

### Concept 3: Self-Love bucket

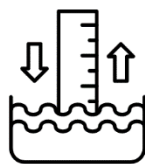
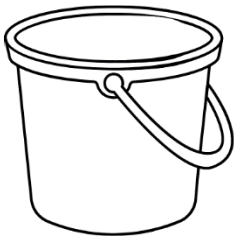
The third concept we're going to be talking today about is something I call my **Self-Love Bucket**. This is a mindful indication that I bring from your subconscious to your conscious on where you're at with self-love, self-care, self-compassion.

What you're going to do is you're going to imagine a bucket, it's your bucket, at the bottom of the bucket is the measurement of 0, the top of the bucket is a measurement of 10, 10 being your self-love is amazing, it's really, really full, 0 being it's very empty. You're going to imagine where your level is.

Exercise: I want you to draw a bucket. Indicate to yourself from 1 to 10 where is yourself love.

I do this exercise on purpose because the importance of self-love, the importance of self-care, the importance of self-compassion cannot be overlooked and we need to bring it to our attention and we need to bring it to our conscious the level of Love, compassion and kindness we give ourselves.

Draw a bucket and determine yourself Love level



### Looking after your emotional state

Welcome to day two. I'm super excited about this, because this is a phenomenal concept that is very empowering if you start to understand.

We talk about the fact that you have a choice: A choice to choose your mindset in spite of the situation around you and in spite of the emotion that you're feeling.

You can choose your mindset; by choosing your mindset, you're going to change the outcome and change the event.

Let's consider the diagram below. There is a person walking on a time line. On the horizontal line there is 8am to 12am. The vertical line is measured from 0 to 20 and that is her emotional state.

Now her normal emotional state is about 18.5. Just past 10 her emotion state plunges to 5.

She now needs to recuperate. She needs to release some of the emotions that she's experienced. To get her back to her normal of 18.5.

How to get back to 'normal' depends on the person. Examples can be: She maybe needs to talk to someone or maybe do some exercise. Each person's solution for coming back up the grid is different. But what we need to do is recognize, be mindful that we need to climb back up the grid.



Let's have a look at this diagram,

In this one she decided not to change her emotional state or mindset. Then something else happens and she plunges even further. By taking ownership of your own emotions and choosing a better state. You react to situation better.

## Recognising your Emotions



### Self-Compassion and Self-kindness

The importance of self-care and self-compassion. We seem to take it for granted that we should actually look after ourselves. I want us to become a little bit more aware that it's only going to be okay if we put things in place to look after ourselves. And we need to prioritize looking after ourselves. Prioritize giving ourselves the compassion, giving ourselves the love that we deserve.

Part of what I want to discuss today is the fact that the biggest bully is ourselves. We are our biggest bullies. There is no reason why you should bully yourself

1. Start being mindful about when you are bullying yourself.
2. List 50 things that make you happy



## Moment of Happiness

I want to round off the last video for the Free Abundance, Transformation and Growth Masterclass by saying I once had this client who asked me for a hack, a hack for happiness.

So my life hack is stop doing that with the negative, but do it with the positive. Every single day of your life, when you do or see something great, savour it and repeat it. If it's a great sunrise or sunset or a great cup of coffee or a great conversation or a meeting that you thought was going to go bad that really went well, savour that moment, live in that moment for a little bit longer, because true happiness isn't something that you get to, it's actually in that moment.

So my hack that I'm going to leave you with, your hack for life on happiness, is take the moments and savour them.