

A THANK YOU GIFT FOR YOUR INTEREST !

THIS GIFT GUARANTEES YOU WILL IMPROVE THE MOST IMPORTANT RELATIONSHIP IN YOUR LIFE....



We have many relationships in our life, with friends, family and loved ones being the ones that matter the most to us. The closest relationships that we have, are the ones where it is easiest to reflect, deflect and project our own issues onto those who mean most to us. What can then happen is, that we begin to rely on that other person to fill the void of what we are not giving to ourselves. This simple exercise can put that situation right within 28 days. That relationship, where it all starts is the relationship with YOU...

When we start to make improvements in that most significant relationship, we see it reflect in all our other relationships.

A few years ago, I was on a business trip to Jersey, one lunch whilst working through the St. Heliers, I saw a very beautiful and expensive ring for sale in a jeweller's shop window. A lady who was with me at the time just nonchalantly asked, if I was going to buy it. My initial reaction was to ask if she was serious? – Had she seen the price tag on it? – I then saw and changed a deep seated pattern within myself, a recognition of never feeling deserving of the best – and realising as long as I felt that.... I NEVER RECEIVED THE BEST!

I bought the ring and placed it on my own finger and made a promise and commitment to me – that I will always be fully there for me, take care of me and love ME!..

That day I felt truly cherished for the first time in my life – I had entered in a relationship with myself that had always fallen short before, as I had projected my love and giving onto other people in my life and felt hurt when so much loving and giving didn't come back to me. The result was... relationships that didn't work....

In giving that loving and giving to me, I completed the circuit and opened up the pathway for happy and healthy relationships in my life.. without need and without expectation.... Because at the root of expectation lies hurt.

Everyday, I do something for me to show me how much I care about me...

From that day onwards, contracts for my business, opportunities, new relationships, healthier established relationships with friends and families took on a special new meaning.. I still wear that ring and every day someone comments on how beautiful it looks – a nostalgic reminder of the day I met me!

So... what would you do if you were your own 'lover'... to demonstrate to YOU how much you cared?

For example, would you prepare a special breakfast on a tray with a single red rose in a vase – just to show how much you care? Well what's to stop you? And then sit down, eat it and feel appreciated.

The suggestions in the checklist I have enclosed in this article, are a step on the way to find balance in our lives.

This checklist is about finding balance in that all important relationship with our self!

Try it for yourself and see how your relationship improves with yourself and with those around you....

ENJOY..... the beginning of a brand new relationship!

Here is a list of things to do:

Take special time out to honour yourself ... try at least one of these suggestions every day for a month and see the difference it makes. After a month, evaluate how much more loving and giving people are towards you.

Place a tick (and the date), at the side of each treat when you have achieved it.

SUGGESTION	NUMBER OF TIMES ACHIEVED ✓
Rub your feet.. better still massage them with an essential oil.	
Take yourself out to watch a sunrise or a sunset.	
Make an edible treat and present it beautifully – just for you	
Go to the park.	
Plan a dream holiday.	
Visit a library.	
Visit an art museum	
Lean against or sit beneath a special tree that calls you.	
Read a book.	
Play a game or have fun with a pet.	
Write a letter to yourself.	
Have a long soak in a bath	
Put the radio on and sing along to a song	
.....Then dance to another one!	
Plant something in your garden as a gift for you	
Go out and buy flowers for you for your home.	
Draw or paint a picture for you	
Write a poem to you	

Take yourself to a movie	
Go on a ride somewhere you've never been.	
Begin a new hobby	
Sit outside and watch the clouds.. what shapes and pictures do you see?	
Listen to a piece of music you haven't heard before	
Smile at ten people first and count how many smiles you get back before you go home.	
Buy yourself a gift and wrap it up.	
Do something that really makes you laugh.	
Take a walk in the countryside	
Go into a coffee bar and buy you a treat	
Light some candles just for you.. watch what the dance of the flames tell you.	
Look in the mirror and pay yourself a compliment out loud.	
Window shop and plan a surprise Christmas stocking for yourself.	