

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

[The Self-Image Solution]

# As Simple As 5, 4, 3, 2, 1!

- ★ 5 Ingredients to An Unshakeable Self-Image
- ★ 4 Goggles With Which To See Yourself
- ★ 3 Brains To Take Care Of
- ★ 2 Directions You Can Go In
- ★ 1 Inner Compass of Peace, Love, & Resilience

# 5 Ingredients to Your *Self-Image*

- ★ Self-Worth
- ★ Self-Esteem
- ★ Self-Care
- ★ Self-Endorsement
- ★ Self-Acceptance



# Self-Care

Figuring out what it would take for you to care for yourself (as a verb and a noun) physically, mentally, socially/emotionally (All 3 brains)

# Self-Acceptance

What it would feel like for you to fully accept yourself without exception. Learning to accept where you are, who you are, and what is. (You don't always have to LIKE everything about yourself, but you can learn to accept yourself while you go).

# Self-Worth

Helping you figure out what you are 'weighing', what you are measuring, and what it would take to fill that gap. How to create your own currency that would serve, move you in the direction you WANT to go, and make you feel happy while you go.

# Self-Esteem

Helping you understand the know, like, and trust factor of yourself...and what it would take to 'upgrade it'. Helping you earn back your own trust through the promises that you make and the promises that you keep, and who you want to be. Making certain elements of your life 'non-negotiable'.


# Self-Endorsement

Helping you figure out who you are regardless of what anyone else thinks. Because it's not practical or feasible for any of us to "not give a shit" what other people think about us, but what would it take for YOU to value your own opinion of yourself more so (even just a little bit more) than someone else? What would it be like if you didn't need endorsement from someone else to tell you who you are or tell you how much you're worth or tell you how beautiful or desirable you are...or if you have 'the right' to feel that for yourself. What would your champion'ed self look like? What would your proud self look like, talk like, walk like, think like, feel like? Defining that.



# 5 Ingredients to Your *Self-Image*

THAT all adds up to love. THAT creates your self-image that you walk around with, inside, and behind every second of every single day...for the rest of your life.

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- ★ Self-Worth
  - ★ Self-Esteem
  - ★ Self-Care
  - ★ Self-Endorsement
  - ★ Self-Acceptance

# 4 Goggles of Your *Self-Image*

- ★ Freedom Goggles
- ★ Food Goggles
- ★ Body Goggles
- ★ Love Goggles



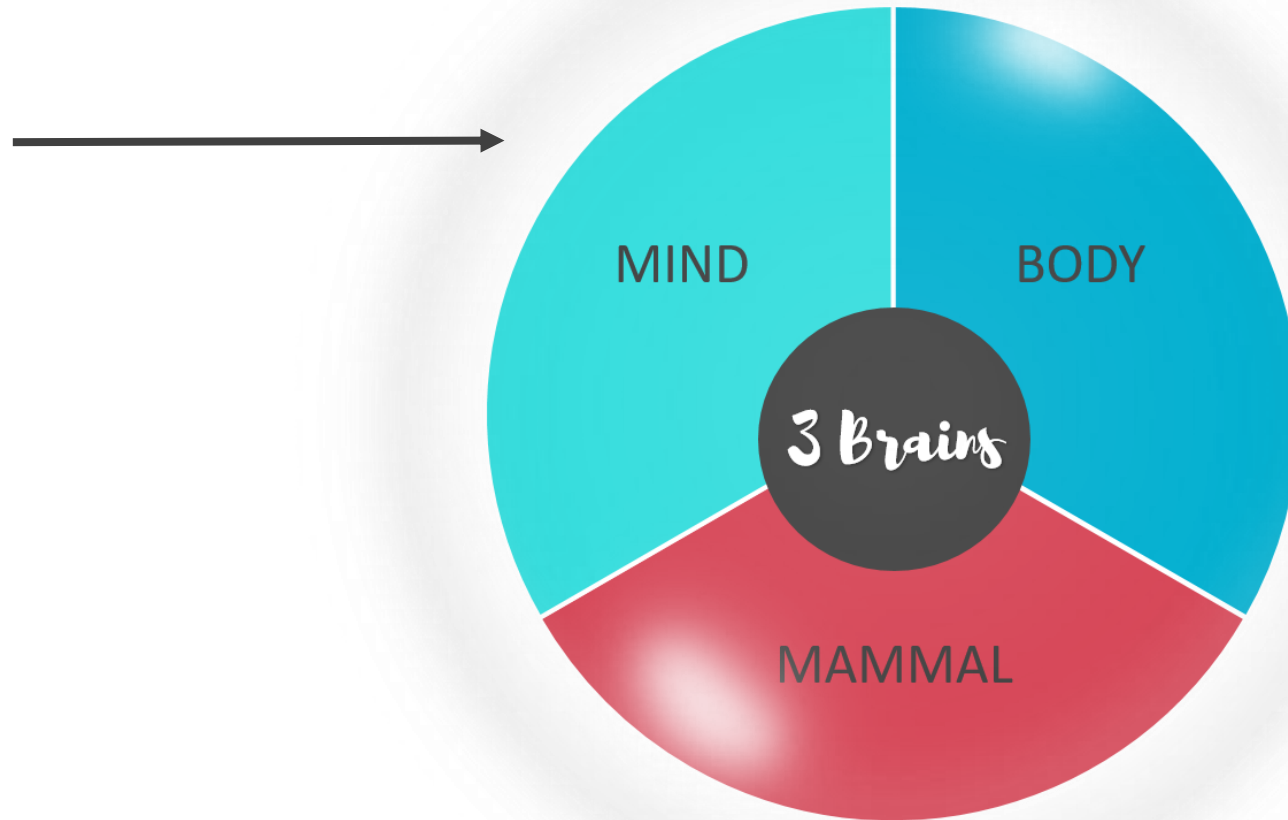
# 4 Goggles of Your Self-Image

- ★ Freedom goggles: The what, why, and how of finally getting off the up/down, on/off, black/white rollercoasters you find yourself getting on or off of...and learning how to trust yourself again -- to start over and learn how to live your life with freedom, self-permission, power, and responsibility. (Get your life back! Set yourself free!)
- ★ Food goggles: The what, why, and how of ditching the overwhelm, the restriction, the stress, and the EMOTION when it comes to food and eating. How to let food just be FOOD.

# 4 Goggles of Your Self-Image

- ★ Body goggles: The what, why, and how of finding a 'home' in your body, learning how to take care of yourself, and how to learn to LIKE it more and more each day.
- ★ Love goggles: The what, why, and how of ditching the shame, blame, guilt, comparison, and perfectionism that you're walking around with every day...and learning how to show yourself more love, connection, and acceptance while you go.

# 3 Brains to Care for



# The 3 Brains:



## ★ Brain 1: Mind

All your 'spinning plates', the things on your mind, all the components of your life taking up mental space.

## ★ Brain 2: Body

Peace in your body. Peace with food. Peace in your heart.  
Peace in your joints, your muscles, your fat

## ★ Brain 3: Mammal

The social & emotional part of you that **NEEDS** connection, belonging, inclusion, and to feel love, comfort, and safety (Oxytocin). She **WILL** get it. But it's a matter of what you 'feed' her.

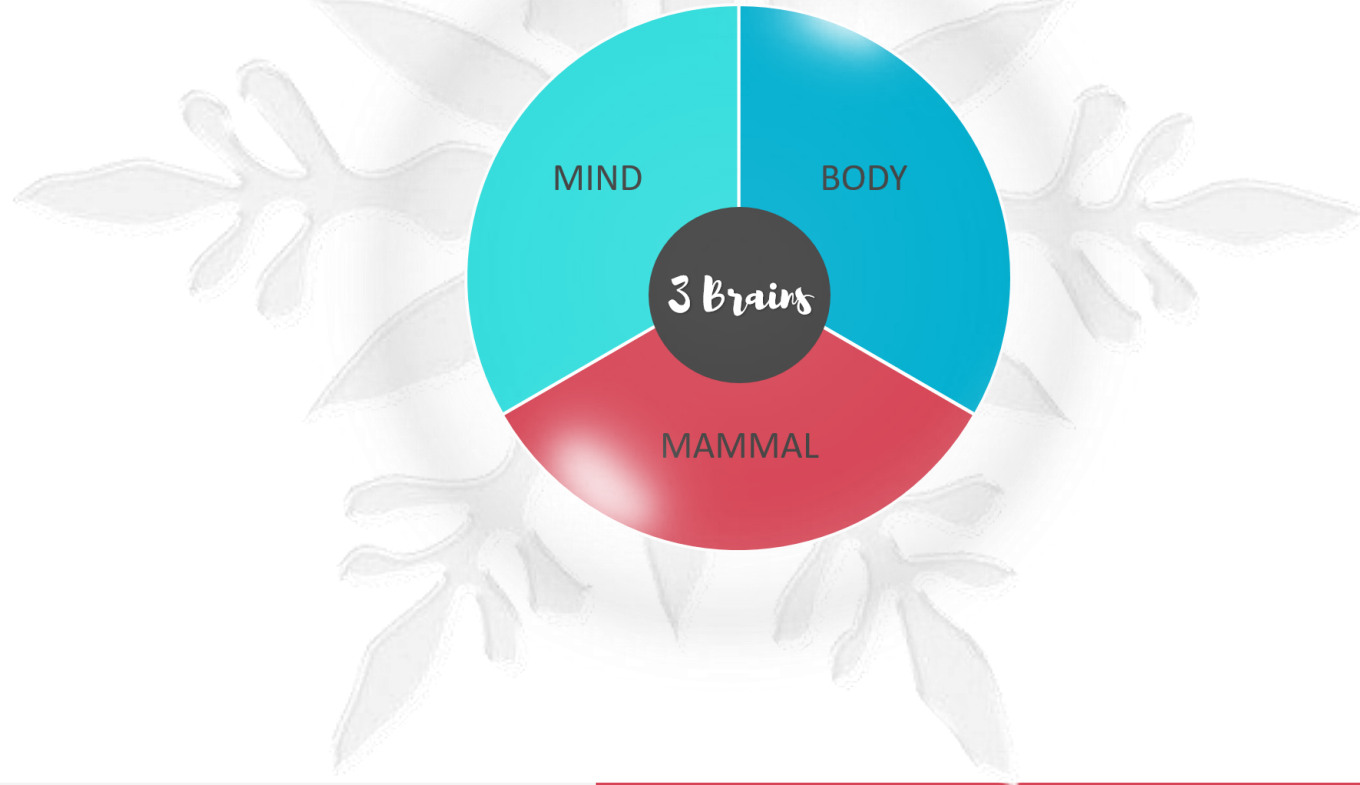
# The 2 Directions You Can Go In



- ★ Problem Thinking
- ★ The 'FED': Fears, Envy, Frustrations
- ★ Feeling Bad

- ★ Solution Thinking
- ★ The 'GAP': Goals, Appreciations, Preferences
- ★ Feeling Good

# The **1** Version of **YOU**







*That's It!*

# It's all about awareness...

Remember, we must make the unconscious conscious in order to up-level our thinking.

*The truth shall set you free!*

Keep this in mind: Eat.Play.Love.Live is a  
SYSTEM.

If you work it...it will work for you!

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