

TOOLKIT

Beautiful You

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quick explanation

WHAT IS BEAUITUFL YOU?



Inside of you there's a Beautiful YOU. It's the essence of who you really are. Your bubbles of joy, the splash of your vibrant color, the shine of your light. the gifts you bring to the world. It lives within you and waits for your permission to be seen and heard.

The Beautiful YOU is unique there is no other like you. It's authentic, it's genuine it's real. It's the one-of-a-kind YOU and cannot be copied by anyone else because only YOU can be the Beautiful YOU. And it isn't a mistake!

From the very beginning of life dark forces come to put out the light of the Beautiful YOU. They pop your bubbles of joy, wash away your color, try to put out your light, and squash your gifts and talents for you to share with the world. You will have experienced that because I don't know anyone that hasn't!! These dark forces come through people and circumstances of life.

The choice you face is whether you will believe the lies these dark forces have told you or whether you will take on the challenge to **share your bubbles of joy, splash your vibrant color, shine your light and share your gifts to the world around you.**

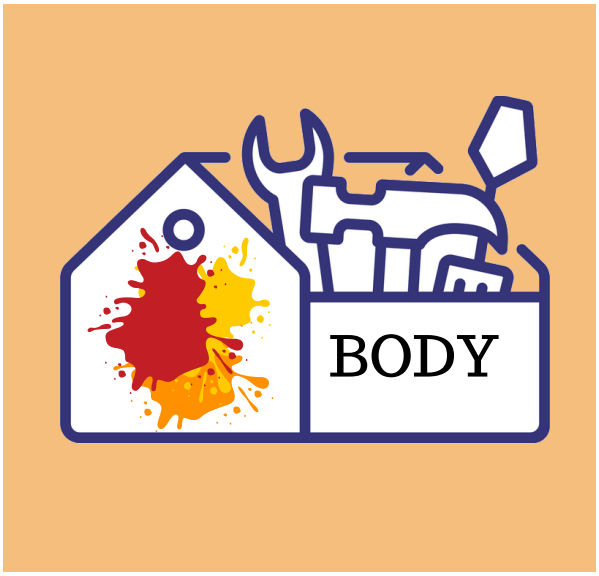
This is not an easy choice to make. It's one that takes commitment, determination, and effort to get back to reconnect with the Beautiful YOU and see it fully expressed and revealed to the world around you.

What if more of us made the choice to do this? What would the world be like? What difference would it make if we stood together and did whatever it takes to become that Beautiful YOU? **Empowered, Inspired, and equipped to rise up and shine our light today.**

This s the purpose of the Beautiful YOU toolkit. To share some of the tools I've used on my Beautiful YOU journey.

To simplify things your tools will be grouped into three parts...because you are these three parts.

Body.... Soul..... Spirit.....



Looking after your body is key to everything in life. After all no body, no life!! There is so much information available to educate and inform you on this. Here's a guide for you.

The three tools your body needs are -

1. Healthy Eating - balanced healthy diet
2. Sleeping - 8 hours on average a day
3. Exercising - 30-60 minutes 3-5 days a week

If you do not eat well it affects your sleep and well-being. Exercise boosts your immune system and releases endorphins in your body that make you feel better! Enough sleep and rest can be the difference between a good and bad day!!

How are you doing in this area? Do you need some tools, some strategies to manage your body needs?
This is an area of information overload and yet we are the unhealthiest ever. Find out what you need and DO it!!

Evaluate YOU - record what you eat, how you sleep and your exercise for a week. Then show it to someone you trust and who can advise you and give you honest reflection on how you are doing.

Or join the Redemption Mumma's facebook group here and send it to me. I'd be happy to give you feedback and refer you to people and places that could help.

Action Step...

Get yourself a diary or notebook to record your eating, sleeping and exercise for a week. A week is a good length of time as it gives a clear picture of what you are doing. Don't try to change things yet. Just keep doing what you do each day. Once you have an overview then you can make decisions about what to change.

Remember Rome wasn't built in a day! Your habits have been built over time too. Be realistic and only change one thing at a time. Yes, this will take effort and time...all worthwhile change does. You choose if you will invest this time and effort into you becoming The Beautiful YOU.

The Soul is the inner part of you that can't be seen but the effects of it can be!! It's where your mind, your emotions, your desires are. The soul needs to be taught, disciplined, and trained to behave how you want it to behave. Without this training or discipline, it can run wild and wreak havoc on your life..



first soul tool...

MIND

Keeping control over your thoughts is easier said than done. It takes practice and consistency. One slip-up can ruin a lot of hard work. Here's a tool to maintain the mind or your thoughts.



Your mind wants to be the master of you. Make it your servant. If it's working for you and not against you, life will be more beautiful and so will YOU. The **Write it OUT** process makes your thoughts serve you rather than Master you.

The brilliance of this strategy is it engages all your senses and the more they are engaged when learning new things the better. To add value to this you can say them out as you go too!! Do this for 30 days and you will start to see a difference well before the end of the 30 days.

When you write it out you make your thoughts right .... if you have not been training your thoughts and disciplining them this might seem a challenge....not surprising!! If you want to make a difference to how you are thinking you need to do something different and radically different. It's worth the effort.

Action Step

Here's the 3 steps -

1. Identify the thoughts you are needing to master or make your servant.
2. Write them in a positive, constructive way.
3. Write the new thought out, 10 times for 30 days. You can break it up with 5 times in the morning 5 at night.

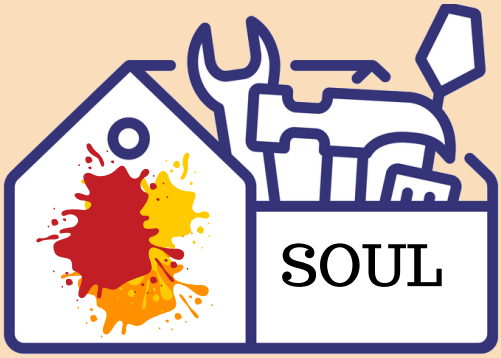
Example of a negative thought - **Nobody cares about me**
Example of the Write it OUT thought - **I care about me because I have value, worth and purpose**

The Write it OUT process is transformational for changing your thoughts.

second soul tool...

EMOTIONS

These can be a rollercoaster and shut down the Beautiful YOU real quick. They need to be brought out. So you get to choose. Will they come out in a messy way and be vomited over everyone around you? Or will they come out in a way that YOU take responsibility for them and process them well?





Journalling is a way to deal with difficult emotions. You write what you like!! You write what needs to be expressed. You get the difficult feelings out. As you journal them out you will be surprised how it helps you to understand them, to get a better picture of what is going on for you and around you. Also to get perspective on the feelings.

Feelings need to be processed. If they aren't then they are loose cannons for the next victim that comes within firing range of your mouth!
Process them before you dump them or vomit them over another person.

Action Step

Buy a notebook or journal to start your journaling . I always find something pretty, that inspires me to pick it up and use t! And a nice pen too!! It's motivation to DO this.

If writing is a difficult task for you be realistic with yourself. Set a "time" goal like 5 minutes, or "number of sentence" goal like 5 sentences and then build on it as you can. It's better to start and get your feelings out than keep unprocessed emotion inside.

YOU need to kmow....this only works if you give it a go!!

third soul tool...

DESIRES

Your desires are your wants, cravings and longings. Desire will draw out the Beautiful YOU and see it fully expressed in you life. However, what can get twisted here is when desires start to control you. Desire can overwhelm you and cause you to behave badly. Like competing with others to have what they have, or taking it in your hands to get what you desire any way you can.



So, how can they be managed, controlled and harnessed?



Gartitude...being thankful for what you have. This focuses you on what you have, not what you don't have. Keeping a gratitude journal reminds you of your blessings each day. This is an addition to your daily journaling from the previous tool for your emotions. This only takes 5 minutes a day. How awesome is that!!

5 minutes a day is enough to keep those desires from messing up the Beautiful YOU. I notice myself becoming grumpy and ungrateful when I haven't written my gratitudes out for a few days. It keeps the desires of your soul focused on what you can be thankful for and not on what you don't have or want.

This is especially helpful when you are waiting for a desire to be filled. Daily focus on what you have is a good reminder that your patience will be rewarded.

Action Step

It's up to you how you manage your daily journal and your gratitudes. For instance you might want one journal for both or separate journals for them.

Each day write out 10 things you can be thankful for. If 10 is a stretch then start where you can and build up to 10 gratitudes a day.

Start by writing -
Thank you, Thankyou Thankyou.....then finish the sentence with what you want. That can be absolutely anything! Like some days when I'm struggling I'm thankful I have food, or air to breathe!!

HINT: I condense my Thank you's to -
TY TY TY....!!

BONUS hint - setting your intentions in your journal for the day is a way to remember what you can be thankful for the next day!! Its surprising how easy it is to forget what you've accomplished in a day.

This part of you is the deepest and mysterious. The seed of purpose and identity are in your spirit. You are a whole lot bigger on the inside than you are on the outside. But you tend to only go as far as your soul takes you - as far as you see, feel , think. What's in you is powerful, it's beautiful but you've got to connect with it.



Here's 3 tools to connect with this seed -

PRAYER



This is a number one go to tool for connecting with you spirit. You can find prayers online if you don't know what to say. The good news is though you just say what's on your mind to say. It's not hard and there's no right or wrong prayer. Just truth spoken from the heart is a s good and simple as it gets.

MEDITATION



Quietening your mind is how you connect with your spirit. Meditation is the best for this. There are so many online meditation prompts and best to find one that aligns with you. Take some time to learn about this if you haven't tried it before. "Be still and Know"...this is the truth. Take time to rest, be quiet and let your spirit rise up and be heard.

FRAME It UP



The imagination is one of your the most powerful tools. Framing up what you are believing for, what you are wanting to see manifested in your life starts in your imagination. Start to see the thing you can't see with the natural eyes, **in your imagination**. Frame it UP! The more detailed you get the deeper you are going within your spirit. This needs to become a daily practice. Two minutes a day eyes open or eyes shut will ignite the spark within you. The best times are just on waking and just on sleeping. You can do anytime of day.

Action Step

Prayer is something I'm very passionate about and love. Prayer therapy is what I use to see women's lives transformed from pain and failure to breaking through and finding their true value and worth. It's easy you just "Do" it. There's no right or wrong way just speak out from the heart!!

Meditation is a beautiful space to rest and let yourself be. It connects you with your spirit. There are so many ways of meditation that I suggest you find one that aligns with your values and beliefs. There are many to choose from on You Tube so just start and try a few.

Frame it UP is one of my favourite tool to use each day. It's quick and easy and opens you up to endless possibilities. If you can see it you can have it!!

Take time to BE Still....this rest connects you to your spirit and this connects you to your identity and your purpose and the Beautiful YOU within.

a wrap up

WOW...



There's a lot to take in right.? The best way to add in new tools to your life is **one at a time**!! Be realistic.

If you were to try one new thing everyday you would be on an exponential change gradient for your life. That would be amazing.

Imagine doing something new everyday that was life changing BUT is that realistic for your life?

Decide what is realistic for you. One of these would have jumped out at you. Choose that one and stay committed and consistent with it until you master it. Then add in another. Find an accountability partner or buddy and support each other on the journey to change. No change is easy but not changing is even worse.

You get to CHOOSE.

Do you want to be the Beautiful YOU, the true you, the authentic you, fully revealed and fully expressed?
Do you want to see more beauty, light and life spread around in this world?

Then become your most Beautiful YOU!

You will find support and encouragement in the Women Winning At Life facebook group. Free training videos and action sheets on the toolkit tools are being added here regularly. Click on the facebook icon or visit Redemption Mumma's website www.redemptionmummas.com.au

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REDEMPTION Mummas