

Module 6

Good Habits

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How do I continue to grow?

Well it's been six weeks and you've now learned to love and accept yourself perfectly right?

LOL

No of course that's not possible. But you did:

- Make a lot of progress
- Learned and practiced a great tool (EFT) you can now continue using
- Understand your 5 main avenues to explore more deeply as to what is keeping you disconnected

So how do you continue?

When I coach my personal clients I always tell them there are three components: awareness, tapping, and strategy.

You gained a lot of awareness through our 5 lessons, yay!

You have your tapping.

Now it's time to focus on strategy. Here are some tools you can use to keep the momentum going.

Tools

Re-using the course material

Honestly, you could easily repeat this course every couple of months to keep releasing and processing.

So that's one option, to follow it week by week and do the modules in order.

OR, you can pick the week that had the most intensity for you and focus on that for a month.

Mirror Technique

If you haven't already downloaded the book describing the Mirror Technique, you can get it here:

<http://www.aimeeserafini.com/laomdownload>

In this technique, you talk to yourself in the mirror and use it as a way to love and accept yourself.

Advanced Mirror Technique: Tap through the points, or on one favorite point, while you do it.

Personal Peace Procedure

Keep a notebook or ongoing list of memories, beliefs, and issues that come to mind that you could tap on. Whenever they spring to mind, write them down in the same place and rate them as to their intensity level at the moment and the date you wrote them down. (very important to rate)

In your daily EFT practice, you can systematically go through and tap on each one.

It's important to re-rate before you start if you wrote it down previously, as it can easily change over the course of weeks or months.

Then keep working on just that one entry until it's down to a 2 or less.

Keep moving through them...just as we found in the course, you will find that as you tap on some issues, it will deflate other issues without your having to do anything!

Self-Care Daily List

Now the rubber meets the road! What are you going to commit to doing going forward to keep your self-love momentum? We can have all sorts of great plans but how are you going to keep yourself accountable for doing them?

I like to use the Self-Care Checklist. I like to list all the things I'm going to do each day (or 3x/week, however) and then check them off in a list. If I want to do it twice a day (like tapping) I put two checks in the box for each day.

You can use the attached sheet. I recommend printing it out. You can type in your items before you print it (handy for printing out each week), or handwrite them. Then I literally tick off each box as I do them each day.

Examples:

- Tapping
- Mirror Work
- Walking
- Playing with kids
- Reading a book

Anything that makes you feel good!

PS. And yes, I admit to using it for things that aren't about self-care but that I know need to get done, like cleaning.

Rewards

You'll notice the last section of the check list.

Yes I know these things are already good for you, but how are you going to recognize your commitment and consistency for taking care of yourself?

With rewards!

Write down what your reward is and what you need to do get the reward.

If you check off every item in a given day you get...

If you check off every item in a given week you get...

If I _____, I get _____

Be creative and keep a running list of rewards. I use rewards all the time to motivate me. It could be something as easy as watching a show on DVR, sinking into a good book, getting a manicure, buying a new lip gloss! Anything that you can use to motivate yourself and feel good about your accomplishments.

That is my favorite strategy. ☺

Wrap Up

Ok, there are some great tools you can use. The important thing is to have a plan and a way to keep yourself accountable. I also recommend accountability partners, group programs, and always if you can afford it, working with a 1:1 coach.

You have taken a big step with this course, so congratulations and have fun on your continued adventure!

Self Care Checklist

Week of _____

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							

Rewards

Target
