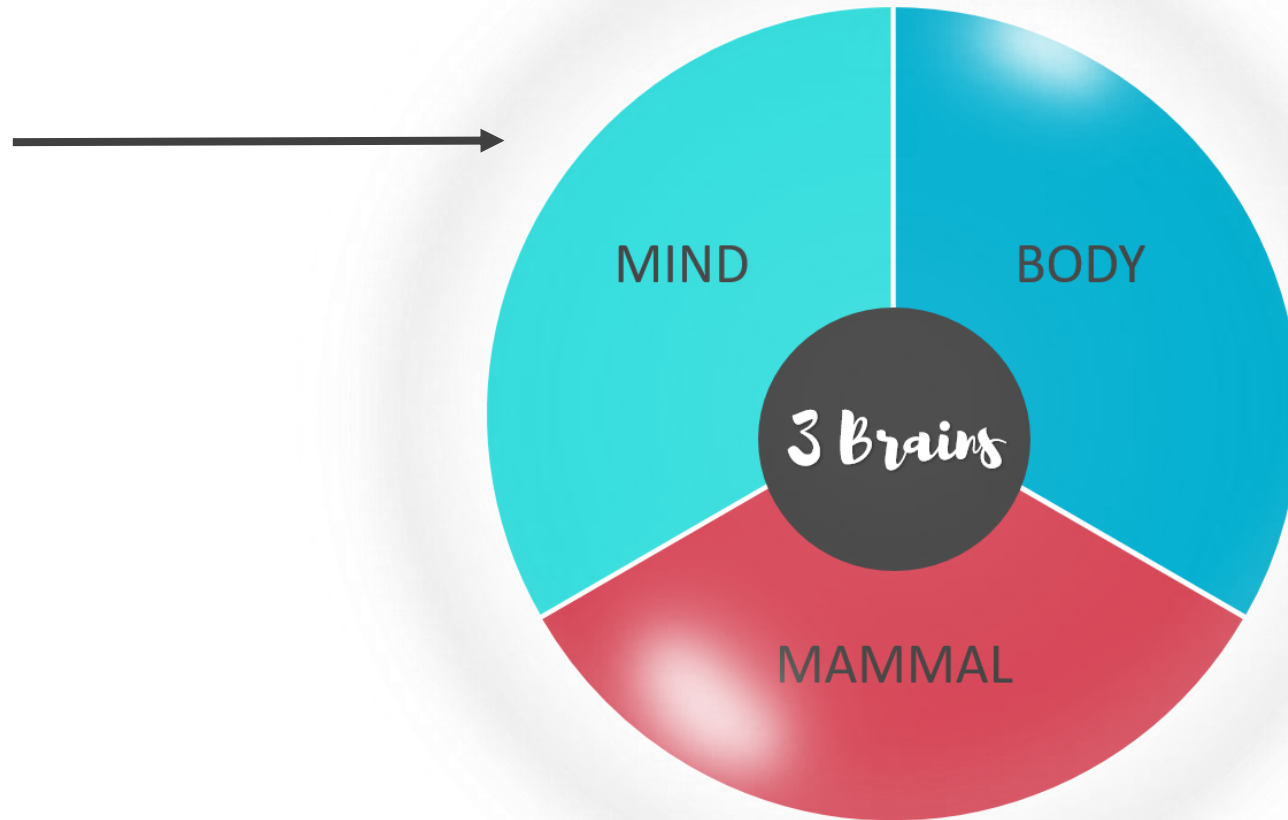


EAT. PLAY. LOVE. *Live*  
YOUR BODY. YOUR LIFE. YOUR RULES

[YOUR INNER COMPASS OF PEACE]

# The Next Layer Of YOUR Inner Compass...



# The Exploration Continues! (Step 4)

- ★ Now that you have your definitions for each of your 10 words, you're going to take things to the next level. For each value you're going to go through and explore:
  - ★ (If I was living this value)
    - ★ What would I be saying?
    - ★ What would I be thinking?
    - ★ What would I be doing?
    - ★ How would I be feeling?



# For Example:

If I was living the value of **ACCEPTANCE**:

**What would I be saying?**

“It's okay. You're okay. No matter what happens, I accept you. I accept all of you. Even if I don't always accept (or like) everything you do, I accept YOU.”

**What would I be thinking?**

“I accept you. I accept all of you. Even if I don't always accept (or like) everything you do, I accept YOU. I know that your intentions are true, are pure, and are love. I accept you. “

## How would I be feeling?

Safe, loved, able to be myself, unconditionally accepted, appreciated for my uniqueness and weirdness. Comfortable in my skin, "at home" in myself and in my body. Able to distinguish the difference between wanting to change and needing to change to feel accepted, loved, enough.

## What would I be doing?

Talking to myself lovingly, appreciating who I am and what I am doing, have done, and appreciate about myself. Treating myself like my BFF. Accepting myself and my 'shortcomings'... but knowing how to bridge the gap on the things or ways of being that I deem unacceptable to me. Accounting for the ways of being that I deem unacceptable and raising the bar on myself in a kind and loving (yet effective) way.

# Super Important!

- ★ \*\*You'll go through this process for each of the 10 words. Yes this is a bit time consuming, but it's SO WORTH IT!
- ★ Don't hesitate to break it up and do it in batches. Give yourself permission to do it at your own pace. This is some of the most important work you could possibly do for yourself (or so I believe)\*\*\*

AGAIN: I invite you to **NOT** skip this work!!

# Take Action:

- ★ **Grab It:** Your Inner Compass Worksheet (Part 4)
- ★ **Explore It:** Saying, Thinking, Feeling, Doing
- ★ **Stay Tuned:** It will all come around full circle when we add on the final layer! 😊

Coming Up:

Your Inner Compass  
(Part 5)!





*See You Then!*