

THE RADIANT YOU

ELEVATE

YOUR

ESSENCE

eBOOK

*“A Healthy Person Has a Thousand Wishes,  
a Sick Person Just One”*

*-Tony Robbins -*

**Rethink**

**Reframe**

**Recreate**

*“As far as you envision, you can have and  
become what you see.”*

# PREFACE



This eBook is a personal development book that offers six strategies for improving self-esteem, self-confidence, and success through self-love and mindfulness practices - powerful tools for those who have experienced neglect, abandonment, or loneliness.

According to Dr. Joe Rubino, a self-esteem expert, "self-esteem statistics reveal that 85% of the world suffer from low self-esteem. Self-esteem is all about what you feel about yourself and what you believe about yourself." "Having a high self-esteem is undoubtedly one of the most critical prerequisites for a life marked by competence, fulfillment, contentment, and achievement."

The Radiant You: Elevate Your Essence eBook stems from my own experience of many years of rejection, abandonment, and trauma. Pain attached itself to me early in life without invitation. As a result, I hated myself and never felt enough or worthy of love and acceptance. My behavior extended to imposter syndrome, self-sabotage, negative self-talk, and feelings of never being enough, worthy or valuable. I had low self-esteem and, therefore, allowed others to treat me badly because I just wanted to be accepted, valued, and loved.

Changing my negative paradigms to positive ones changed my life completely.

# PREFACE



By implementing these strategies and changing your negative paradigms into positive ones, you will begin to live a happier and healthier life.

These six strategies help you to start the process. Remember, transformation is a process.

- Vision
- Mindfulness Training
- Your Soul Purpose
- Self-Care
- Core Values
- Boundaries

Implementing these Self-Care and Mindfulness practices will provide you with rapid transformation towards living your best life.

"Change your thinking, Change your life. Your thoughts create your reality." -Les Brown -

You deserve to be loved, valued, and accepted. You are enough!  
Loving you back to wholeness,

Coach J



# HELLO THERE

Thank you for the purchase of *The Radiant You: Elevate Your Essence* eBook. This is my first eBook, so your feedback is super important.

Self-Care is all about you: what you think, what you feel, and what you say about yourself. What you think and say about yourself impacts how you show up in the world.

*The Radiant You: Elevate Your Essence* eBook offers six powerful strategies for achieving rapid transformation through mindfulness and self-love, which can help you boost your self-esteem, confidence, and success. If you want to succeed moving forward, you need to start with a fresh mindset and a clear understanding of what you want and where you want to go. This eBook contains motivational and inspirational prompts that can help you move forward to the next level in your life.



# HELLO THERE

Feel free to embrace the benefits of this wellness eBook, seizing the opportunity to engage your heart, mind, and spirit.

Discover a wealth of recreational resources designed to enrich your well-being, offering a diverse array of options to stay active during unexpected moments of free time. Pause, breathe, reflect, and savor the enjoyment!

Learn life skills to soar above your everyday circumstances and sometimes embrace them to live a happier and healthier life! That life starts with you, your self-care, and healing!

Thank you! I can't wait to see your transformation!

The focus of *The Radiant You: Elevate Your Essence* eBook is to empower and inspire you to improve your health and wellness and be:

- More present
- More happy
- More fulfilled
- More creative
- More productive

You CAN recreate a better life! You can do it!  
And You can do it now!

***Tip: Your Passion is Your Purpose***

## Strategy #1

# vision

*“Never start a day before it's done on paper.”*

*-Jim Rhom*

**Tip:** *...a true vision is more like using a highway atlas. It means having a clear picture of an ultimate destination and a detailed road map to get there... Steven K. Scott*

# vision

*According to Steve K. Scott, author of The Richest Man Who Ever Lived,...vision is so important that without it your innermost being will begin to waste away. The joy of living becomes replaced with the mere act of surviving or “just getting by.” You go from joy to subsistence, to depression, and ultimately to despair. “Where there is no vision, the people perish.”*



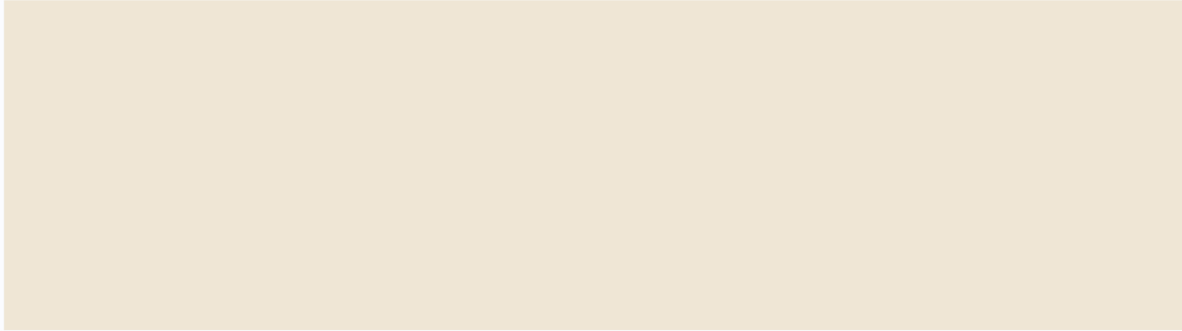
There is Incredible  
Power and Hope in Vision

# **THINK BIG!**

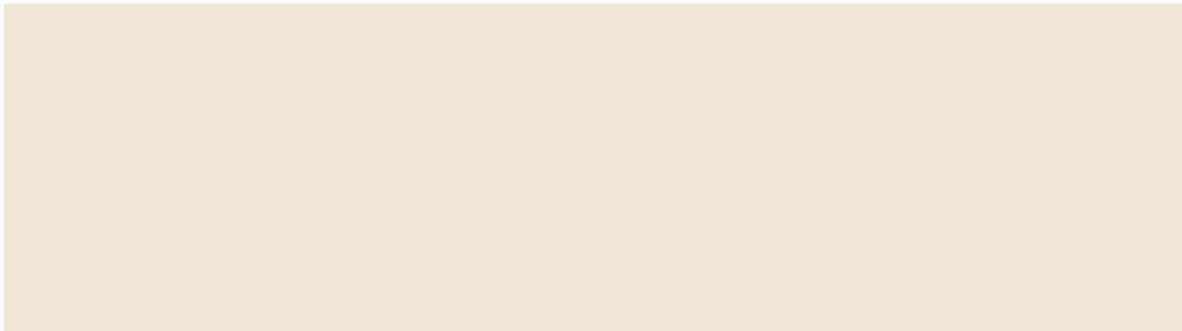
- **Write the vision.**
- **Create a Vision Board**
- **Create a T-Chart.**
- **On one side of the T-Chart place your strengths; on the other side, your challenges.**

# Vision Reflection

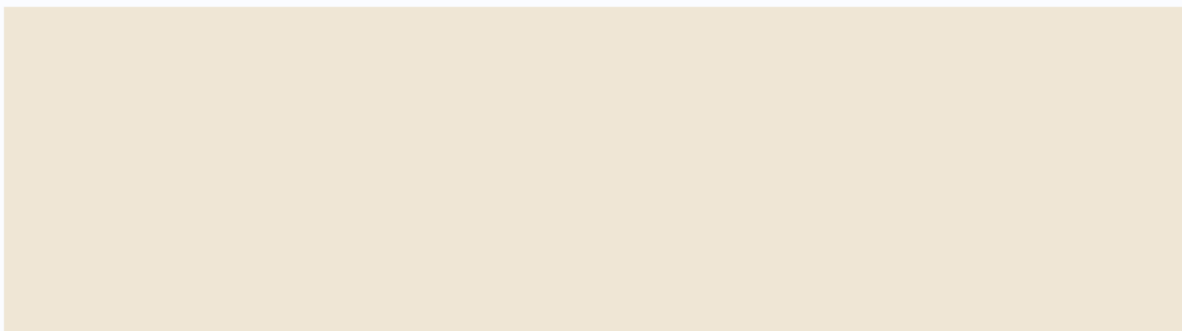
***Think about it. What do you really want?  
Draw or cut out pictures in this section.***



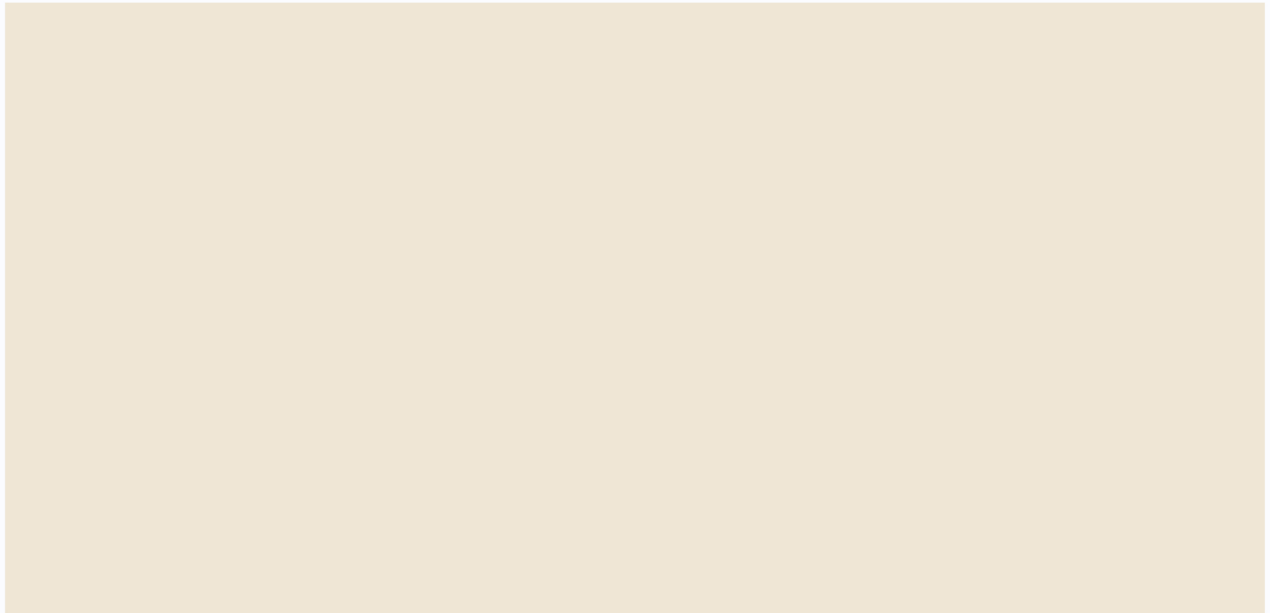
***Where are you today, and how would you like  
to live your life tomorrow? In your career,  
your personal relationship, your business?***



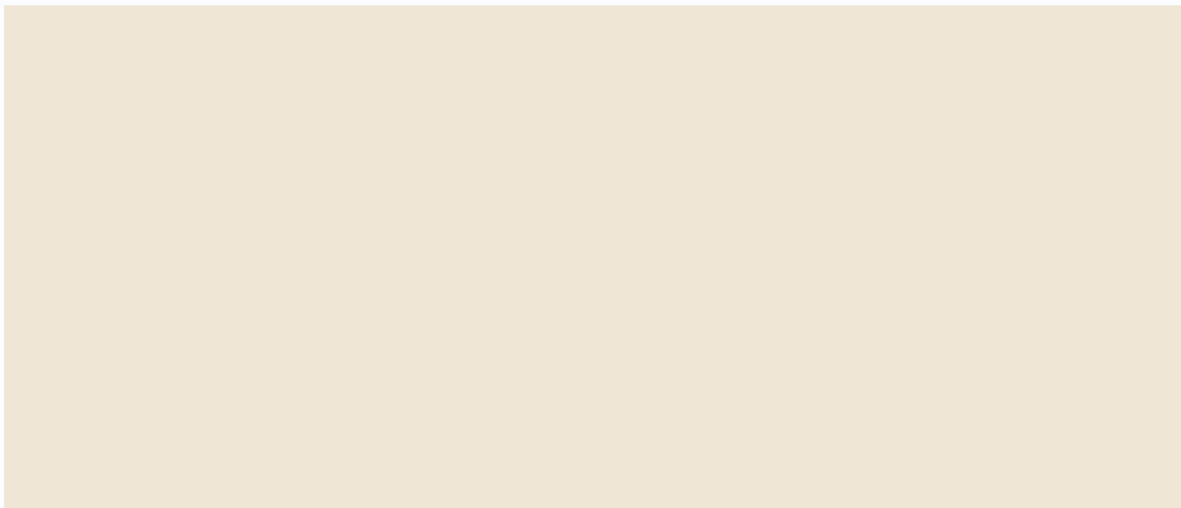
***If you could be or do anything and had no  
limitations, what would it be?***



***Where do you visualize yourself being in the next 90 days, three years, or 10 years?***



***How can you use one of your strengths to overcome one of your weaknesses?***



***What innate gifts and talents do you have?***

***What are you passionate about?***

***What excites you?***

***What brings you joy?***

Strategy #2

# Mindfulness Training

*In today's rush, we all think too much, seek too much,  
want too much, and forget about the joy of just being.  
-Eckhart Tolle, A New Earth*