

BE | BRAVE™

A WOMAN'S 5 STEP GUIDE TO AFFIRMATIVE
ACTION FOR SELF-AFFIRMATION.

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Hello, and welcome to the beginning of building your self-mastery muscle! As someone who understands that personal development is a process, I stand with you in knowing that it can be a challenge...screw that, it can straight up be scary and some damn, hard work! BUT, I also know that it can be beautiful and purifying. It takes guts to look in the mirror, wipe it off, and make a conscious decision to like what you see despite the flaws.

Please take your time through this guide and be sure to give yourself some grace...you're a precious creation, but indeed human with beating heart. It's been a while coming, or even your 2nd, 3rd or 50th time around, but it's time to BE|BRAVE!!!

*XO.
Lorea*

P.S. I'm not a licensed medical professional. If at anytime you believe you need professional help, GET IT! I did. Therapy was the best thing that could have happened to me almost 8 years ago. This guide is simply the sharing of God's gift to me, to you.

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Step 1: Feel What You Feel

I am a firm believer of "getting in your feelings". Get in them...all of them. As women, we are programmed to deny so many things for ourselves to the point that we begin to deny ourselves of ourselves. Being "emotional" is not a feminine curse. It's actually a blessing. A blessing to be able to feel joy, sadness, confusion, and nirvana all at the same time and manage to not only keep our sanity, but make a healthy dinner for the family and be a corporate america superstar! Affirm yourself in knowing and doing this.

Your feelings, when explored from a mindful space, are full of data so let's start gathering some intel about you:

- How do you *feel* about you?
- How do you feel about how you feel?
- What feelings about yourself are you attempting to avoid as you engage in those feelings? (don't be cute with it, this healing is for your freedom)

Ask yourself whatever questions you NEED to ask yourself about what you feel...this is all about you. Get in your feelings.

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Step 2: Face the Facts

The reason why I learned to embrace my feelings is because I realized that God gave them to me in order to learn more about who I am, why I am, and how I want to be. Instead of being buried in a heap of negative feelings that you feel you are unable to get from under, only apply what is true about you and for you from them. Yes, in this case, the truth may hurt but you can only conquer what you confront.

I'll be transparent with you for an example:
I used to hate being in a room full of "higher ups". I would think that they thought they were better than me which caused me to feel insecure. I was insecure because I knew that they knew some things that I didn't know and I felt like I wasn't good enough, unworthy. Did they *make* me feel that way? No. But once I faced the fact that my insecurity was holding me back from learning from some pretty awesome people, it shifted my perspective. Take control by facing FACTS, not by embracing feelings as truth.

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Step 3: Give Voice to Your Truth

This is step can sometimes be difficult, but necessary. From Step 2, take a fact that your feelings revealed and give voice to it. When I go through this process, I affirm myself by making the truth statement and following it an affirmative statement.

Like this:

"I am feeling insecure because I don't know what they know, but **I'm blessed** to have access to these resources."

It is my firm suggestion to find someone that you trust that you can give voice to your truth to; however, if you aren't ready for that, take your cute self to the mirror and honor yourself by giving voice to your truth. If you are anything like me, this was hard because it made me feel foolish, but it was really me stepping in the power of vulnerability. Affirm yourself by giving voice to your truth.

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Step 4: Declare Your Freedom

This is where you break the mental and emotional chains that have paralyzed your soul. Affirm your intuition, your psyche, and the rest of your inner world so that your physical world can experience you at your best.

When I worked out this step, one of my declarations went like this:
:"I am no longer tether to the imaginations of my feelings of insecurity and and I'm released to be holistically whole. I lack no resource because I attract everything I need and desire."

Don't be surprised if it feels funny to verbalize audacious freedom. Being brave does not always mean feeling brave. You are most brave when you mindfully choose the health and survival of your whole being, from the inside out. Affirming yourself through this choice over and over again is one of the bravest things you will ever do.

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Step 5: Clean and Design Your Environment

This is probably the most important step out of the 5. You know understand some affirmative actions you can take to affirm yourself, but it is more important to know how to maintain and flourish in this space. Your world is truly what you make it. The 4 previous steps where the gathering of your tools. Now it's time to take those tools to become skillful at cleansing and designing a world that is conducive to your progress. So what does this look like?

- Eliminating certain words from your vocabulary like "not" and phrases like "I don't know". State what you can do and seek clarity on what is unknown or not understood.
- Keep visual and audio reminders that affirm who you ARE. This could be through books, music, pictures, quotes, or even healthy foods. Everything connected to your true being should be affirmed and celebrated.

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Well, if you've worked through all of the 5 steps you have taken the leap of being brave! Affirmation does not come easy, especially if it is not a your daily self-care ritual. Did you notice that I used the word "if"? That's because I have learned, through personal experience and witnessing, that the more simple work is, people don't feel motivated to do it.

Is this the end all be all to learning to affirm yourself? No, I sure hope not. I want for you to dig in and explore any and all things that you need to shine in the strength of your being. But this can only begin if you do the work...the tedious, simple, yet POWERFUL work of mindful self-mastery. Take the most important step, BEGIN to be brave!

*XO.
Lorea*

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