

Turn ON YOUR Power

Glitter Bits

Make a little list of what you personally need in your own personal system each day to flourish.

Things I've learned from this book that I know will make me flourish are:

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Things I've learned from life that I know will make me flourish are

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Here are some questions to help you:

What is important for me in this life?

What is important to me in my relationship?

What makes me/us particularly happy?

What pleasure is non-negotiable for me daily?

What will keep me healthy at work?

What heals me when I'm (tired, annoyed, and etc.) at the end of a long day?

What makes me flourish?

What 3 things are really good for me that keep me grounded, happy, and flourishing?

What turns me on?

What turns me off?

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Once you've made your notes it's time to add in the details that personally derail you on a daily basis and only you know what those are.

My personal derailments are:

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And then use these questions below to help you even further:

Are you the kind of woman that says yes too quickly only to regret it moments later?

So in your system you could add:

- My answer to any question is always – “Can I get back to you on that?”
Because I need time to make sure this thing adds to me.

Would you like to make quicker better decisions?

- To make better and quicker decisions I ask, “Does this add to me or take away?”

Can you trust yourself with the munchies at night?

- Just as I reach for the munchies I am to stop and ask myself
“What do I need to receive instead?”

Are you the sort of person that hates to be rushed?

- I am to give myself 10 extra minutes in my diary for everything.

What do you need to stay on track with your wants for the day?

- I am to set my phone alarm to go off every hour for me to check in with myself
– I ask, how close am I sitting to my desires right now?

Do I forget about my needs and myself until it's too late?

- I am to set my phone alarm to go off every hour until putting myself 1st becomes
natural to me. So to train myself each hour I ask myself
“How kind am I being to myself right now?”

Do I enjoy my mornings?

- I am to commit to a new morning ritual for myself that I will not budge on for anything
BECAUSE I AM IMPORTANT.

MY NEW *Personal system* IS

Now pull all this information together and spell out your new system for yourself deliciously!

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