

7 keys to
**Master
Self Love**
Guide Book
Best Selling Author

Dr. Ida Greene

Your Journey to Self-Love Coaching Program

Our Journey To Self-Love provides guidance on **self-acceptance, confidence and people skills taught via personalized coaching, seminars and workshops.** Our goal is to help you move through the barriers that keep you from being your best in personal and professional success. **Dr. Ida Greene's personalized** coaching and training teaches you how to get out of your own way to reach your personal and professional **best.**

Dr. **Ida** holds a Ph.D., is an Intuitive Coach, Registered Nurse, Licensed Marriage, Family, Child Therapist, Certified Hypnotherapist, NLP Practitioner, and Reiki Practitioner for Energetic Healing and Balance. **She combines her many years of training, skills and talents to support your personal success.**

When you want results along with enjoyment, look to **Your Journey to Self-Love Coach**, to lift you out of your ordinary daily happenings, to experience renewed energy, enthusiasm, inner joy, on your journey to self-love. **Dr. Ida offers customized personal coaching programs to fit your unique needs, like the 7 Keys to Master Self-Love Program.**

To Find Out Where You Are On Your Journey to Self-Love, Get Your Complimentary Journey to Self-Love Strategy Session Today
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7 KEYS TO MASTER SELF-LOVE

Welcome!

I am excited that you have decided to download my free guidebook, 7 Keys to Master Self-Love. To master self-love, you will need to embark on your journey to loving yourself. This journey is different and unique to each person. Because no one has experienced your parents, grand-parents, uncles, aunts, the birth order in your family of brothers, sisters, or in some cases you may be an only child, on your unique journey to self-love. The first question you must ask yourself and know the answer to is "What is your relationship with yourself. Because life is a journey; It is the journey of exploring the many aspects of yourself as you grow through life and it is also your journey to self-love. Your journey to self-love will require you to become a master of your personal power and your capacity to give and receive love.

There are 7 Keys to Master Your Self-Love. They Are:

1. Be In Control of Your Negative Thoughts, About You or, Mistakes You Have Made.
2. Accept Your Imperfections and Flaws.
3. Accept Your Uniqueness.
4. Stop Comparing Yourself to Others.
5. Let Go Feelings of Inadequacy, based on Imaginary Fears.
6. Master the 3 C's A. Complaining B. Condemning C. Criticizing
7. Stay Connected to Your Inner Child to Play and Have Fun

7 KEYS To Master Self-Love

Key # 1 to Master Your Self-Love

Be In Control of Your Negative Thoughts, About You or, Mistakes You Have Made. Our mind chatter is on 24 hours a day. It never stops or takes a break, therefore you will have to be in control of it, or it will be in control of you. We all have and will make many mistakes in life before we die. To be human is to err and to make mistakes.

Life is a trial and error process. As we make a mistake, we want to learn from it and to not repeat it again. I am aware that some of us are slow learners and often repeat the same mistake over and again.

It is because we have not gained mastery over our negative thoughts. This is an hour to hour, day to day, life time process. So remember to be patient with yourself. When you forget, remind yourself to get back on track and start monitoring the negative self-chatter of your mind.

Most of us are unaware of our negative mind chatter, so we allow it to affect us and we end up engaging in self- sabotaging behavior s.

Remember, our thought lead us to behaviors, our behavior lead us to actions, our actions become habits, our habits become an addictive pattern; which is hard to break without the corrective intervention of a Behavior Coach or Therapist.

Working in both of these roles, I have helped a thousand plus children and adults over the past 30 years change their thoughts to change their behavior. I have worked as a: Psychiatric Nurse, on an adult and children unit in a hospital; Chemical Dependency Nurse in a hospital setting, School Nurse, School Counselor, as an Educator teaching K-12, college and universities, worked as a Domestic Violence Counselor on a U S Marine Base, and I have had my own private practice where I saw clients in person and I did one on one coaching by phone.

7 KEYS To Master Self-Love

Key # 2 to Master Your Self-Love

Develop and Grow Your Self -Esteem. Our self-esteem is the foundation. It is the foundation of the personal house of you. It is a blueprint of who you are, how you have been treated, respected, appreciated, and identified by those around you. Your self-esteem is endless. It is the essence, of who you are not what anyone may see you as. It is fragile and can be affected by many factors, so it needs continual maintenance.

Your Self-esteem reflects how you view yourself; how you honor, respect, and value yourself. It paints a mental picture from your inner belief of who you think you can be, or what you believe you can do in your life.

Your self-esteem is the vehicle you use to move through life to achieve your goals. It is the package you create to get the things you want, or to reach the goals you have set for yourself.

Each person has a separate agenda, determined by what he or she is called to do in this lifetime. If your self-esteem is wholesome, and you feel good about yourself, you can accomplish great things.

If your self-esteem is damaged, or less than what it could be, your ability to accomplish or achieve your goals will be hampered by your negative self-concept/belief. A negative mental picture creates a self-image that tells you, you are less than others, not good enough, that you cannot or will not be successful in life.

Your self-esteem will be affected positively or negatively by the peak and valley experiences in your life. Life is full of valleys, and disappointing situations. So you must not despair as you go through your valley experiences. Remember to keep your attention on the wonderful experiences in your life and you will hardly notice the valleys of life. Our self-esteem is endless; it evolves continually. It is fragile and can be affected negatively by many things.

There are five components of your self-esteem that you need to develop and grow. They are: Self-Identity/belief, Self-Worth/Self-Respect, Self-Image/Self-Awareness, Self-Appreciation/Self-Acceptance, and Self-Confidence can be destroyed easily by a careless remark or inconsiderate act. So they all need daily care and reinforcement.

A. Self-Identity/Self-Belief, This is sometimes referred to as the inner self. There are many things that affect the person we are, and the person you present to the world. There are many parts that make the whole of you. You are composed of many thoughts, feelings, beliefs, attitudes, emotions, wishes, longings, limitations, disappointments, setbacks, dreams, hopes, and aspirations. Can you think of things you do well? Write them down now. Write them down now.

B. Self- Worth/Self-Respect

Accept Your Uniqueness. Accept that you are one of a kind. You are not duplicated in life even if you are and identical twin. You have will have unique tastes, ideas or characteristics from anyone else in the universe. Accept that you are valuable to life, yourself and others. There are many things that affect the person we are, and the person (face) we present to the world. There are many parts that make the whole of you.

You are composed of many thoughts, feelings, beliefs, attitudes, emotions, wishes, longings, limitations, disappointments, setbacks, dreams, hopes, and aspirations.

Can you think of things you do well?

Write them down now.

C. Self-Image/Self- Awareness

Self-Image is the image of yourself that you choose to project to the outside world. The self-image evolves continually, according to the situations and experiences you encounter. It is fragile and can be distorted, damaged, or enhanced. Your environment and the people with whom you associate determine how you see yourself. If you associate with priests, you may see yourself as a holy person. If you associate with gang bangers you may see yourself as a gang member.

Your self-image evolves continually, according to the situations, and experiences you encounter. Your self-awareness is the inner, picture of how you see yourself, reflected in your behavior. We see from the inside out, so you may not always have an accurate picture of who we are. If your awareness of self is distorted, your self-image will be distorted and you may see yourself from a lesser or over rated view, than who you really are.

D. Self-Confidence

Self-Confidence- There are two other character traits we need to be a whole person. Courage, or belief in one self without fear, will enable you to take the necessary risks you need to take in life. Your self-confidence will allow you to stand before others and speak without fear. Your self-assuredness will be critical to how much money you make in life. It also will determine who you date or marry and how you allow people to treat you.

What can you do to grow or improve your self-confidence? For additional pointers read my book "Self-Esteem the Essence of You" at www.idagreene.com

There are three types of personalities that will destroy your belief in yourself. They are Bullies, Manipulators, and Braggers.

Write about your experience with someone in either of these categories. Did they build or destroy your self-confidence?

To raise your self-confidence, write down things you do well, or others say you do well.

a.

b.

c.

E. Self-Acceptance/Self -Appreciation- Life is precious, respect it. You will need to accept and appreciate yourself before other people value you. We show other by how we accept and appreciate ourselves how they should treat us. Your inner dialogue of what you say to yourself is critical to how you accept your- self. Have you notice your self- talk? Write about it below.

Do you have high or low standards for how you show up in the work place or how you interact with people on a personal and professional level? What are they?

The Universe needs every living being on the planet to show daily up daily in their personal power to accept and appreciate themselves for who they are for the contribution and impact you will make on the planet before you die. You are needed and valuable to life. Do you believe and feel this in the core of your being?

Persons with a high Self-Appreciation know they have a right to have the following...

Place a check mark by the ones you know you deserve and then share your thoughts below

They have the right to:

- 1. Respect
- 2. Dignity
- 3. Esteem (to be esteemed)
- 4. Be appreciated
- 5. Empathy
- 6. Shared sentiments
- 7. Be addressed with kind words
- 8. Be given accurate information
- 9. Be open, have two-way communication
- 10. Have people give them their full attention
- 11. Be cared for
- 12. Feel a sense of equality



7 KEYS To Master Self-Love

Key # 3 to Master Your Self-Love

Develop Your Self-Respect and Grow Your Self- Worth - This means to like your-self and hold a high opinion of your-self. Your self-respect - is like a two edge sword. It can help or hinder you. You will have to decide if the way you are presently behaving is helping you or hurting you. See yourself as equal to all people. How do you allow yourself to be treated by others?

Are you respected as someone whose opinion is important and should be listened to, or do you allow yourself to be ignored, interrupted or ignored when you have something to say to others?

The crucial question to ask your self is "Am I pleased with my behavior all the time?

If not, Write things you can do to modify your self-destructive behaviors.

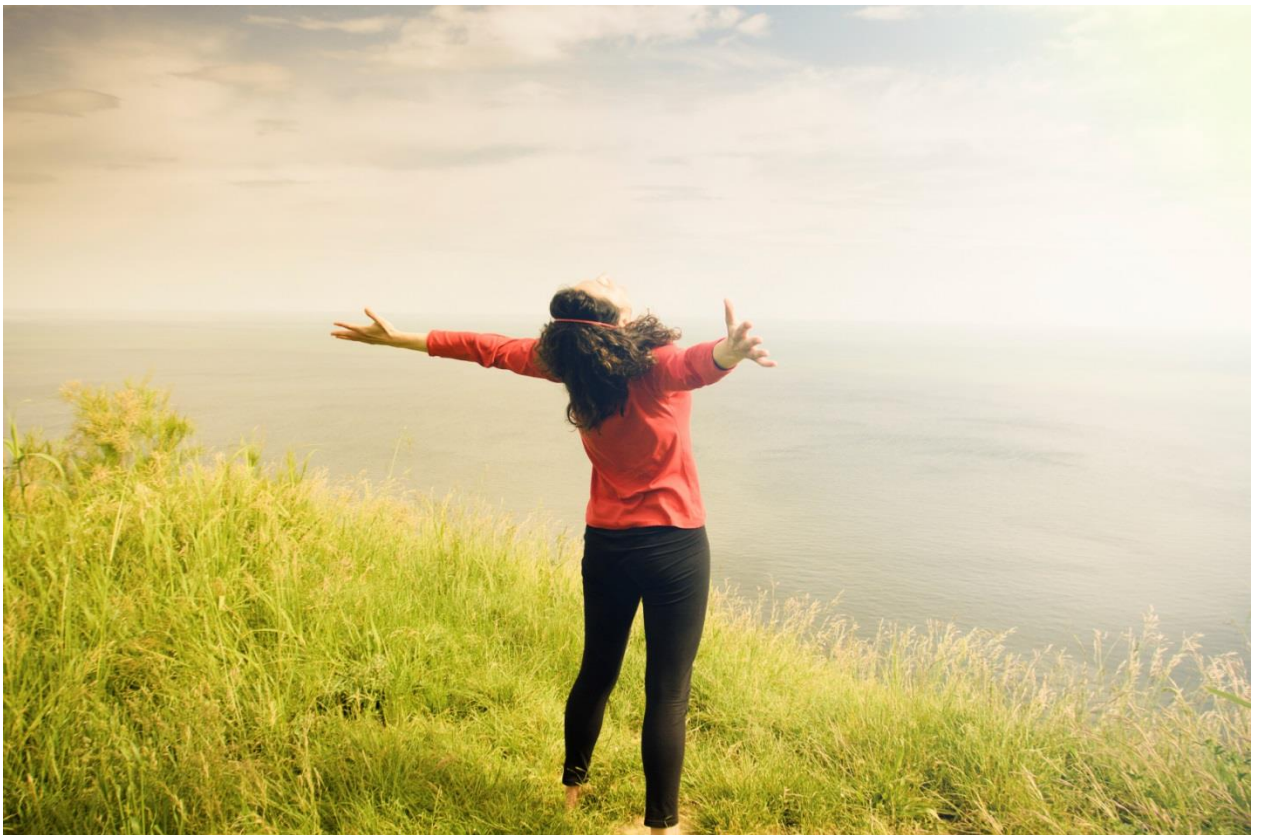
Corrective feed-back is good in some situations. What is your level of tolerance for people saying negative things to you or giving you negative feed-back?

Are there things or situations you tolerate, that allow you to feel unworthy or show up as being unworthy or deserving of your good?

Do you treat yourself with respect by the words you say, the way you act, the way you dress or the way you present yourself to the world? Write about that below.

What things, people or situations, that causes you to feel less confidence in yourself?

List them below



7 KEYS To Master Self-Love

Key # 4 to Master Your Self-Love

Stop Comparing Yourself to Others. We are each marching to a different drummer. The Divine does not repeat itself in any two persons. Each person is unique and different. All are created by the same God. There is one piece of cookie dough and many varieties of cookies. They range from pinkish-white, dark chocolate brown, brown, yellow, and olive-toned. All are energetic related and belong to the Divine Life force. All creation has a life cycle. All are born, develop, create, change, and die. Nothing is static. Everything is in motion; it is a continuous energy transformation. We are born anew each hour. This is why it does us no good to hold on to the experiences of yesterday. According to Kristone, Who you are is God's gift to you and what you make of yourself is your gift to God. Yesterday, as good as it was, is gone. It will never be repeated. Try as you may, you will never bring yesterday back. This is the way the Divine planned it. You must learn to love yourself the way you are.

I Love Myself The Way I Am: Jai Michael Josephs

I love myself the way I am,
there's nothing I need to change
I'll always be the perfect me
there's nothing to rearrange
I'm beautiful and capable
of being the best me I can
And I love myself just the way I am

I love you the way you are
there's nothing you need to do
When I feel the love inside myself
it's easy to love you
Behind your fears, your rage and tears
I see your shining star
And I love you just the way you are

I love the world the way it is,
'cause I can clearly see
That all the things I judge are done
by people just like me
So 'til the birth of peace on earth
that only love can bring
I'll help it grow by loving everything

I love myself the way I am
and still I want to grow.
But change outside can only come
when deep inside I know
I'm beautiful and capable,
of being the best me I can,
And I love myself just the way I am
I love myself just the way I am



7 KEYS To Master Self-Love

Key # 5 to Master Self-Love

Let Go Feelings of Inadequacy, based on Imaginary Fears. All fears are either emotional feelings or physical feelings. Everything that we are afraid that might happen is really a fear of how we would feel if it were to happen. We manifest situations that make us feel uncomfortable or that we are afraid of so we can the reintegrate emotions we have been avoiding since we were little and felt overwhelmed by these emotional feelings.

All of our fears are resolvable if we do the necessary work to make a change in our beliefs and behavior. A negative self-image reminds us continually that we cannot, or will not measure up to the standards of society. It matters not whether this is a fact or fiction if it is believed by an individual, it will hamper greatly the contribution they make in life because he or she will be looking into a distorted mirror that reflects the message back to them, "I am different from others and I am not o.k." Depending on our self-esteem, and parts of it (self-identity/belief, self-image, self-acceptance/appreciation), we will rise to great heights or fall into the depths of despair.

7 Keys To Happiness,

These seven points can help lift your mood and give you a sense of accomplishment. The idea is to try to do as many of them as you can in an hour.

Boost your energy by getting up and moving around. Taking a brisk ten-minute walk is best, because when you are moving faster, your metabolism speeds up and the activity is good for your focus and mood and helps you retain information.

Reach out to friends. Arrange a lunch date or send an email to someone you haven't seen for a while. Socializing boosts moods and having close bonds with others is one of the keys to happiness.

Get an old task out of the way. If you've been procrastinating about a chore, tackle it now. Like making that doctor or dental appointment, or arranging to get broken equipment fixed. You'll feel a sense of relief and a burst of energy.

Create a calmer environment. Clearing some space around you or getting things in order will give you a sense of serenity.

Plan some future fun. Decide to get to that new movie, or order a book you have wanted to read; or plan an activity with friends or family. Having fun on a regular basis is necessary to happiness, and anticipation is a part of that.

Do a good deed. Something as simple as holding a door for someone or offering praise can help, because the adage "do good, feel good" really works.

Act happy. Smile! Just going through the motion of happiness lifts your spirits and makes you more approachable.



How To Set Boundaries For Yourself

1. Accept that you are important to life.
2. Accept that you are valued by God; therefore you have self- worth, self- value, and importance.
3. Accept that all people are special including you.
4. Respect your right to privacy as well as the rights of others.
5. Accept that no one is here to satisfy your needs and neither are you here to meet theirs.
6. Accept that others have to want to love us, and care about/care for us. We cannot demand that others love us. It is their choice to like or love us.
7. If we abuse others, either verbally, emotionally or physically they will be afraid to trust us, because they fear they will be hurt by us again.
8. We have to earn others trust, love and affection, it is not a right or privilege they owe us.
9. Tell the truth never say it does not matter when it does matter.
10. Accept your feelings. Acknowledge your pain, hurt, grief, sadness, disappointment, loneliness, feeling of rejection, loneliness, abandonment, depression, and feeling that no one loves you.
11. You send love to others through your thoughts, your smile, eyes and your touch. Daily send love to yourself and others.
12. Rely less on words to convey your feelings to others. Words are cheap, and useless. They do not mean anything. Verbal promises are easy to break without action to back them.
13. People watch what you do, not what you say.

7 KEYS To Master Self-Love

Key # 6 to Master Self-Love

Avoid Complaining, Condemning, Criticizing to Grow Your Self-Love

A. Complaining - To complain about yourself, your conditions, or others.

B. Condemning - To condemn yourself or others, have a strong bias or prejudice for.

C. Criticizing - When we find fault with another person it takes away our joy and love for our self and others

Are you guilty of saying or doing any of the above? Write about the affect it had on your ability to love yourself

1. _____

2. _____

3. _____

7 KEYS To Master Self-Love

Key # 7 to Master Your Self-Love

Stay Connected to Your Inner Child to Play and Have Fun

Desire - Dream/Goals - Believe in yourself, and know you are valuable to life. Like yourself enough to have goals. Be willing to take risks, or plan how you will live your life. The ability to dream or envision a goal is the divine plan to inspire us to reach and stretch beyond our human limitations. Most big goals, and some little goals, require us to partner with the Divine for their completion and success.

Dreams are the longings the Divine placed inside us to help us maintain our connection to Source. The attributes of the Divine: **Love (unconditional)**, Empathy, Peace, Harmony, Joy, Kindness, Compassion, Tranquility, Temperance, Patience, Tolerance, Gentleness, Consolation, Understanding, Excellence, and Creativity.

Life is an unpainted canvas. You can create as many scenes as you like. Life is a journey, not a destination. When you stop growing you slowly die. So pause if you must. Take time to enjoy the scenery and the stage production you create. For what you are is Gods' gift to you. What you make of your self is your gift to God. When you die and leave the planet, will you leave a masterpiece of your life experiences? Who you is beautiful, and magnificent. You are one of a kind, a rare gem.

These are ways I can develop my capacity to care and feel positive emotions towards myself:

A. I am learning to forgive and love myself and others who mistreated me in my childhood. Write names of people you need to forgive

B. What part of your self-image needs to be changed?

C. Write negative thoughts or attitudes about your parents/caretaker

D. Are you able to forgive your parents, or yourself? What can you do to heal this relationship?

E. List any thing that makes you feel sad, mad, or anxious. I feel sad when I think about



RECLAIMING YOURSELF

1. If you allow others to not respect you, ignore your needs and wants, they will continue to do so because you have given them permission.

2. You must acknowledge and accept that you are important and therefore worthwhile.

3. You must have standards for yourself and your life. Let there be certain things you will not accept or tolerate.

4. Never let guilt about past wrongs get in the way of your belief that you are a worthwhile person.

5. Meditate daily to see yourself as a loving person to yourself.

6. Daily: Have a list of names of persons including your name you ask to forgive you for your past negative thoughts about them or wrongs to them.

7. After you ask forgiveness, do not commit the same mistakes again.

8. Daily: Forgive yourself and others for misdeeds/abuse that happened to you.

9. Accept that you are not perfect and neither is anyone else.

10. Replace your addiction to others and things with a strong love for yourself. Doing what you know is loving, and just.

11. Stand up for your rights. Support yourself. Say what you will and will not accept. Be your own best friend.

12. Others will respect your rights when you acknowledge, and respect your rights.

13. People treat us with the same respect we feel we deserve

14. Do not blame others if you let them violate your rights, disrespect you or ignore your wishes. You allow it by, not speaking up and taking a stand.

15. Let people know when your needs are violated. They are not mind readers.

16. What can you do to cope with feeling unloved?

17. List things you can do to show love to yourself.

18. Sit quietly, practice sending love arrows to yourself or others who mistreated you.



7 KEYS To Master Self-Love

The Ways We Help You Master Your Personal Power On Your Journey to Self-Love:

Our coaching programs are specialized for each person. Some of our clients have been able to stop/modify self-sabotage habits and behaviors like: Over Eating, Drinking, Smoking, Change Self-Doubt into Self-Confidence, Change Low Self-Worth into Self-Deserving and Self-Appreciation, so you are able to ask for and get what you are worth. Value and appreciate yourself (your gifts and talents). Learn how to draw upon your Self Trust and Faith, when doubt and calamity shows up; or Change worry and Fear into Calm Assurance. To achieve the goals you set for your and have more fulfilled, enriched relationship. You deserve the best.

Get your Complimentary Journey to Self-Love Strategy Session, Today! (Valued at \$497.00) Go to: www.journeytoselflove.com/bonus