

THE SELF-LOVE SUPERSTAR



MINI-PLAYBOOK

(2ND EDITION)

CREATED BY

MELISSA SIMONSON

**Radical Self-Love Ambassador * Soul-Map Astrologer * Freedom & Self-Expression*

*Catalyst * Soulful Songstress & Poetess **

www.melissasimonson.com

INTRODUCTION

Hello, Beautiful! I created this mini-playbook as a way to give you that “ZING!”--to get you excited about your life and all that is wonderful and loveable about you. This mini-playbook is here to help you begin the process of loving and CELEBRATING who you are in the world by helping you to gain clarity around some of the things that you are not loving about your life and to help you start creating what you DO love—those things that make you come alive.

This mini-playbook is intended for you to use again and again whenever you are feeling stuck or heavy or just want to nurture yourself—you can use these questions when you journal, for example, in order to help you gain clarity around what you want and need and how you can take action to bring those things into your life.

In the back of this mini-playbook, you will find a list of *85 WAYS TO FEEL HAPPY, CONFIDENT, AND FREE...NO MATTER WHAT!* If you get stuck at any point in answering the questions that you find here, you can go to Page 15 and read through the list in order to jumpstart your thinking. You can also use that list anytime you need some ideas on how to take extra good care of yourself—just reading the list can feel good!

I invite you to find a quiet place, and set aside about 1 hour to explore the exercises that I’ve laid out for you. You may find that it does not take you that long or that, perhaps, it takes you longer. This mini-playbook is 100% for you, so I encourage you to take as much or as little time that you need in order for it to serve its fullest purpose in your life. It’s ok for you to do a little now and then come back at a later time—just know that however you choose to go about it, going through all of the exercises that I’ve laid out for you is the best way to maximize all of the goodies in this book.

Ok, are you ready? Let’s create something really powerful together!

TABLE OF CONTENTS

Step 1: Gaining Clarity	Page 4
Step 2: Imagining Possibility	Page 7
Step 3: Giving Your Fears Some Love	Page 9
Step 4: Taking Nurturing, Baby Steps	Page 12
Step 5: It's Time to Celebrate!!!	Page 14
<i>85 WAYS TO FEEL HAPPY, CONFIDENT & FREE...NO MATTER WHAT!</i>	Page 15
About Melissa Simonson	Page 18
Copyright	Page 19

1. GAINING CLARITY

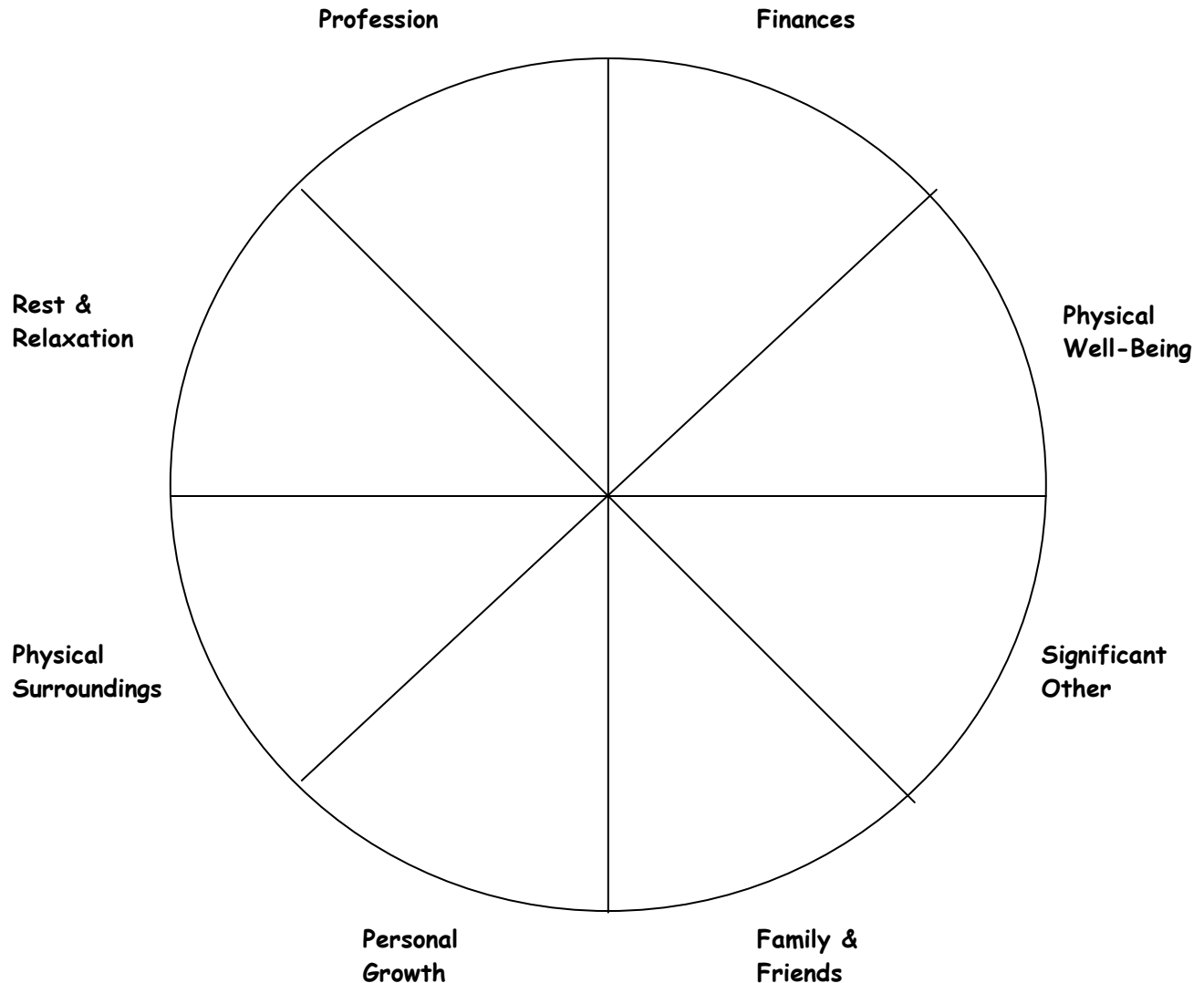
If you're like me, you probably find that there are times in your life when you just aren't feeling good, but you can't always put your finger on why. Sometimes, all it takes is a few moments to sit down and ask yourself what's bothering you, but that feels vulnerable and scary and like a lot of work, so you just keep busying yourself, all the while feeling that nagging sensation to stop and give what's bothering you a little attention. One of the first, most important steps in loving yourself is clarifying what's bothering you or what needs your attention...in some ways it's the most challenging part, so good thing we're just going to get it over with right now! Whew! ☺

On the next page, you will find what is called a "Life Balance Wheel." **What I want you to do:** On a scale of 0 to 10, 0 = Least Satisfied and 10 = Most Satisfied, I want you to rate each area of your life accordingly. This is not in comparison to anyone else, (i.e. Jenny has \$5,000 in savings, and I don't even HAVE a savings, so I must be a 0...), rather this is an opportunity for you to assess for yourself how you are feeling about each area of your life (maybe you've just started contemplating the idea of starting a savings account, and that's an exciting BIG DEAL for you, so you want to put a 10 there...Awesome! Celebrating the little steps is what it's all about!! ☺). If you don't have a job or a significant other right now, you can decide for yourself how you want to rate those areas—maybe you just quit a nasty job or ended an unhealthy relationship and you're in "Woo hoo!" mode, so you want to put an 8 there...again, the numbers are just for you to tune in, and feel whatever it is you are feeling about each area of your life right now.

Go ahead and fill out your wheel, and then I'll tell you what's next! (It shouldn't take you more than a couple of minutes to do this part—this is just a preliminary assessment and can change from day to day, so no need to over-think it...you cute little perfectionist, you. ☺)

LIFE BALANCE WHEEL

Scale of 0-10, 0 = Least Satisfied, 10 = Most Satisfied



Once you've filled out your wheel, I want you to **choose 1 area that is calling your attention.** Whether it's your highest, lowest or most in between number doesn't matter—I simply invite you to choose the area that's saying, "Over here! Pay attention to me, and give me some love!" If you're thinking, "What! Choose only one?!"—no need to worry, Dear Heart. You will find that focusing in on just one area will give you juicy transformation that spills over into all of the areas of your life. Plus, you can always come back and go through this exercise while focusing on a different area—this is for you, so you can make it whatever you need it to be in order to feel good! On the next page I have some questions for you.

is: _____, Number that you put there: _____

Write a little bit about this area of your life and why you chose the number that you did. What are you feeling and experiencing right now at that number? (Go ahead and share all about those gunky feelings and all that may or may not be working for you in that area of your life right now...It'll feel good to identify them, I promise!)

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, text, or other markings on the paper.

2. IMAGINING POSSIBILITY

Now that you've taken the first step (Woo hoo!) by fully expressing and getting clear on what you're feeling and experiencing in that area or your life, I want to invite you to think about, **"If this area of my life were a 10 or in other words, if I'm really loving this part of my life, what would it look like, and what would I be feeling and experiencing?"** I want you to really dive into that experience, and get as detailed as you can about it. Really explore all of those feelings to the fullest extent...this is the part where you get to start getting EXCITED about all of the juicy possibility that awaits you! When you find yourself thinking, "That would be great, but that's not possible for me because X, Y or Z, I invite you to write those thoughts down in the margins. Those are what we call, "limiting beliefs" in the coaching world, and it's a wonderful thing to be aware of them so that we can tend to them later on. If it feels scary to let yourself dream big, that just means that we're stepping into uncharted territory, and your self-protection alarm is sounding—again, just write all of those "fear" thoughts in the margins. Those fears are completely normal and are working hard to protect you in some way. Ok, go ahead and dive into all that you would love to be experiencing in this area of your life.

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, text, or other markings on the paper.

Now that you've really FELT how amazing that it would feel if this area of your life were thriving, I want you to come up with 3 words that describe the essence of that positive experience (i.e. Free, Joyful, Expansive, Connected, Magical, Accomplished, Limitless, Successful, etc....ooh! Those words feel good just thinking about them! ☺) What does it feel like to be completely fulfilled in that area of your life?

Copyright © Melissa Simonson 2014

3. GIVING YOUR FEARS SOME LOVE

Ok, now we're going to pay attention to all of those limiting beliefs and fears that you noticed whispering in your ears while you were imagining what you want to create. First, let's identify them. Even if you didn't write anything in the margins above, I want you to think about those fears now. When you think about ACTUALLY making that dream a reality, what kinds of limiting thoughts and fears show their little heads? (As in, I can't do that because it's too expensive or I won't make enough money, or my partner could leave me, or I'm not good enough, or I need to learn more before I can actually take action on that...etc.) There's no need to hold back on this—just remember that shedding light on these hidden parts of yourself is the first step toward transforming them...and it actually feels really good to let it all out! There's no need for judgment in this space—we all struggle with self-worth, but we can't empower ourselves unless we know what those struggles are! I invite you to be really gentle with yourself as you explore these fears.

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, text, or other markings on the paper.

Great job! Now, I want you to pick the fear that is really standing out and/or is the essence of all of those limiting beliefs. For example, one of my common limiting beliefs is that I don't know enough in order to take action, that I have to learn more or do more research before I can ACTUALLY make my dream a reality. What I've come to learn is at the essence of those thoughts is the belief, "I'm not worthy unless I'm perfect." **When you look at the fears and limiting beliefs that you explored above, what main limiting belief about yourself is underlying all of them?** (There's no "perfect" answer to this, so just take a stab at it, and see what you discover.)

How is that belief trying to serve you/what is it trying to get for you? For example, I've learned that my limiting belief of "I'm not worthy unless I'm perfect" is trying to serve me in a couple of ways. Firstly, it's trying to protect me from failure—if I set out without enough information, then I may not succeed. Ultimately, it's trying to help me do the "right" thing so that I can get the love that I so want to receive. Now it's your turn:

If you could give this belief a name, what might you call it? (I like to call mine, "Little Miss Goodie Two-Shoes"...swear words are also welcome if that feels good for you.😊)

Now that you've named the belief and you know what it's TRYING to get for you, let's have a little conversation with it. For example, here's what I would say to Little Miss Goodie Two-Shoes:

Thank you so very much Little Miss Goodie Two-Shoes for working so hard to try and make me perfect so that I can be loved. But the truth is, you're not making me feel very loved at all. In fact, every time that I think I have to be perfect, I feel LESS good about myself. The way that you can truly serve me is by reminding me that I'm here to have fun, and that I want to be loved for being COMPLETELY who I am...perfect or not; and the only way I can experience that is if I take risks. When I take action toward what I really want in my life, I feel proud of myself and feel all of the love that you are trying so hard to get for me.

Now it's your turn:

Thank you so very much: _____ (Limiting Belief)

For: _____

But the truth is:

The way that you can truly serve me is:

Now I invite you to turn it into a mantra or a key phrase that you can remind yourself of every time that little limiting voice rears its head. For example, my key phrase is “taking action in my life makes me feel good about myself...and the messier I get, the more fun that I end up having!” Now it’s your turn!

Wow! Look at that! You just transformed a limiting belief, you AMAZING goddess, you! **How does it feel to have transformed that belief?**

Take a moment to bask in how extraordinary you are. Deep breath in.....Deep breath out.....Ahhh...Feels good doesn’t it? 😊

4. TAKING NURTURING, BABY STEPS

Next, I'm going to draw your attention back to section 2, *IMAGINING POSSIBILITY*. Read through all of the juicy stuff that you wrote there, and feel how good it feels now that you know that you can transform those limiting beliefs into something positive and loving for yourself.

Focusing on those 3 essence words that you listed at the bottom of that section, I now invite you to explore all of the activities in your life that tap into those feelings. So, for example, if "Free" was one of the words that you listed, I invite you to list all of the activities that you can think of that you know make you feel free when you're doing them—i.e., going for a bike ride, sitting near the ocean, singing, dancing, writing, etc....whatever taps into that feeling for you. You may find that you have an overlap of activities from one feeling to the next, which is fine and not surprising—continuing themes are good! You are welcome to list an activity more than once. If you find that you are struggling to come up with activities that capture these feelings, you can go to the back of this mini-playbook and read through my *85 WAYS TO FEEL HAPPY, CONFIDENT & FREE...NO MATTER WHAT!* in order to jumpstart your thinking.

Feeling Number 1 _____, Activities that nurture that feeling:

Feeling Number 2 _____, Activities that nurture that feeling:

Feeling Number 3 _____, Activities that nurture that feeling:

Now I want you to observe this list for a moment—are there any activities here that you USED to do but aren't doing very much of lately? Are there activities that you do all of the time, but you're just now tuning into why you love them so much? **I invite you to choose at least ONE**

activity that you would like to do more often or bring further into your life. You are welcome to choose as many activities as you would like—there are no rules to how good you can feel! 😊 However, I encourage you to start with one and then explore from there.

That activity you are choosing is _____

How often would you like to do this activity? (i.e. everyday, every other day, once a week, etc. This is the part where you get to decide how often it feels good for you to do that activity and what a realistic expectation is for yourself, so that you can easily achieve this micro-goal.)

What time of day would you like to engage in this activity? (Maybe there are times of the day that make more sense for you to do this activity, or maybe there are times of the day that just feel better for you in general.)

When would you like to get started? Today, tomorrow, next weekend, etc?

How would you like to reward or acknowledge yourself when you follow through on this commitment that you are making to yourself? (Yes, you ESPECIALLY get to reward yourself for doing something fun and nurturing! I'm all about creating Win/Win situations! 😊)

5. IT'S TIME TO CELEBRATE!!!

Yippee! Do you realize what you just did?! You not only just took the time to love yourself, but you also just set a really nurturing goal that is totally doable and makes you feel good! AND by doing that, you are choosing to begin actively creating the experience that you so lovingly explored in the *IMAGINING POSSIBILITY* section above. Right now, you might be thinking, "Ok, great. But how the heck is riding my bike or planting flowers or singing going to help me achieve my career goals (or whatever area you chose to focus on)?!". That is a perfectly intelligent and logical question to ask, Dear Heart!

The truth is that what any of us REALLY want is to feel that "in love" feeling about ourselves and our lives...regardless of circumstances. You want to feel all of the FEELINGS that were evoked in you while you wrote about what it is that you really want in your life. By going through this exercise, you got clear on a handful of tools that you ALREADY have in your life to create that positive experience, AND when you start vibrating from that really warm fuzzy place, you become a magnet for all of the ideas, people, resources and opportunities that you need in order to accomplish those bigger goals that you have your heart set on. So, by taking the steps to bring this ONE activity into your life that makes you feel good, you are creating a ripple effect that is going to lead you toward achieving that larger vision that you so lovingly created for yourself. Lots of little nurturing baby steps add up to a whole lot of self-love and an EXTRAORDINARY life. So, I'll say it again, YIPPEE! Now THAT is something worth celebrating!

How do you feel having completed this process?

What loving things would you like to say to yourself to acknowledge all that you've just accomplished?

Now go get your groove on, Girl! The world is waiting for you! ☺ xo



85 WAYS TO FEEL HAPPY, CONFIDENT & FREE...NO MATTER WHAT!

There are a lot of goodies in this list, and some of them will make your heart sing and some may not be for you—this is not intended to be a comprehensive list, and I by no means assume that EVERYBODY loves to do all of these things. It is simply a tool to jumpstart you into thinking of ways that YOU can consciously practice good self-care and cultivate joy in your life. I encourage you to pick out a handful of these activities and tune into how they make you feel...and of course, have fun!

1. Start a journal
2. Put on your favorite music & dance around your house
3. Visualize all that you want to create in your life (doing it for 5 minutes a day is even better!)
4. Make your favorite meal
5. Floss your teeth
6. Go on a leisurely walk
7. Go for a bike ride (or a run, or a swim, etc.)
8. Sit down & eat a yummy breakfast
9. Sing along to the radio (or your favorite CD, Playlist, etc.)
10. Buy yourself a pretty bouquet of flowers
11. Practice yoga
12. Color (I like princess coloring books & Crayola crayons. 😊)
13. Set a micro-goal, & commit to it for 28 days (like exercising daily or journaling or eating vegetables)
14. Eat lots of vegetables 😊
15. Take a nap
16. Make time to read a juicy novel
17. Wear your favorite outfit
18. Take a nice, long shower
19. Put on your favorite perfume or essential oil
20. Brush your hair
21. Make a list of everything you love about yourself (Don't stop writing for 5 minutes, & surprise yourself!)
22. Make a list of everything that you're grateful for
23. Take deep breaths
24. Paint your nails

25. Go to the library & check out a new book
26. Take yourself to a movie
27. Say what you're REALLY feeling (even if you're afraid of hurting someone's feelings)
28. Go to a church service or spiritual workshop or retreat if church isn't your thing
29. Read a book that reminds you of how AMAZING that you are (I like SARK'S book *Prosperity Pie* or Sera Beak's book, *The Red Book*, or *Don Miguel Ruiz's books* for example.)
30. Say "No" when you want to (even if others want you to say "Yes")
31. Say "Yes!" to something that makes you really excited (even if it is also a little scary)
32. Picture yourself meeting "little you" & tell her all of the loving things that you want her to know
33. Have a REALLY good cry and feel your tears loving you
34. Have a "ME" day that only consists of things that YOU want to do
35. Smile at someone
36. Say "Thank You" to the grocery store clerk (or waitress or coffee barista, etc.)
37. Snuggle with an animal
38. Leave post-it notes for yourself around the house with loving messages like "Hello Gorgeous!" "You're a Rock Star!" "I'm so proud of you!"
39. Have tea with your favorite friend
40. Do something creative or crafty (paint or draw, make jewelry, knit something)
41. Take a class & learn something new
42. Take vitamins
43. Make a list of all the ways you are a success
44. Catch yourself being mean to yourself & then have a good laugh at how silly you are
45. Flirt
46. Sing in the car—even if people are watching
47. Meditate in your own way (being still, walking meditation, dancing, chanting, anything that quiets your mind and brings you into the present moment)
48. Ask yourself, "Will this choice make me come alive or make me feel stuck? (Hint: Choose what makes you come alive!)"
49. Ask for help when you need it
50. When someone gives you a compliment: take a nice deep breath, stand tall, smile & say, "Thank You!"
51. Go to bed early
52. Sleep in
53. Watch the sunset
54. Put clean sheets on your bed
55. Wear jammies that feel really good against your skin
56. Ask yourself, "What's one thing that I can do today that would make me feel really good?" and then do it!
57. Start a blog
58. Speak up when you're angry

59. Buy a new toothbrush
60. Volunteer
61. Laugh until your tummy hurts (renting a good comedy can help with this!)
62. Answer the question, "In what ways do I give a gift everyday, just by being who I am?"
63. Eat your favorite cereal from when you were little
64. Make yourself a smoothie & put it in a fancy glass
65. Tell the truth
66. Admit to someone about something that scares you
67. Take the day off
68. Wear dangly earrings
69. Wear something sparkly
70. Pray (to whomever or whatever you consider to be your Higher Power)
71. Get a massage
72. Tell someone what you love about him or her
73. When something bad happens, ask yourself, "What's funny about this situation? And if you can't find what's funny, ask yourself, "What good might come of out of this?"
74. Turn your bad day into a funny story to post on Facebook
75. Go to the children's section at your local library or bookstore and read picture books that remind you of how special that you are (I dare you not to smile and get all teary!☺)
76. Plant a garden
77. Turn off your cell phone
78. Light candles in your room
79. Go for a drive
80. Clean a room in your house
81. Go through your stuff & donate what you no longer need.
82. Spend some time in nature
83. Rearrange some furniture in your home
84. Hang out with some children, yours or someone else's, & be really present for them
85. Celebrate yourself for taking the time to read through this list! ☺

ABOUT MELISSA SIMONSON



As a catalyst for powerful transformation and an ambassador of radical self-love, it is Melissa's commitment to help as many people as possible claim their birthright: to boldly love and CELEBRATE the beautiful, powerful beings that they are. A trained Spiritual Life Coach since 2006, Astrologer, Speaker & Singer-Songwriter, she founded JoyDiva™ & released her debut album of original songs "Be a Light" in 2011. In addition to her one-on-one Astrology work and group coaching, she now creates life-changing keynote presentations, retreats and workshops infused with her uplifting music, fiercely honest sharing & powerful inquiries. Melissa dares & inspires all who cross her path to discover the extraordinary things that can happen when they fall truly, madly & deeply in love with themselves.

Designed, edited and produced by Melissa Simonson.

Limits of Liability/Disclaimer or Warranty:

Both the writer and publisher have prepared this PDF to the best of their abilities. However, neither the writer nor the publisher makes any representation or warranties as to the accuracy, applicability, or completeness of this book. They disclaim any warranties (expressed or implied), merchantability, or appropriateness for a specific purpose. Neither the writer nor the publisher, under any circumstances, shall be held liable for any loss or other damages of any kind. As always, please seek the advice of a competent legal, tax, accounting, medical, or other professional. Neither the writer nor the publisher warrant the performance, effectiveness or applicability of any sites or resources listed in this PDF. All links are for informational purposes only and are not warranted for content, accuracy or any other implied or explicit purpose. This manual contains material protected under International and Federal Copyright Laws and Treaties. Any unauthorized reprint or use of this material is prohibited.

Copyright:

The Self-Love SuperStar Mini-Playbook, 2nd Edition is Copyright 2014, Melissa Simonson. **All Rights Reserved.**