and fun in her relationship while she boldly chases her dreams and accomplishes all of her goals!

I do this through tons of free content on my social media platforms particularly my Instagram page @kristelcdavid and my Podcast HER Playbook!

I am excited to share a piece of that with you here!



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## HE CHEATED, NOW WHAT?

If you have experienced cheating and infidelity in your relationship, work through these steps and questions and make a clear choice as you move forward.

- Feel the feels. You have to heal the hurt or you'll bring it up for years and every time you're in the wrong you'll justify it and hold this over his head. You will go in circles. Never truly moving forward.
- Don't ask questions you don't want answers to. The truth hurt, but it will set you free. Knowing the details will cut deep but it is better to know the truth if you are going to keep wondering and asking. Give him the space to tell the truth.
- Learn from the cheating. What did he get from it. Who was he being. This can allow you to see where the gaps are if you do choose to move forward. Get intimate with what was missing for him to go looking.
- Don't go looking for more things in his phone. You'll only hurt yourself more. If you stay. You have to choose healing and trust. Not control
- Make a choice. Can you choose to be with this man and accept him, flaws, mistakes and all?
- Get 3rd party professional Counseling and or therapy as well as coaching can support both parties in the healing process and managing the wounded egos without making things worse rather than better.
- Seek God. Do not bring in 3rd party friends and family. PRAY PRAY PRAY. ASK for clear signs to stay or go and pray for healing and forgiveness.



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# MAKE A CHOICE ALIGNED TO YOUR HIGHER SELF

Exercise: Answer the following questions to help you make a choice:

1. Are you in danger?
  2. Is he denying, lying and unwilling to be responsible?
  3. Do you have facts and truth or are you filling in the gaps and reading between the lines?
  4. What are the feelings underneath this emotional trigger?
  5. What are you committed to doing to heal from it?
  6. Can you accept this man despite the truth you know about him?
  7. Is he remorseful and admittedly in the wrong?
  8. Is he willing to work on himself and put in the work to choose better choices?
  9. Is he still in relationship with the woman/women?
  10. What was underneath the cheating for him?
  11. What beliefs are operating for him?
  12. What are the gaps in the relationship?
  13. Do you see where you've contributed to pushing him away?
  14. Have you prayed and given this to God? Asking for a clear sign. Should you stay or go. Is this relationship in his will or not?
  15. Are you choosing to stay from vision or limitation?
- **Vision:** I want to spend my life with him. We have a family. I love him and accept him fully
  - **Limitation:** We have been together for a long time. I invested my prime years with him. There's nothing better out there.. Divorce is bad. We have kids. I don't know how I'll be alone. I can't afford to be alone



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## GETTING TO THE ROOT

**EXERCISE:** Journal and reflect on where you contributed to the current status of the relationship. How did you manifest this into your life? You want to identify the limiting beliefs so you don't attract more of this in the future.

He is 100% Responsible for his actions, they are not your fault AND, you get to be honest about how you attracted them into your life. What limiting beliefs and actions manifested this?

**What limiting beliefs were/are operating?**

- All men cheat
- Athletes are cheaters
- Men can't be trusted
- I am not worthy of love
- I am not enough
- Love is hard
- Relationships are toxic
- Relationships don't last
- I need to be in control to be safe
- I don't trust myself
- OTHER

**What actions contributed?**

- Too much masculine energy
- Emasculating him
- Disrespect
- Cutting with your words
- Intentionally making him feel jealous
- Getting revenge
- Holding a grudge and resentment/lack of forgiveness
- Bringing up the past over and over and over
- Disconnection
- Withholding sex (often our sex drive goes away because of the pain and betrayal)
- Numbing out and turning to substances or work
- Disclosing info to family and friends who influence your thoughts and actions negatively
- OTHER



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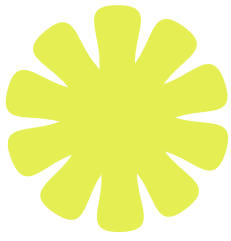


# Identifying triggers. What's really going on?

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I feel unseen	I feel wrong	I feel misunderstood
I feel unheard	I feel unworthy	I feel left out
I feel unsupported	I feel disliked	I feel uncared for
I feel unloved	I feel uncomfortable	I feel unimportant
I feel disrespected	I feel insecure	I feel out of control
I feel Judged	I feel betrayed	I feel guilty
I feel shamed	I feel controlled	I feel scared

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# P.R.A.I.S.E BREAK

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## PAUSE

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Breathe

Play gospel music

Don't blow up on him

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## ASK

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If you do discuss it, ask questions DO NOT accuse, blame, shame and control

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## SOLVE

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Focus on the solution, not the problem

What you focus on grows. Focus on solving the problem

Set boundaries, communicate

Forgive and let go

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## REFLECT

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Reflect on what is really going on underneath

What has this moment brought up for you?

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## INTERPRET

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Interpret what this moment means.

What is the opportunity for growth?

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## EXPERIENCE

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Do not hold in the emotion. Experience the emotion and then let it go.

Express how you feel in an expressive way not an accusing way

# TRACK YOUR TRIGGERS

EXERCISE: TRACK YOUR TRIGGERS BY JOURNALING ABOUT THEM. USE THIS AS AN OPPORTUNITY TO PRACTICE THE "HALL PASS" AND NOT TAKE IT OUT ON YOUR MAN. IDENTIFY THE PERSON, PLACE AND OR THING TRIGGERING YOU AND THEN IDENTIFY WHAT IS REALLY HAPPENING UNDERNEATH.

**TRIGGER**

**WHAT'S UNDERNEATH**

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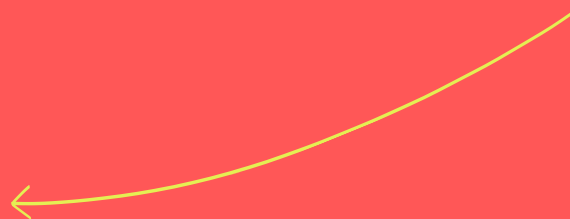
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# IDENTIFYING YOUR LIMITING BELIEFS

EXERCISE: MAKE A RUNNING LIST OF LIMITING BELIEFS THAT COME UP FOR YOU. FOR EVERY LIMITING BELIEF, RE-WRITE A POSITIVE AFFIRMATION.

## LIMITING BELIEF

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## POSITIVE AFFIRMATION

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# ACTIVATE YOUR MAGIC

EXERCISE: ANSWER THE JOURNAL PROMPTS TO BEGIN TO KNOW YOURSELF, LOVE YOURSELF AND BE YOURSELF

I am good at....

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

I love to...

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

I am best when I....

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

People can count on me to....

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



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# ACTIVATE YOUR MAGIC

EXERCISE: HYPE YOURSELF UP QUEEN! ANSWER THE FOLLOWING JOURNAL PROMPTS.

My favorite things about myself are...

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

People often compliment me for my...

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

I make the world a better place by...

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

I am proud of myself for...

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



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# ACTIVATE YOUR MAGIC

EXERCISE: ANSWER THE JOURNAL PROMPTS AND GO DEEPER INTO ACTIVATING P.L.A.Y IN YOUR LIFE.

How do you experience passion, pleasure and purpose in your life?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

How do you identify with LOVE in your life?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

In what ways have you become more self aware this year?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

What Youthful qualities do you need to embody more of?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



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# SETTING VISION FOR YOUR IDEAL MAN & RELATIONSHIP

EXERCISE: What are the qualities and characteristics you desire in your man?

## QUALITIES I DESIRE IN MY MAN

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



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## SETTING VISION FOR YOUR IDEAL MAN & RELATIONSHIP

EXERCISE: How can you show up in these ways for yourself and others?

### IMPROVING THESE QUALITIES IN ME

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



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## WHAT YOU APPRECIATE APPRECIATES

**EXERCISE:** Adopt the habit of expressing gratitude for your life and relationship. Make a running list. Practice this daily.

\*Pro Tip- Verbally express these things to your man through texts, words in person, love notes and actions.

### I AM GRATEFUL FOR...

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
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