



“You are not a one in a million kind of girl. You are a once in a lifetime kind of woman. Remember that.”

@ WomanFirstClass

STEP INTO YOUR POWER

Step Into Your Power

LOOK FORWARD & START WITH THE END IN MIND.

1

Who do you want to BE? Take a deep breath. Imagine yourself in 20 years time. You're happy, healthy, you're doing work that you love. You live with purpose and passion. What character traits do you have? What beliefs, values? Now write down - who do you want to BE?

YOUR STRUGGLES CAN BECOME YOUR STRENGTHS.

2

Take a moment to look back over the last ten years of your life. Consider your personal life and your career. Identify the highs and the lows. What job did you have that was difficult? What project were you working on that nearly broke you? What meeting? Break-up? Did someone close pass away? Now write down - how did you handle it? What did you learn about yourself? Now which of those traits support the woman that you want to **BE**?

WHAT WAS THE LESSON?

3

Take a moment to consider the struggles you have identified, the lowest points in your life, your greatest achievements to date and the most incredible moments of joy. What did you learn? About the world? About other people? About yourself? How will these lessons serve the woman that you want to BE?

SURROUND YOURSELF WITH GREAT PEOPLE.

4

Surround yourself with people who support you, nourish you, inspire you and respect what you bring to their life.

Learn from those who don't. Control - Alt - Delete the rest.

LEARN TO LOVE YOURSELF BEFORE YOU LOVE OTHERS.

5

It may sound cliché, but it's true: you can't love others if you don't love yourself. If you struggle with self-love, you may like to try this... Write down "Be the person you want to spend the rest of your life with" on a post-it note and place it on your mirror. This simple reminder can help you step out of any negative self talk. For example, if you would like to have someone in your life who is supportive and caring. Apply those qualities to yourself in those moments of self depreciation. BE that supportive, and caring person NOW. This can be a GAME CHANGER!

MAKE A PLAN!

6

Let's use travelling to Queenstown as our analogy. if you don't know you want to go to Queenstown you could end up in Whangarei. If you know you want to go to Queenstown - do you want to take the scenic route, travel by car or go by plane?

So... where do you want to go? Where are you at? And what are the things in the middle?

NOURISH YOURSELF.

7

What do you need to do, to be at your best - mentally, physically, spiritually and emotionally? Is it a beautiful cup of tea sitting in the sun? Reading? A walk on the beach? A coffee and a snuggle in bed with your favourite person on a Sunday morning? Write them down and refer to them if you ever need a reminder for a “quick fix.”

WHAT ARE YOUR NON NEGOTIABLES?

8

What are the things that are a “must have” in your life in order for you to thrive? Perhaps its taking vitamins every morning? Drinking a certain amount of water throughout the day? If they are not already part of our daily rhythm consider the BIG FOUR:

1. Meditation
2. Mindfulness
3. Deep Breathing
4. Exercise

THE POWER OF OPTIMISM!

9

*“There is always a positive in a negative,
you just have to find it“*

Bridgette Jackson- Founder, Equal Exes

THE FUTURE DEPENDS ON

WHAT YOU DO

TODAY.

Mahatma Gandhi

*If you would like help
stepping into your
power after a
relationship
break up - we'd love
to help you.*



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