

Heal Your Inner Dialogue



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*What you
think about, is
what you
bring about*



Radiant Aware Women
STOP SETTLING ~ START SHINING



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Introduction

Lets fudge off old myths, beliefs and stories that we are done @ 50 and its all downhill from here!

Its time to **STOP SETTLING** in patterns of invisibility, self sacrifice, self sabotage, not enoughness or insecurity about ourselves or our future.

Divine woman it is time to claim your worth, your wild side and your wisdom.

It's time to **START SHINING** and step into a deliciously deserving space of expressing your full fabulous feminine fire in your fifties and beyond.

First, we need to roll up our shirts sleeves and put on our big panties and to the work to clear up the old shizzle than may have cause you to shrink or to shrivel! shirts sleeves and put on our big panties and to the work to clear up the old shizzle than may have cause you to shrink or to shrivel!

Note this is not a Quick Fix, but a springboard to dive into what it takes to maintain and sustain an empowered lifestyle of Feeling Fabulous @ 50 and beyond!





Inner Dialogue

Internal Voice Awareness is a powerful practice you can use 'in the moment' to clear away mental clutter that gets in the way of fully being your fabulous self..

Complaining, comparing and criticising affects our habits, our feelings and our attitude. The 3 Cs will actually sabotage our actions and our very progress in life!

They provoke false fears in relation to past events and an unrealistic anticipation about the future.

They create an unnecessary obstacle course that often leaves us feeling helpless, victimised and mistrusting ourselves.

The 3 Crippling Cs often can leave us paralysed and in a state of inertia, not knowing what to do next.

Please answer the following questions honestly, without censoring or editing yourself in any way and.....

"Remember you are not your thoughts."





1st C

Complaining

Without even realising it, we often complain about ourselves, others and what we have to deal with in our lives over and over again until we believe that's the way things are and there is nothing we can do about it.

Complaining to ourselves drains us of creativity, makes us feel helpless and keeps us stuck in believing we are a victim of circumstances.

Complaining

What do I say to myself about the way I am?

[illegible]

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Complaining

What do I habitually complain about that I experience with others?

Think of relationship dynamics in different areas of your life that frustrate or trigger you in some way.

[illegible]

Complaining

What do I habitually complain about in my life?

Include your lifestyle, where you live, your financial position, social life, lack of time, unfulfilled dreams etc...

[illegible]

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Complaining

What else do I habitually complain about in my life?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Using the 3 Conscious Cs

How does complaining make me feel about this?

How would I like to feel instead?



[illegible]



2nd C

Comparing

Women tend to compare themselves and others on autopilot. It's learned bonding ritual which creates a false sense of inferiority or superiority.

It starts in childhood when we are compared with siblings, neighbours or at school to motivate us.

When we source our value from outside ourselves, we give away our power.

[illegible]



Comparing

Do I see myself as inferior or superior to others when I compare myself?



[illegible]



This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.





Using the 3 Conscious Cs

How do I feel when I comparing myself with others?

How would I like to feel instead?



[illegible]



3rd C

Criticising

Criticizing is another bizarre bonding ritual women use to create social connections. It focuses on the negative aspects we see in ourselves and others.

When we criticize, we are judging ourselves and others. It affects our self-worth and breeds mistrust in our relationships.



This image shows a single page from a notebook or ledger. It features ten evenly spaced, light blue horizontal ruling lines across its entire width. The background of the page is white. There are no margins, text, or other markings present.



[illegible]



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.



[illegible]



Using the 3 Conscious Cs

How do I feel when I criticise myself with others?

How would I like to feel instead?



[illegible]



Gratitude

Remember

What you think about, is you bring about!

When focusing on things you are grateful for, you attract more things to be grateful for into your life.

So every time one of the **3 Crippling Cs** start spinning in your head, think of 3 things you are grateful for. Acknowledge the simple things you may take for granted every day, like a beautiful flower or food in the cupboard).

Say them out loud or create a gratitude journal to keep by your bedside.



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