

The BOLD SELF-LOVE Care Kit

Practical Strategies and Exercises for
High-Achieving Women to help you:

- ✓ Overcome Procrastination and Perfectionism
- ✓ Increase Your Self-Confidence & Self-Efficacy
- ✓ Up-Level Your Personal & Professional Life



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Cassandra Massey

Professional Certified Life and Weight Coach

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**This Bold Self-Love Care Kit
is for Women Who Want
To Create a Life of Calm,
Confidence, and Control.**

1. What is Bold Self-Love?

First of all, WELCOME!

Things are about to get really good for you. When you begin to practice **Bold-Self-Love**, *everything* in your life will improve.

When you learn how to feel love for yourself, you will act towards yourself from a place of love. When you treat yourself with love, you will act from a place of love. You will *create* more love. You will *live* from a place of Bold Self-Love.

Now I know that "self-love" may sound a little woo-woo to you. But I want to assure that what I teach is **practical, actionable**, and will help you to **CREATE any result you want** in your life and career with calm, confidence, and control.

I'll tell you more about the "how" in just a minute but let's begin by defining the term, love.

Love is an emotion that you feel.

It's an emotion that you *get to* create with your thoughts. In fact, all of your emotions or feelings are created by what you think.

Feelings are simply physical sensations or vibrations you experience in your body that are created because of your thoughts.

I'm not referring to the physical sensations that occur in your body due to an internal or environmental factor, like having a stomach bug or touching a hot stove. Those are sensations that begin in your body and send a signal to your brain.

Now, let's define the term, *self-love*.

Self-love is simply feeling love for yourself.

It comes from the thoughts you have about yourself and the way you think about yourself.

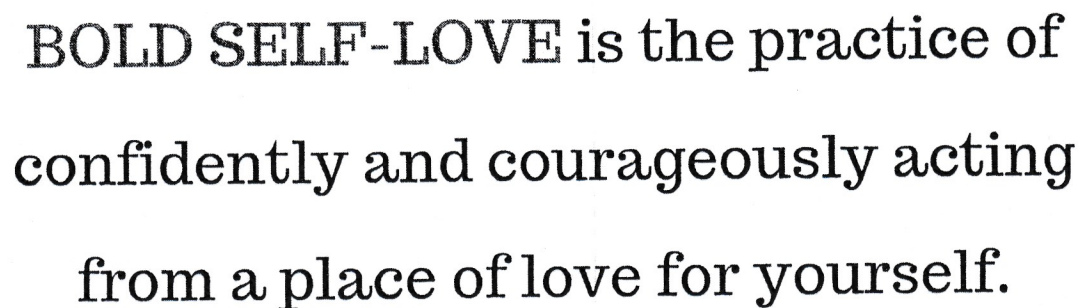
You can think of self-love as **the collection of thoughts** that create the feeling of self-love toward yourself.

So, what is Bold Self-Love?

Bold means to act with confidence and courage.

Bold self-love is the practice of confidently and courageously acting from a place of love for yourself.

If you've been feeling **mentally and emotionally drained** from the **procrastination and perfectionism** that's been keeping you stuck living in a constant state of **stress, overwhelm, anxiety, self-doubt** or **fear**, I can assure you that you have not been practicing **Bold Self-Love**.



BOLD SELF-LOVE is the practice of
confidently and courageously acting
from a place of love for yourself.

As humans, we always act (or don't act) based on how we feel. It's just the way we're wired.

When you experience feelings of stress, overwhelm, self-doubt, insecurity, worry, fear, or any of the other fear-based emotions, you often do *not* take action on the things that will create the results you desire in your life and career.

In fact, when you feel these types of emotions, it's often because you have a thought that **something's not right**, or **you don't have enough time**, or **it's not good enough**, and then you **don't take action at all**, which results in procrastination.

This is a vicious cycle to break. But it can be done. It's something I help my clients with every day.

You act with BOLD SELF-LOVE when you:

- *MAKE your needs, desires, and dreams a priority in your life
- *SPEAK kindly to yourself
- *TREAT yourself with compassion
- *MAKE decisions based on unconditional love for yourself
- *DO the things you say you're going to do

You do NOT act with self-love when you:

- *MAKE everyone else a priority above your needs
- *SPEAK negatively to yourself
- *TREAT yourself with a lack of compassion
- *MAKE decisions based on what others will think about you
- *FAIL to take action because of a fear-based emotion

Imagine how much better your life would be if you could **rely on yourself to consistently, confidently, and courageously take action** from a place of self-love in all areas of your life.

Imagine the life you could create. Imagine how much better you could feel.

It would be pretty amazing, right?

Well, I have good news for you.

You CAN create it.

What I am going to teach you in this BOLD SELF-LOVE Care Kit is the first step to make it happen.

It begins by **creating a better relationship with yourself.**

This is the foundational step you must take if you want to create meaningful and lasting changes in your life.

2. The 3 Truths About Self-Love

Here are 3 TRUTHS about Self-Love:

1. You are 100% lovable and valuable. There is absolutely nothing you can do to be more worthy of love. You are infinitely lovable and valuable. You were lovable as a baby and you are lovable now. Many high-achievers have a subconscious belief that their achievements are tied to their worthiness. This simply is not true.

2. If you don't love yourself, it's a reflection of your choice to not love yourself, not your lovability. Your self-lovability is dependent on your willingness and capacity to love yourself unconditionally. You can always *choose* to love yourself.

3. How you treat yourself is always a reflection of your thoughts about yourself. To have an amazing relationship with yourself is simply to commit to think amazing thoughts about yourself. When you think you are amazing and worthy of love, you will treat yourself in an amazing way and with love.

Sounds easy, right? The truth is that it is incredibly difficult to believe and live these truths.

As humans, we spend way too much time and brain energy thinking self-critical thoughts and judging ourselves.

What we don't do is spend enough time loving ourselves on purpose. That requires us to intentionally choose better thoughts and that's not an easy thing to do.

There's a scientific reason for why it's so hard to love ourselves on purpose.

3. Your Brain Is Wired For Negativity

Have you ever wondered why you spend so much time beating yourself up?

The first thing I want to assure you of is that you are not alone in this self-defeating pursuit.

We *all* do this.

It's an unconscious habit that's tricky to break. But it's possible.

Let's quickly review the scientific reason why we do this to ourselves.

It's because our primitive brains are hardwired to look for bad things and to judge.

Self-criticism, judgment, and shame are part of your brain's default mode.

By looking for danger, your brain is trying to protect you from harm. It wants to keep you safe. So it tells you to hide, to not speak up for yourself, to not even try.

When we were cavemen, this was critical to our survival. That's not true in today's modern world.

Instead, it prevents you from believing that you are lovable, worthy, and capable just as you are. And, it's what's responsible for the false belief that so many high-achieving women have that their worthiness is tied to their accomplishments.

Fortunately, this isn't true.

4. How to Create Self Love

The good news is that you can CREATE self-love.

Let's review what we discussed earlier.

Your thoughts create emotions. You can create self-love when you think loving thoughts about yourself.

But the tricky part is that you have to *believe* these new thoughts in order to create the emotion.

Belief is the hard part because your thoughts are hard-wired habits in your brain.

To create new thoughts, you need to create new neural pathways in your brain.

Although I have a degree in psychology, I'm not a scientist so I'm not going to get into the technical terms for how this all works.

The important thing for you to know is that you can create these new neural pathways by practicing new thoughts until they become new beliefs. Our brains are pretty amazing creations in this way.

This requires you to consistently practice the new thought ("I am amazing.") *and* the new emotion (self-love).

When you believe that you're amazing, and you feel love for yourself, you'll take consistent, confident, and courageous action in your life.

You will begin to live and act from a place of Bold Self-Love.

5. New Beliefs About Yourself

Creating a more loving relationship with yourself begins with understanding your current relationship with yourself. Only then can you begin to create new beliefs about yourself that will help you to create the calm, confident, and control you desire in your life.

I'm giving you **three exercises** to help you to begin this process.

In Exercise #1, you will uncover your current beliefs about yourself and what you believe about your abilities.

By putting your thoughts down on paper, you can see them from a more neutral place. This might be a new concept to you. But the absolute truth is that **you are not your thoughts**. Because you are not your thoughts, you get to choose which ones you want to keep and which ones you are ready to let go of.

In Exercise #2, you are going to write down what you *want* to believe about yourself.

You can believe that you are lovable, worthy, amazing, capable, and strong. You never have to believe anyone or anything that tries to tell you that you are less than enough ever again.

In Exercise #3, you will begin to create this new relationship with yourself by making a list of the new thoughts you will think about yourself.

When you practice these new thoughts on a consistent basis, these thoughts will become things that you believe about yourself. You can create new neural pathways so that they become your default state.

Exercise #1: What You Believe

1. What do you believe about your life?

2. What do you believe about yourself?

3. What lessons/beliefs did your parents teach you?

4. What do you believe about your dreams coming true?

5. What do you believe about your abilities?

6. Why do you believe you have your current results in your life?

Exercise #2: What You Want to Believe

1. What do you most want in your life? Why?

2. What beliefs have prevented you from doing what you want?

3. What do you need to believe about yourself to do what you want?

4. Why don't you believe this yet? What thoughts get in the way?

5. How would you think differently if you had the life you want?

6. How would you feel differently?

7. How would you act differently?

8. How would you show up differently?

9. How would your life be different?

Exercise #3: Creating New Beliefs

Brainstorm a list of new thoughts you want to believe about yourself.

For each new thought, what emotion does it create for you? Experiencing the new emotion is critical to making these new thoughts believable.

Examples Of New Thoughts To Think

- I am exactly as I should be.
- Everything happens right on time.
- God/The Universe doesn't make mistakes.
- I am not my thoughts—I am the Watcher of my thoughts.
- Hard work feels amazing.
- I can do hard things.
- Unconditional love is something I create for myself.
- I'm responsible for everything I think, feel, and do.
- No one can cause an emotion inside me, except me.
- It's not what I do—it's who I am and that's enough.
- There's nothing I can do that wouldn't be worthy of forgiveness.
- There's nothing wrong with me.
- I am enough.
- There's plenty of time.
- Nothing has gone wrong here.
- My purpose is the life I am living now.
- Everything I do is a choice.
- I am lovable, worthy, and capable just as I am.
- What others think of me is about them, not me (good and bad).

Write Down 5-10 New Thoughts to Practice Every Day

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

**Read over these new thoughts out loud. How do they make you
FEEL? Consider writing down these thoughts each day and/or
recording these new thoughts and listening to them every day.**

6. Your Next Steps

Thank you for requesting **The Bold Self-Love Care Kit**.

This Care Kit will help you begin the important work of creating a better relationship with yourself so you can overcome perfectionism and procrastination, increase your self-confidence and self-efficacy, and uplevel your personal and professional life.

You can choose which exercises to complete. Complete one or all of them. But the **one thing** I want you to take away from this Care Kit is this:

When you begin to consistently, confidently and courageously take action from a place of Bold Self-Love, your life *will* change. But only *you* can make it happen.

Building a better and healthier relationship with yourself is the most important personal growth work you can do for yourself. Letting go of the self-critical thoughts that have kept you stuck in procrastination and perfectionism is possible.

The first step is to create new and better beliefs about yourself. The Bold Self-Love Care Kit will help you with that process. The second step is to take action based on your new beliefs. That is what Bold Self-Love is all about!