

THE 3 KEYS & 13 TOOLS TO SELF-LOVE:

**The Guide to Fulfillment in Love, Work and Family
And Making Your Life Better Forever**



LORRAINE PURSELL, MA, BCET

The 3 Keys & 13 Tools to Self-Love:

The Guide to Fulfillment in Love, Work and Family And Making Your Life Better Forever

By Lorraine Pursell, MA, BCET



The information in this e-book is not intended to replace a one-on-one relationship with a qualified healthcare or mental health professional or intended as medical or psychological advice. Lorraine encourages you to make your own mental health care decisions based upon your research and in partnership with a qualified mental health care professional. Disclaimer: The entire contents of this e-book are based upon Lorraine Pursell's opinions, unless otherwise noted. The information provided is for entertainment purposes only. If you purchase anything through a link in this e-book, you should assume that we have an affiliate relationship with the company providing the product or service that you purchase, and that we will be paid in some way. We recommend that you do your own independent research before purchasing anything.

Congratulations on getting this e-book. You are very wise to explore the concept of putting yourself first. This book is the culmination of 19 years of counseling and coaching, helping women, men and children create happier lives and relationships and raise their self-esteem and self-worth.

I have found in my travels as a speaker, author, public figure and private practitioner with over 20,000, probably closer to 25,000, client hours under my belt that without self-love, everything falls apart, and I mean EVERYTHING.

Why is self-love so important? Here it is: people only reflect back to us how we see ourselves. Usually, the way we see ourselves is the way we were programmed by well-meaning parents and caregivers. Almost everything that was said to us about us before the age of 7 stuck. Why age 7? Because before then, we have no reasoning filters to say, “Hey, who are you to say that to me?” We just accept it as truth. Then we spend the rest of our life growing beyond those messages.

Self-love becomes very important if we want to have happy, loving, prosperous lives. If this is what you want more of, then keep reading. In this book, you will find **The 3 Main Keys** to cultivating and growing your own self-love so that you can have more of the good stuff in your life. It does not happen overnight; this is a lifetime process. But you are in good company, for there are many of us stalking those great feelings about ourselves and nurturing them to replace the negative messages we may have gotten growing up.

You are a good candidate for a self-love regimen if you have ever heard or believed the following:

- You are selfish
- You are conceited
- You are ugly
- You are fat
- You are stupid
- You are hopeless
- You are worthless
- You are... (I’m sure that you can add some more to your list.)

Even expressions like the following are internalized by kids and we think it's about us. Did you ever hear statements like this:

- I've had it with you!
- I could kill you!
- I will kill you!
- I'm going to beat the ^&%\$ out of you!
- I'll give you something to cry about!

If you did hear these things, I am so sorry. But you can rebuild your depleted self-image and learn who you REALLY are. **You are a beautiful, perfect human who is so worthy of love, adoration, acceptance, praise, adulation, admiration, applause, and outrageous recognition just for your very existence. You are a beautiful work of art!**

Why is self-love such a challenge? Well, besides the reasons I listed above, there are many others, but one of the most important is that we are not trained to love ourselves. Our families, cultures and societies teach us that it is noble and honorable to give until it hurts, sacrifice and run ourselves into exhaustion! I promise you- no one will make you a saint if you die early of cancer or heart disease because you did not take care of yourself. They may feel sorry for you, but that is probably not the way you want to be remembered.

You are not alone if you do not know how to love yourself. It is not something that is usually modeled either by our families or by our society. When you step into the self-love journey, you may feel misunderstood. Yet it is vital that you learn this skill. Others may think that you are selfish and self-centered because of it. But self-love is not selfish and self-centered. It is the most loving thing we can do for ourselves and those around us- our family, our communities and our world.

When others do not understand what you are doing on your self-love journey that is okay. They are suffering more than you because they may never allow themselves to truly love themselves. But maybe one day you can be an example to them of how to go about the process. Maybe you can pass them this link and have them get their own copy of this e-book! Go to www.3KeysToSelfLove.com.

Are you a mother? Are you a single woman? Then everything I will reveal to you in this little book will help you have the abundant life you want, filled with love because you will learn to take care of yourself and honor who you are. This is the only way that others even CAN love and respect you. But the journey to self-love can be a long and winding road. Let me explain...

The Road to Self-Love Can Be Tricky: If we do not love ourselves, others cannot truly love us

It is important to understand that unless we first love and respect ourselves, the love we get from others is probably their selfish needs or personal inadequacies projected onto us. We may get a guy or a girl who “loves” us, but on further inspection, they really have less-than-clean intentions, conscious or not. A romantic partner may be controlling and want to possess you- they may be jealous and suspicious. They may be using you for your body, your money or your status, but not really love you for who YOU are. They may be emotionally abusive and you don't feel good about yourself when you are around them, but you put up with it because you think this is what you deserve, it is familiar to you, or you think that this is as good as it gets.

The word familiar has the root word ‘family’ in it

We recreate our past in our relationships so we can see our childhood wounding, become aware of them, and then heal from them. So if you are in an unhealthy relationship, become aware, heal yourself, and then move on. As your self-love and self-appreciation grows, you will see that you are worthy of a relationship where you are cherished and loved for who you are, and that self-love and self-appreciation will be reflected in the partner you attract- but not until you love yourself first, and only to the degree that you cherish and love you.

Some women are happily single, almost ‘fasting’ from romantic relationships because they want time to heal and learn to love themselves truly for the first time ever! It is like abstinence while we heal and grow in the wonderful understanding of who we are; this is

actually the phase I am in right now. Let me tell you a little about my story.

My Story and My Climb to Self-love

I grew up in what I now understand as emotional abuse. My family, while well-meaning and doing their best, teased, criticized and made-fun-of us as their way of showing love. We had many, many great times, but those rough moments really took a toll on my personal self-esteem. It all went into me, and I grew to be extremely self-conscious, unconfident and shy. When I was 7, I developed my first eating disorders, which only until recently have I healed from- they plagued me every day of my life.

I was so confused and overwhelmed by the contradictions around me that I entertained suicidal thoughts as a young child. I wanted to leave the planet because I was in so much emotional pain. I sat in my room for hours with my doors closed, pulling out my hair, picking at my skin and biting my fingers until they bled.

I married a man who I felt the same about myself with because it felt familiar to me and I had to grow through it. (This is all subconscious, you know.) I felt fat and ugly, even in the middle of a modeling career! I wanted to love myself so badly, recognize my beauty and intelligence, but instead was filled with self-loathing. I kept thinking I would find my happiness in another, so I went from relationship to relationship after our divorce.

It is a little embarrassing telling this story. But what I know now is that all of my painful circumstances were the foundation for my life path; as I have overcome my obstacles and healed, I have grown in strength and confidence. Now I help other women feel good about themselves- it is one of my burning passions. I know now that I chose my parents, I chose my husband, I chose the other romantic relationships where I felt unworthy so I could grow and understand my own journey to self-love.

I recently left a 10 year relationship in Hawai'i where we lived on a mountain with a beautiful ocean view, but I was not happy. I stayed way longer than I felt was good for me because I was scared to change- it was a "good enough" relationship. I felt stuck, smothered, weighed down and controlled (because I did not stand in my own power and allowed myself to get knocked off-center). Even though I was a counselor helping many people then, I wanted to give my gifts to the world in a much bigger way. I was discouraged from taking that risk and striking out. I had a fun life there with this handsome man, but I was not happy. I knew there was more for me.

I got myself to the 'mainland' almost 2 years ago and my life started all over again. In a sacred ceremony last spring, I actually married myself- I put a beautiful blue topaz ring on my wedding finger, and with a bouquet of flowers in my hands, stepped over a threshold and committed to love, honor and cherish myself until death. This was one of the most healing things I have ever done. That was 6 months ago now, and my sense of self-appreciation grows daily, I am happy and content with myself, and I know now, that because of my self-love journey, when the right man does show up, I will not compromise- I will stay in my center and not abandon myself for the sake of a relationship or for pleasing a man.

I still have feelings of depression and self-loathing sometimes, but as I faithfully practice **The 3 Keys** I will share with you, I learn to recognize when it is happening, use any of **The 13 Tools** to halt them and get back to a place of peace and self-love pretty quickly. It's a miracle- and without Zoloft, but that's another e-book!

Just this morning I recognized this: When negative thoughts come to me, they don't actually originate inside my head- they are OUTSIDE my head speaking in my ear. This was a huge breakthrough to learn that THEY ARE NOT MY THOUGHTS! They just SOUND like they are because they are familiar. I invite you to play with this idea yourself. What if the negative thoughts were not your own, but rather only what you were used to hearing and believing?

This opens up a whole new world. When I married myself last spring (see story above), I was marrying my inner being, my Higher Self. This is the part of us who knows that we are worthy, how lovable we

are, how beautiful we are and how deserving we are of every good thing. When we practice living in this glory and in these good feelings, the drama goes away, the negative people go away, peace comes to our life and we can rest for the first time ever!

Once we practice this for a little while, we can let mean people go from our lives. Gossiping and backbiting friends go away because we do not participate any longer. Complainers do not hang out with us because we tell them that we don't like to hear it- it brings us down. When we start on our Self-love Journey, we begin valuing ourselves more than ever before, or for the first time. Our vibration rises and only good people and circumstances surround us. And when challenges come, we see that it is happening FOR us, not TO us, and not against us. There are blessings for us in each of our obstacles- mainly, learning to love ourselves more through it.

Key #1: **Only Do, See, Hear & Be Around** **What Makes You Feel Good**

We live in a world that believes that loving ourselves is selfish, self-centered and conceited, it becomes hard to separate ourselves from mass consciousness mindset and only do what feels good to us. But this is **THE NUMBER 1 KEY**. We may face criticism and even ridicule when we put ourselves and our own needs first. But think about it- others call it selfish when we don't want to do what THEY want of us- when we don't accommodate THEIR selfish requests. Let me put it to you another way: When we do not want to do something, for whatever reason, and others get upset, it is because we are not serving THEIR wants, requests and needs, which are not yours to fulfill anyway. It is up to them to fulfill their needs, wants and desires, not us! Hmmm. Is this making any sense yet?

If this is one of your struggles, it is probably because you are a sensitive person who wants to make others happy. We bypass our own comfort and jump right into doing anything to keep the peace and keep our partner and kids happy. I invite you into a brave new world if this describes you. It is not your fault that you want to please

others- it is probably how you were raised by well-meaning parents and extended family.

Besides, it is all around you- the stereotype of a good partner and friend being the one who sacrifices and gives of themselves, to their own hurt. I don't think a good friend would want someone to exhaust themselves for them. Our churches preach this, too. But Jesus said to 'Love your neighbor as yourself.' This means we have to love ourselves first, fill our vessel so we have overflow to give, not the dregs of resentment, bitterness, fatigue and fear. If we really want to give love and service to others, we must care for ourselves first. And Jesus did spend a lot of time alone on the mountains, and He mostly ministered to only 12 people; there's our example.

Ask your partner and your children to do some things for you. Ask them for help, like get you a glass of water, take their plate from the table and pick up after themselves. Teach your kids to do their own laundry. Give them things they can do. Stop running around pleasing everyone and rest. You will be happier and more enjoyable to be around, and you will like yourself and your life so much more! As a bonus, you will be healthier because you will learn to hear your inner voice that talks to you about self-love and self-care.

I am here to tell you that sacrifice does not work. When we sacrifice for others at our own expense, we get depleted, sick, broke and resentful. AND we do the other no favor- we enable them, which means doing for them what they can do for themselves, thereby harming their self-esteem, especially our kids. When we do for our kids and others what they can do for themselves, we teach them that they are not capable humans.

What feels good to you? What do you like to do? Where do you like to go? What shows do you feel good about watching? What songs help you to feel uplifted? What authors do you enjoy? What uplifts your spirits? Do those things only. And if you find yourself around something or someone that does not feel good, then turn it off, leave the room or move away. Guard your sacredness with your life. Do not allow another to accuse you of selfishness- analyze it: are they really the selfish one bullying you into serving them?

Take a moment right now to write the things that make you feel good:

What in my life gives me a knot in my stomach when I think about it:

This, my friend, is what you MUST change for your health and well-being.

Now, write below your lists of what you absolutely love and enjoy.

I love:

When I do this, I feel great:

When I am stressed, if I do this I feel SOOO much better:

This is what I require to be a thriving, happy human:

What you just wrote are your keys. You need and deserve these things. Find a way to make it happen, because nothing is more important than that you feel good. This is the truth.

Key #2: Honor Your Feelings

Every moment of every day you have feelings about everything you are doing. Stop right now and check in with your gut. Are you getting a queasy feeling in your gut? How does your heart feel?

We get to the point, especially as women, where we become numb to our own inner voice. This is where we get lost, start doubting ourselves and losing our personhood. So many women tell me that they do not know who they are anymore because they are all about pleasing others. Stop the circus! Stop the world! Take time for you. When you are quiet, you can hear that still, small voice.

When you are with certain people, how do you feel? How do you feel about what they are saying? Do you feel uplifted or do you feel your energy sink? Do you like what their life looks like? Or are there things about their life that you disagree with? Are there things about their life that you would not want to be your own? Who we hang around is very important.

Environment is stronger than will. This means that we become like the people we hang around. That goes for the media, too, which is people speaking their messages to you through the television, movies, music, news, Facebook, Spotify, Instagram, on and on it goes. Who uplifts you? Do not be deceived that this is just a little fun. They are infecting you as they waste their time, and their own life, with frivolous talk and negative attitudes. Do they criticize others? Then you are next.

Does the news depress you? Stop watching it. I stopped tuning in to the world of murder, bankrupt countries, war, hate, judgment, criticism, money woes and cheating about 30 years ago. Since then, without these nipping dogs at my heels I have elevated and elevated. And I have discovered a fascinating phenomenon- If it is REALLY important, someone will tell me. I don't have to worry about it.

The news represents only a tiny sampling of the world experience. Media feeds on the shocking and grotesque, blowing it out of

proportion because that is what sells. But it also plants fear and skepticism into every watcher's soul. It is hard to elevate when you think the world is falling apart. The world has taken a nightmare pill.

My mission is uplifting others. I spend my energy lifting higher and higher and higher. That is what my inner voice tells me to do and it has served me well. How do you feel around those who talk about doom and gloom? How do you feel around the news? How do you feel around certain groups of people? How do you feel when you do email? How do you feel about your debt? How do you feel when you think about your job? How do you feel when you hear certain songs?

What if you really paid attention to your feelings and what they said to you? It is an amazing journey to freedom that I am inviting you into. It has changed my life and the lives of my clients when they turn off the television (or get rid of it altogether) and listen to ONLY positive things like Dr. Wayne Dyer, Esther Hicks, Louise Hay and anything published at Hay House, the largest distributor of positivity.

People will tell you for a while that you have to be informed about the affairs of the world, and that "you can't put your head in the sand." But why would we want to bathe ourselves in the affairs of a small group of dysfunctional, angry, mean people doing horrible things to other humans? This is what the media magnifies. I choose to tap into the under-reported majority that is good and lives in increasing peace and happiness. If you live with someone who loves the news and crime investigation shows, just leave the room and be happy and content with your positive movies, CDs and books that feed your soul while quietly nurturing yourself in your room alone.

We must take a stand for what we want in our life. By doing so, you are setting a much-needed example for others. They may have never seen someone take care of themselves. It is important to feel good and bring peace into your life. We can learn how to feel great all of the time.

Take a few minutes right now to pay attention to your feelings.

Please answer the following question:

How do I feel when I hear the news?

How do I feel when I do my email?

How do I feel around certain people?

Person 1:

Person 2:

Person 3:

How do I feel about my debt?

(hint: don't be overwhelmed, make a plan, reduce spending and pay it down. 😊)

How do I feel about my job?

(hint: Now that you know, make plans for a more rewarding job that feeds your soul being grateful for your current job. Soon it will change. 😊)

What music, singers, songs and activities uplift me?

(hint: Now ONLY listen to these artists, and do those things OFTEN. 😊)

Key #3: Love Yourself Enough to Walk Away

The biggest challenge I have found for women is to love ourselves enough to walk away from a bad situation, myself included as evidenced by my earlier story. For some reason, we feel:

- ~ obligated to take care of others when it is not serving us
- ~ that it is up to us to repair situations that are beyond repair
- ~ that we are the cause of bad relationships & thereby need to fix it
- ~ that we are to blame
- ~ guilty if our partner is mad at us
- ~ that it is all our fault
- ~ that we are the one who needs to change
- ~ that we cannot leave the situation because of all of the above.

Whatever the situation, and whoever it is with, if you do not feel good about yourself there, it is time to reevaluate. There are a number of things you can do before leaving, and certainly leaving is not always the solution. However, if you do your best, yet feel put down, feel diminished, do not feel that your thoughts, feelings and opinions matter to the other person or to your boss, you may need to consider leaving to save your self-worth.

Sometimes you can stay if you somehow elevate how you feel and if the good outweighs the bad, which was my case in Hawai'i. But if you work hard to raise your vibration, get happy and feel good about yourself only to feel deflated around your partner or boss, you are like a yo-yo missing out on the quality-of-life you want. This is not to say that there are not issues within us, of course there are. But if you are feeling like you cannot give your gifts to the world or that your situation does not allow you to expand into your greatness, you may be waging a no-win battle. Our calling is to live our life to its fullest.

Be especially wary if your partner will not keep commitments and promises, saying the right answers to stall you and getting you to back off. Decide what are 'deal breakers' for you. Make lists of what you can live with and what you cannot. Get very, very clear about what you want. Then be prepared to exit if it is not working for you.

You may not know this deep in your bones yet, but you deserve a great, big wonderful life. You were born with many gifts and talents, and it is your birthright to give those gifts and talents in full self-esteem, gloriously thriving in your creativity while feeling terrific about yourself. If you do not feel you can do this in your current situation, what are you spending your days doing?

I left my marriage because I knew that I needed to set a right example for my son. If I had stayed, my son would have duplicated what he grew up with. I needed to take a stand for my son's sake. As a psych-type person, I completely understand where my ex was coming from: his own family of origin dysfunctions, and it made perfect sense. He was doing his best and I truly know this. After our divorce, he grew into his best self. But while we were together, I could not grow in the relationship.

We attract relationships for our growth. When we realize that those in our lives are our teachers and serve us by pointing out where we need to heal, we can more quickly move past resenting those people. We invited them into our lives for a very important reason. They bring up everything in us that needs to heal. They are only serving us as we observe our reactions and our lower-nature responses to the other.

Now, that was about romantic relationships, but what about friends? We may have friends who do not talk about things that lift us up. Their complaining brings us down. Their gossiping wears on us. Their doom and gloom conversation is like a weight on our shoulders. Are your friends going where we want to go in life? Are they content to watch TV every night? Be careful- if you hang around with them you will become like them.

You can tell by monitoring your gut feeling- how does it feel when you are in conversation with them? Does it elevate or does it plummet? Do you feel better and more uplifted after time with them, or are you left feeling depleted?

And in your job, do you feel honored and respected? You may not want to walk away immediately, but if in your heart you love yourself, you can begin looking for something new. We make a stand for ourselves when we act from a place of power.

13 Self-Love Tools

There are SOO many tools to begin lifting our spirits. Many of them I have pointed out in this e-book already, but I want to now outline them for you here.

1. Mirror Talk

As often as you can, or better yet every day, or even every time you see yourself in the mirror, look yourself in the eyes and say, “I love you.” This is probably going to be awkward at first, but keep with it. It will start to grow on you as you keep doing and start feeling better about yourself.

2. Positive Input

Only listen to and watch things that bring you up. Surround yourself with positive things and positive people. I listen to positive messages all night long while I sleep and do not listen to the radio while I drive, but to uplifting, transformational people like Esther Hicks, Wayne Dyer, Michael Dooley or Don Miguel Ruiz- anything that reframes and restructures my mind.

3. Wash Your Brain

Would you agree that our brains need washing? I know that mine does. So many negative messages have laid down tracks in our thought patterns. We need to constantly rinse away things that bring us into a downward spiral of self-doubt and depression and convert them into an upward spiral of feeling better. You can actually imagine white light circling around your thoughts and your mind to cleanse it. And that brings me to the next tool...

4. Upward Spiral

When you feel yourself plummeting into a downward emotional spiral, immediately begin twirling your finger in front of your body in a counter-clockwise motion. Yes, that’s right. When we spin our finger in this direction, we literally unwind our troubles. Clock-wise is the way of the world- tight, wound up, tense, judgmental. When we spin counter-clockwise, we relax, ease up and breathe. And that brings me to the next tool...

5. Breathe

This is probably the most important tool. We hold our breath when we are under pressure, and depressing, worried thoughts are definitely pressure. Begin noticing when you stop breathing, and take a deep breath. Proper breathing is this: inhale without raising your shoulders; let the breath fill your abdomen. This lowers your diaphragm and more oxygen fills your lungs.

6. Be Kind to You

At any moment, stop what you are doing and ask yourself what you would really enjoy right now. Then do that. Make yourself a cup of tea. Curl up with your book. Give yourself a nap, even if only 5 minutes with your head on your desk. Take a walk. Stretch. And that leads me to the next tool...

7. Ask Your Body What It Wants Right Now

When we give our body what it wants, we are expressing self-love. Does it want to stretch, walk, run, soak in a tub or lie down? Our body hauls our soul around. Don't you think that honoring this beautiful, intelligent vessel would be a kind thing to do? Tune into your body and love it.

8. Leave

Decide before you enter into a social engagement that you will leave when you are bored, friends are drinking too much, conversation becomes negative or you are tired and ready to leave. This is a brilliant tool and one where your body and soul will say, "YAY! She honored us! She did not compromise herself!" Just politely say, "I need to go now." No problem.

9. Eat well

Decide to love yourself enough to only put healthy, fresh and preferably organic foods inside your body. The time and energy this takes is a declaration that you are worth it. And you ARE worth it! You are a beautiful daughter of God, Source, The Creator. When you feed yourself well you are declaring to those negative inner feelings that you are valuable.

10. Rest When You Need To

Honor your body when it signals you that it needs rest. When we push ourselves beyond where we are comfortable, we do damage to our body. Listen to it. Give it the rest it requires. Sometimes just laying down for a few minutes helps a lot. Close your eyes. Park under a shady tree, put your seat back and rest.

11. Get Quiet

Many of us hit the road running the minute our eyes open. Stop and give yourself some time to hear your inner voice. Meditate or pray. Get quiet and let your thoughts roll. Feel good about you. Know you are a daughter of God. Know that you are worthy. Lie in bed and visualize what you want in your life as if you are there right now. Steep yourself in the good feelings.

12. First Thing, Put Yourself First

Before you do anything for anyone else, make yourself a cup of tea and sit alone in silence. This may mean getting up a little earlier than normal to give yourself this time, but it is well-worth it. Have that cup of tea just for you, and if someone else wakes up wanting something from you, just say that this is your alone time- they will need to wait.

13. Pretend

Weren't you once very good at pretending? Didn't you used to imagine the life you wanted? Then life crashed in and you are drenched with reality. Start pretending again. Read your old fairy tale books. Pretend that you are a little girl, because you really are. You just got older, but you are really the same little girl inside. Honor her and ask her what she would like to do right now and how she feels. Have FUN with this!

What It All Means

You are worthy of so much love. It is probably not what you were steeped in growing up, though. The goodness and happiness that is rightfully ours is so great that we cannot fathom it. But, we were probably criticized when we demonstrated that we loved ourselves

either by friends or even family. We are in a society that contradicts itself and thinks self-love is conceited, arrogant and self-centered, and **the exact opposite is true**. In fact, it is only when we love ourselves completely that we have anything to give that is clean and pure- otherwise, we fish for compliments, manipulate for attention and search for love in all the wrong places.

Make a commitment to strike out on your own self-love journey. Your life will heal, you will discover who you really are and begin to be in a place of power for the first time in your life. Because of it, your children will begin to love themselves, your relationships will improve, your health will get better, and your outlook on life will elevate. Best of all, you will begin gathering all your parts you ignorantly abandoned when you were in self-hatred and self-loathing.

Believe me, this process feels SOOOO good- it has been my journey for a few years now, and it is wonderful to be able to say to myself, “I love me. I am such a great person. I appreciate me and accept me, foibles and all. I am a sweetheart. I love my smile. I love my hair. I love my beautiful body. I am happy to be me.” Go ahead, try it. Go to the bathroom mirror and say this to yourself right now. Then practice this every day and watch the miracles unfold in your life.

Life was meant to feel good. We were meant to have fun. We were meant to love and appreciate ourselves. Stop now and make a list of all the things you appreciate about yourself. Go ahead. Do it now.

This is what I appreciate about me:

- 1- _____
- 2- _____
- 3- _____
- 4- _____
- 5- _____
- 6- _____
- 7- _____
- 8- _____
- 9- _____
- 10- _____

There, doesn't that feel good. This is not conceited. This is not vain. This is not self-centered or selfish. This is loving yourself, and it is the hub of everything.

Blessings to you, my dear.

Lorraine



P. S. If you would like information about the Women's Self-love Journey program, go to www.LorrainePursell.com. Enter your name and email for program announcements. It is a place where like-minded women grow together and support each other on their journey to self-love. **If you tired of not living full-out, feel sad and depressed and are ready to elevate to a new level, then this program is for you!**

If you're tired of self-doubt and negative self-talk that ruins your day, and stops you from living your life to the fullest, then read on. Negative mental messages and bad inner feelings rob us of our joy and stop us dead in our tracks when we try to shine and give our gifts. Do you...

- Wish you could believe more in yourself?
- Want to feel better about yourself?
- Want others to respect you more?
- Want to feel happy about your life?

If you are tired of exasperation, depression and fear and want the self-worth and beautiful self-esteem you deserve, then check it out.

What we cover...

- ~ Who Am I: The Journey to Discovering Me
- ~ Self-Cherishing Is the Path to Being Cherished
- ~ What Makes My Heart Sing?
- ~ Nourishing Our Body- What Does Your Body Want?
- ~ Living My Life with No Regrets
- ~ Assertiveness and Self-Worth
- ~ Conscious Language
- ~ Youth-ing and Defying Typical Aging
- ~ Self-Care and Loving Our Bodies
- ~ Having Right Boundaries
- ~ Healing Bitterness and Breaking Chains
- ~ Care for The Soul & Spirit
- ~ Play & Move Your Body- What Is It Telling You?
- ~ Your Earliest Dreams, Core Messages and Gifts
- ~ And much, much more.
- ~ Plus, you will be with a band of **like-minded sisters** supporting your journey
- ~ You will be invited into a Sacred, safe, **private Face book group** for daily sharing on your journey

Again, sign up at: www.LorrainePursell.com to get information.

I hope you join us soon!

"This program made me into a whole new person, as I found the missing piece in my inner spirit. I'm now running at 100% and in full positive self-expression- I see life differently now. The golden wisdom that Lorraine shares is life saving!"

-Stephanie Colton, Williston, ND

About Lorraine Pursell:

Lorraine Pursell, MA, guides individuals, couples and families into personal happiness and peace, and loving relationships through private practice, radio, speaking, video and writing since 1995. Her own journey from depression to personal power is the source of her inspiring, approachable style that is well-received by clients and audiences everywhere. She specializes in 1:1 private retreats and group programs where people transform beyond blocks and frustrations and create happy lives and loving relationships. Her humorous, non-judgmental coaching style helps facilitate lasting change. Lorraine's passion is helping people feel good.

She is the author of *Affirmations for Kids & Parents*® CDs and books, and *The 12 Secrets for Safe, Happy & Confident Kids*, and *The Women's Self-Love Journey* coaching programs. She is a collaborative author in *Expert Success Solution*, Morgan James Publishers, NY.

Lorraine holds a counseling Master's, an educational therapist board certification, and has practiced in California, Hawai'i, and now in North Dakota where she lives with her family. Subscribe to Lorraine's uplifting videos and tips on thriving in life at: www.LorrainePursell.com. Get Lorraine's free, informative eBook, *Stop Yelling at Your Kids: 3 Foolproof Ways to Keep Your Cool*, at www.StopYellingAtYourKids.com.

"Lorraine is a tremendously gifted facilitator and healer. Her insights, love and intuition makes her very powerful in her gifts. The people who work with her consider her a trusted friend, and her humor and lightness is very comforting, making for easy, positive change."

-Rose Cole www.RoseCole.com

The information in this e-book is not intended to replace a one-on-one relationship with a qualified healthcare or mental health professional or intended as medical or psychological advice. Lorraine encourages you to make your own mental health care decisions based upon your research and in partnership with a qualified mental health care professional. Disclaimer: The entire contents of this e-book are based upon Lorraine Pursell's opinions, unless otherwise noted. The information provided is for entertainment purposes only. If you purchase anything through a link in this e-book, you should assume that we have an affiliate relationship with the company providing the product or service that you purchase, and that we will be paid in some way. We recommend that you do your own independent research before purchasing anything.