

HOW TO USE YOUR SELF-LOVE ON THE DAILY PLANNER

1. Choose a person who's easy to love; someone you admire or who inspires you and note 3 attributes they have that you like.
2. Have a look inside yourself for those same traits. What evidence can you find of times you've displayed those traits? If you've picked generosity, when have you been generous, for example?
3. Spend time focusing on the traits you've written down. What do you love about those traits? How does it feel? What impact on the world do those traits have?

**Recognise that YOU HAVE THESE traits in you as well.
You are everything you see in this person you've picked.**

4. Craft an I AM statement that you BELIEVE about yourself, based on the traits you chose to focus on. For example: "I AM a loving, generous person who is lit up when I openly give from my heart." Put it where you can see it often x

Karen Geddis is an intuitive coach and mentor for coaches - and entrepreneurs who are transitioning into the coaching space - who want a business that gives them the money to contribute to their family, with the time to spend with them and freedom for themselves they know deep down they deserve.

She helps people leverage their intuition, thoughts and emotions to create more confidence, clarity, ease and flow in their life and business so that they can easily identify their next steps, have a clear direction for their business, and be on top of their self-doubt, procrastination and overwhelm.

Karen teaches her signature 'Work *Energetically* Smarter' framework to people who want a freedom-based work/lifestyle that never feels like 'work'.

She's also mum to 3 daughters, and an entrepreneur, writer, speaker and trained energy healer.

Karen works with you 1:1 for 90 days to create and facilitate powerful, lifelong change and can be found on [Facebook](#), Instagram and at her website karengeddis.com.

