It starts with YOU! These exercises are the best way to dig in and discover who you really are so you can build a life that reflects who you are and what is important to you.

truthfully,

Hilary

LOVE YOURSELF, LOVE YOUR LIFE
YOUR THOUGHTS

Tune in to your inner dialogue. Your thoughts can often be unkind and untrue. I call them ‘lies,’ and they enable and disable us.

What are you telling yourself?

STEP 1: I can/I am

- eat whatever I want b/c I worked out...
- ...........................................
- ...........................................
- ...........................................
- ...........................................

STEP 2: I can’t/I’m not’

- I’m not capable enough to be the “boss”...
- ...........................................
- ...........................................
- ...........................................
- ...........................................

Shift your focus and change your life.

Pick 3 statements from above and rewrite your story to reflect who you are based on your real experience.

I am capable enough to be the boss because I have the experience and expertise on my side.

Your defeats don’t matter, let your triumphs define you.
Complete each column in order giving yourself 2 minutes to brainstorm your answer for each question. You can use words or phrases.

“LATELY I’VE BEEN FEELING...”

bored, starving, energized

[Blank]

Write this entire statement filling in the blank at the end for two straight minutes.

I WANT TO FEEL ________________________________.

I want to feel confident, I want to feel sexy, 

[Blank]
YOUR EMOTIONS
(Part 2)

Pick your top 5 answers from step 2 and answer this statement 3 times for each feeling.

I FEEL _____________________ WHEN (I) _______________________________.

I feel “important” when “I help people.”

Looking at your answers in step 3, write here how you will add these activities into your life.

I feel important when I help people. I can volunteer at my kids’ school.

Turn towards your feelings, not away from them and you will know how best to care for yourself.
Quiet your inner critic.

List 10 things you are proud of, grateful for or like about yourself. Traits, Features or Accomplishments- don’t be shy!

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Start with what you have.

List 10 things you appreciate or are grateful for in your life.

☐ ................................. .................................

☐ ................................. .................................

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You are an intricate and complex being whose unique combination of parts makes you one of a kind.
Shift your focus to what you DO like.

We are highly attuned to what we don’t like about our bodies. Write 10 features or traits you are happy with about your body.

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If you’ve got it, flaunt it!

What can you do to embrace and honor the traits you are happy about. Write 5 ideas here to help your focus shift.

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YOUR CORE VALUES

Trust, family, balance, authenticity, health...

STEP 1: Sit quietly in a peaceful place or go for a walk or a run and think about you. Simply stated, what is important to you? There is no right or wrong answer. Do your best to identify as many as you can.

STEP 2: List activities you already do or actions you already take that honor these values. If you value family, do you spend time together, do you treat them well?

STEP 3: What can you ADD IN to your life that will further honor what you value most?

Make decisions that honor who you are. Live a life aligned with your core values.
YOUR JOY

STEP 1: List 20 things you enjoy doing. When was the last time you let yourself do these things? If it has been a long time, what keeps you from it? If you can’t list 20, write things you think you might like or enjoy and commit to trying each one at least once this year.

STEP 2: List anything you do regularly by choice (not laundry) that you don’t enjoy doing? Do you say yes to doing things that you really don’t want to be doing?

STEP 3: Circle Your Top 3 least favorite “have to’s”... Why do you do this? Obligation? Don’t want to disappoint?

STEP 4: What actions can you take to start to eliminate these unwanted activities from your life. Take an active position to remove such activities and to start being truthful to yourself and to others.

Living an intentional life requires us to stop living by our ‘shoulds’ and to be free to live by our ‘wants.’
In each section, write 1-3 actions you can take to improve the quality of these relationships. Remember: we can’t make other people change, this is about how you contribute!

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<tr>
<th>Partner/Significant other/Spouse</th>
<th>Friends</th>
<th>Immediate Family</th>
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<th>Extended Family</th>
<th>Colleagues/Professional</th>
<th>Money</th>
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YOUR OVERALL FULFILLMENT

HOW DO YOU RATE...
Life Zones Inventory (rate your fulfillment on a scale- 1-10)

WORK
- Financial
- Time/Boundaries - Balance
- Fulfillment, Significance, Satisfaction

PLAY
- Hobbies/Recreation
- Travel/Vacation
- Socialization/Friends

FAMILY
- Partner
- Children
- Extended Family
- Home life

SELF
- Health/Exercise/Relaxation/Nutrition
- Spirituality
- Authenticity/Self-expression
- Mental & Emotional (mindfulness and awareness)

IT'S ALL IN THE NUMBERS...

0-3 Needs Serious Work  4-6 Maintaining but can use attention  7-10 Great job

Pick 3 areas from above that you want to change. Write a list of actions or activities that will boost your fulfillment in that area.

How you do one thing, is how you do everything. You have the power to create a life you love!
HILARY’S 10 LIFE MASTERY PRINCIPLES

ACCEPTANCE:
We must accept ourselves for all of who we are, even the seemingly unlovable parts. This is the only pathway to achieving true self-love.

WISDOM:
Your emotions are the richest source of wisdom for you about who you are. Turn towards your feelings, no matter how unpleasant and you will always know how best to take care of yourself.

EMPOWERMENT:
You must be your own hero, most loyal best friend, wisest trusted advisor, staunch ally and most vocal advocate.

KINDNESS:
Compassion, generosity and kindness towards ourselves and others are essential to realizing our common humanity. This is what binds us together in our shared existence.

INTENTIONALITY:
Consciously choosing the what, where and how in our lives allows us to create the exact life we desire. You can have everything you want if you take intentional action.

TRANSPARENCY:
Only when we have the courage to live with transparency, no hiding, pretending, lying or pleasing, will we be totally free and know true intimacy.

COURAGE:
Fear is rooted in the belief that we are not enough; that we can’t handle whatever it is we fear. Courage is the antidote to fear. Feel your fear then summon your courage.

SYNERGY:
All relationships in your life are interconnected and hinge upon how you feel about yourself. Care for that primary relationship with your Self and it will be felt throughout.

SPIRITUALITY:
When we learn to find the lessons and blessings in hardship, tragedy and the unexpected, we become masters at living. Making meaning of what seems meaningless, in each of our own ways, is spiritual.

TRUTH:
Your truth is what you think, feel, need, desire and experience at any given moment, and it is valid. We always need to speak this truth, first to ourselves and then to everyone else.

It is my greatest wish for you to feel a sense of calm and deep inner contentment within yourself. To have a true love of self will allow your relationships to flourish and your life to reach it’s greatest potential. Take this new found clarity to create your intentional & inspired life.

truthfully,

Hilary

FIND YOUR TRUTH. SPEAK YOUR TRUTH. LIVE YOUR TRUTH.