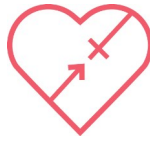


GENUINE-CONNECTED
LOVE



PILLAR 1
REDISCOVER THE
ME IN TEAM—HER



Welcome

TO PILLAR 01 WORKBOOK

In this workbook you will be asked to complete exercises aimed at recognising and clearing your past.

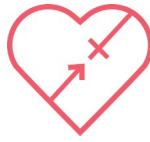
This is the most heavily weighted section as it will take a lot of focus and energy, both mentally and emotionally. I will be here to support you on this journey and I need you to commit to this in order to take the next step.

There are four sections for you to complete:

- | | |
|-------------------------|----|
| 1. Past Relationships | 03 |
| 2. Lessons Learned | 07 |
| 3. Address the Past | 13 |
| 4. Clear the Past | 19 |
| 5. Acknowledge Yourself | 21 |
| 6. Love Yourself | 23 |
| 7. Believe Yourself | 25 |
| 8. Affirm Yourself | 26 |

Let's get started!

Belinda xx



STEP 01: PAST RELATIONSHIPS

Here you need to deep dive into all your relationships from the past that have had a significant impact on your life, both positively and negatively. This is not just lovers, this is also friends, family and partners.

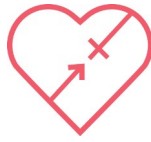
Exercise:

Write down each person's name and elaborate on why and how they impacted on your life, and what you wish to take out of this situation.

Really get all the emotions out. Once you have completed all of this in module one, you will need to bury, burn (safely) or tear up this piece of paper to signify saying goodbye to the heart and finding

NAME OF THE PERSON:

THE EVENT	WHAT I MADE IT MEAN (STRONG-SUIT & RACKET)	WHAT I LEARNED



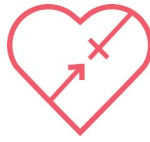
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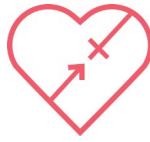
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STEP 02: LESSONS LEARNED

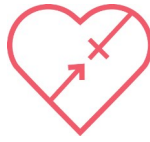
Each person you have dated had an impact on your life, and we tend to take the negative things from that rather than reflecting on them as lessons and taking them as positives.

Exercise:

Write down the lessons from each relationship (we often feel as though they are mistakes), the positive outcomes and the areas you feel you need to improve for the next one.

THE HEARTBREAK: (Also referred to as the mistake, hurt, upset)

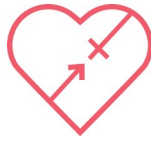
WHAT CAN I BE GRATEFUL FOR	WHAT DID I LEARN/CAN IMPROVE



STEP 02: LESSONS LEARNED

THE HEARTBREAK: (Also referred to as the mistake, hurt, upset)

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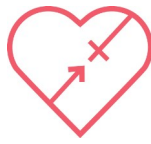
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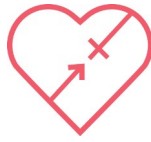
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WHAT CAN I BE GRATEFUL FOR	WHAT DID I LEARN/CAN IMPROVE



STEP 03: ADDRESS THE PAST

Exercise - Part 1:

For each person you have written in your first exercise, you will now need to write a letter to them healing the past. I would ideally like you to converse with these people, depending on the situation, and make peace with each one.

If you can't, write it down and read it then bury it, tear it up, burn it, do whatever you need to symbolise the end of that period and the new peace you have found.

DEAR



STEP 03: ADDRESS THE PAST

DEAR



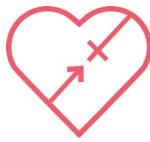
STEP 03: ADDRESS THE PAST

DEAR



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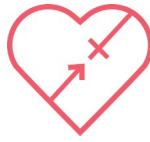
Exercise - Part 2:

WHAT DO I NEED TO LET GO OF?	WHAT IS THE IMPACT OF HOLDING ON?



STEP 03: ADDRESS THE PAST

WHAT ARE THE BENEFITS OF LETTING GO OF ALL OF THESE SITUATIONS?



STEP 04: CLEAR THE PAST

Exercise:

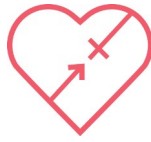
Write affirmations to help clear your past. Be sure to say these daily.

Example 1: I forgive myself, it is easy to forgive others.

Example 2: Each day is a new opportunity, today is the first day of my new life.

Example 3: Things that people have said or done to me in the past has been about them, not me, and I forgive that situation.

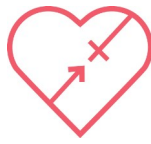
AFFIRMATION:



STEP 04: CLEAR THE PAST

AFFIRMATION:

AFFIRMATION:



STEP 05: ACKNOWLEDGE YOURSELF

Exercise - Part 1: Write 10 Things You Don't Like About Yourself

01.

02.

03.

04.

05.

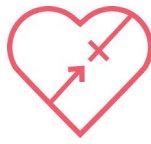
06.

07.

08.

09.

10.



STEP 05: ACKNOWLEDGE YOURSELF

Exercise - Part 2: Write 10 Things You LOVE About Yourself

01.

02.

03.

04.

05.

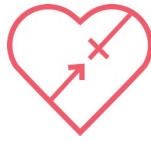
06.

07.

08.

09.

10.



STEP 06: LOVE YOURSELF

For the 10 things you don't like about yourself, find 1-2 good reasons why you now love that about yourself i.e. I don't like my breasts but it makes wearing strapless bras easier, or I don't like my quiriness as people may not like me but if they don't like me then we aren't compatible anyway so it is good!

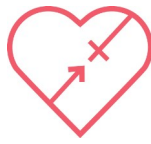
MY DISLIKES	GOOD REASON 1	GOOD REASON 2



STEP 06: LOVE YOURSELF

For the 10 things you don't like about yourself, find 1-2 good reasons why you now love that about yourself i.e. I don't like balding but it adds character and makes me unique, or, I don't have a six pack but there is a woman who love's my body shape.

MY DISLIKES	GOOD REASON 1	GOOD REASON 2



STEP 07: BELIEVE YOURSELF

You have written the reasons you now love the bits you use to dislike but you have to believe it. Write them down again along with the original things you liked in this format:

- I love my hairline
- I love my body shape.

I LOVE MY...

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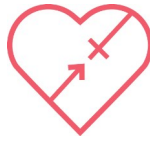
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STEP 08: AFFIRM YOURSELF

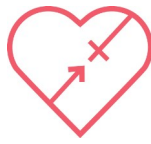
Positive Affirmations to Love Yourself

- I have limitless confidence in my abilities
- I love myself unconditionally
- I have confidence in my ability to do whatever I set my mind to
- I am a good person who deserves to be happy
- I have accomplished great things • I take pride in who I am
- I am happy just being me
- Others are inspired by my ability to be myself
- I am totally comfortable being myself
- I accept myself deeply and completely
- Loving myself is essential to my happiness

Put these in places you can see - mirror, bedside table, on your phone, set reminders that pop up on your phone to remind you daily. You can also create your own positive affirmations below

Affirmation 1:

Affirmation 2:



STEP 08: AFFIRM YOURSELF—CONT.

Affirmation 3:

Affirmation 4:

Affirmation 5:

Affirmation 6:

Affirmation 7:

Affirmation 8:



Congratulations!

YOU COMPLETED PILLAR 01 WORKBOOK

This is the hardest phase of the entire course and you have completed it. Please check in with me and do some clearing and spend some time on you to clear your head.

Ground yourself and be proud of yourself for what you achieved. You have uncovered the tough stuff, now you can set the right foundations to find the love you deserve. There are four sections for you to complete:

Get ready for the second Pillar!!

Belinda xx