



Welcome!

It's so good to know that people are choosing themselves again.

What you are about to read was created by me when I was director of LifeHealthSoul Coaching Schools. I taught these valuable tools to the Life Coaches who wanted to specialize on Self-Love. Now these tools are in your hands. You will notice the writing is expressed as if you are coaches.

There was a time during my youth when I saw women and children being put down as something normal. I was a doormat to my first husband. It took years to realize my worth because I had heard for so long that I was not capable, not worthy, unloved. In maturity, I finally understood that I do not need to feel loved by someone when I have ME to love myself fully.

Another thing I learned is that when I do things for others without really wanting to, my energy depletes fast, and I get in a bad mood. So, I have learned to "check in" with my body and see if the invitation to help someone aligns with me. If it doesn't, I simply say, "No".

With no excuse to back it. I'll explain more in the lesson on Boundaries.

If you would like to participate in a Facebook group that I created in 2019 with more than 1,500 members who are learning to love themselves, join free at [Self-Love Club](#).

Enjoy the lessons to follow and reach out to me if you need support.

- Marlu Martin, CPC (alias, Lu Mira)

When do we use Authenticity as a tool?

Used when the story is about having placed another person in front of self, they express they don't know who they are any longer, or they are a shell of who they used to be. Often after divorce or a harsh break-up, this tool is effective. Especially if the ex-partner had a dominant tendency or your client has a yielding personality (at least with that

partner). It is time to return them to who they really are, not who they were expected to become.

Activity:

Step 1.

Who are you?

Write down everything that makes you YOU. At least 100 qualities/traits.

Possible Q to ask myself

1. What actions do I take that bring a smile on my face?
2. What do I love about myself?
3. What are my outstanding qualities?
4. How do I choose my friends? What qualities do I see in them that I see in me?
5. What places do I prefer to travel to? Why?
6. What song lifts my spirits no matter what mood I am in? What song makes me want to dance like a crazy person?
7. What joke or word makes me laugh?
8. Pretend you have a dear aunt that loves you very much and that she writes you a letter of everything she loves about you and how proud she is of you. What does the letter point out?
9. How would you introduce YOU to a stranger?
10. What do I value most? Family? Business? Entertainment? Etc...
11. What are my principles? Honesty? Integrity? Serenity? Equality? Etc...
12. What are my rules? How do my rules describe me?
13. What is my favorite ___ color? Flower? Object? Place? Movie? Book? School subject? Person? Etc...

Step 2.

Now, you must go on a journey with this new found self-knowledge

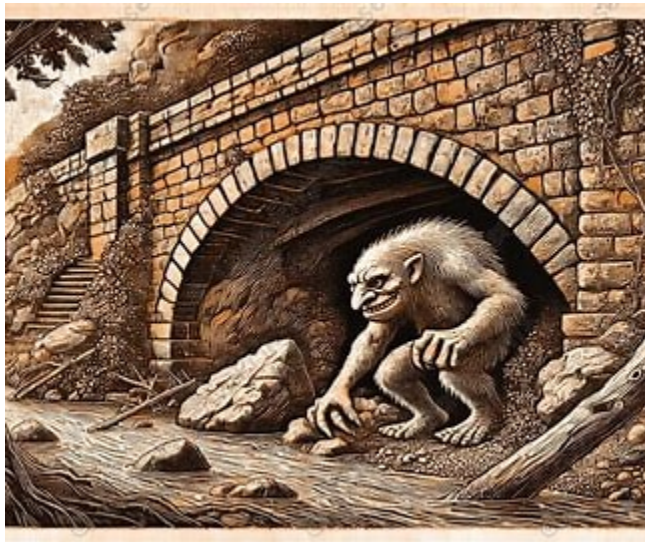
On this journey, you will need to cross three bridges, at each bridge, a nasty troll is waiting. Tracy waits for you upon crossing the first bridge. She demands you give her 30% of your qualities. Which will you let go of?



Activity Step 3

Thomas the Troll waits for you upon crossing the second bridge. He demands you give him 30% of your qualities. Which will you let go of?

Consider your values, rules, perspectives, everything that makes you who you are. What is most important for you to keep?



Activity Step 4

Todd the Troll is waiting upon crossing the third bridge. He demands 30% of your qualities to pass.

Take your time. You will be keeping the core of who you are. Let go of what does not align with your principles, values, rules. If all of it does align, keep the basics of your essence and let go of the rest. Get rid of all the noise and keep the genuine qualities only.



Activity - End of Journey

This is the end of your journey. You have 10% of your qualities left. What do you have left? What really matters to you? What is the *essence* of what you must keep?

Reflect.

How much time do you spend on the qualities you no longer have on the paper? Are you spending quality time on the traits that are most important?