

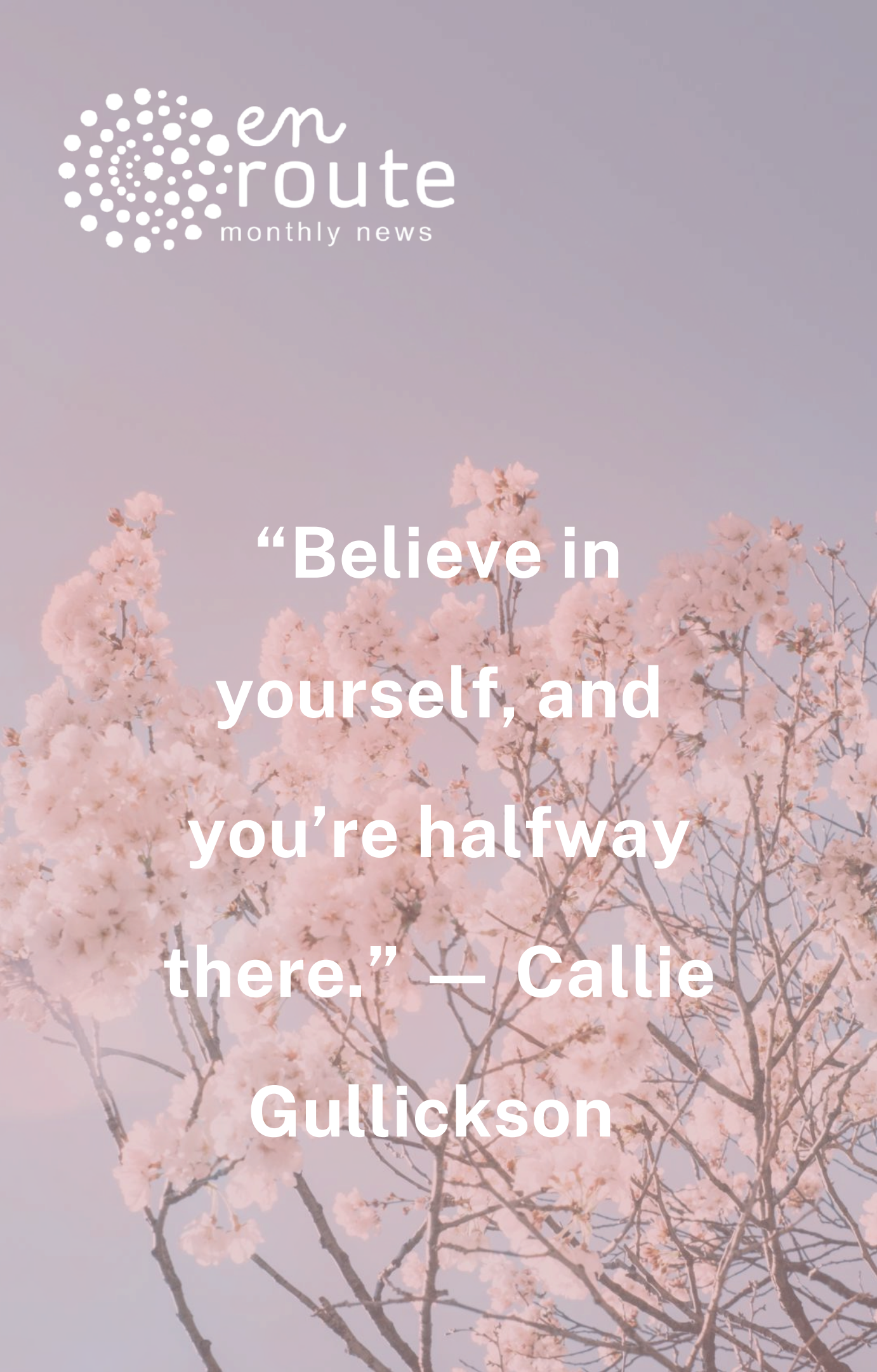
FEBRUARY NEWSLETTER

Welcome to our February Newsletter

February isn't just about love. It's about self-belief, stepping into the most confident version of you. Too often, we wait for what we think is the right moment/opportunity, or someone's approval before fully owning our power. However, true confidence isn't given, it's claimed. This month, let's shift from self-doubt to self-assurance, from hesitation to action, and from playing small to standing tall. Happy Valentines everyone!

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A photograph of cherry blossom branches with light pink flowers against a clear blue sky, serving as the background for the quote on the left side of the image.

“Believe in
yourself, and
you’re halfway
there.” — Callie
Gullickson

ELEVATING YOUR CONFIDENCE

This valentine’s month is about channelling **‘Main Character Energy’**. It’s all about stepping into your power and elevating your confidence by owning your story, choices and your authenticity - just like a lead character in a movie or book.

Step Into Your Power

- Too often, we wait for external validation (a promotion, a relationship, someone else's approval) before we feel confident. But true confidence comes from within.
- Reframe: Start affirming to yourself "I am worthy because I say so."

Rewrite the Narrative from Self-Doubt to Self-Belief

- If your life were a movie, how would your main character handle challenges? Would they shrink back or rise to the occasion?
- Exercise: Journal about a time you felt powerful and successful "what was different about your mindset in that moment?"

Confidence Isn't About Being Loud, It's About Being Grounded

- A confident main character doesn't seek constant attention; they move with purpose.
- Tip: Focus on your body language, standing tall, making eye contact, and speaking slowly. These small shifts can instantly elevate your confidence.

ELEVATING YOUR CONFIDENCE

Make Bold Moves, Even If You're Nervous

- Every powerful main character takes risks. Confidence isn't about never feeling fear it's about acting despite it.
- Challenge: Do one thing this month that pushes you out of your comfort zone (public speaking, networking, pitching yourself, or even taking yourself on a solo date!).

Confidence isn't something you "get" from others. It's something you decide to step into. So this February, embrace your power and walk like the main character you were always meant to be!

HAPPY
VALENTINES
DAY!



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monthly news

START WITH LOVING YOURSELF!

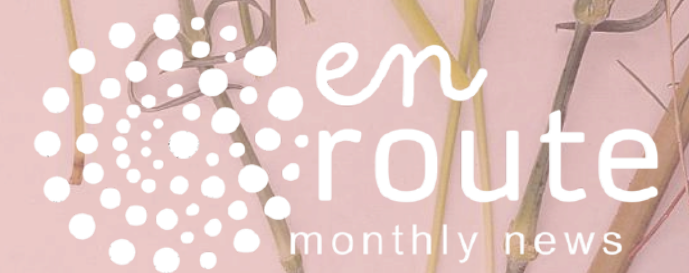
*By Debbie
Wheal*

One of the most difficult concepts I have grappled with in my life is: Before you can love someone else, you need to love yourself first!

To me, this was a foreign concept. Love myself? I even believed it was backwards, because it was easier to feel good about myself and my 'love-ability' when I was in love with a person.

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THE MONTH OF LOVE



With learning to love yourself, there are certain provisors that are required:

1. Self-compassion,
2. Suspension of self-judgement,
3. Suspension of self-criticism and,
4. Self-acceptance.

These elements are not always intuitive and can take time to cultivate. Self-compassion involves treating yourself with the same kindness and understanding that you would offer to a close friend. It means acknowledging your own suffering and imperfections without harsh judgment.

Suspension of self-judgment and self-criticism requires a conscious effort to silence that inner critic that often seeks to undermine your worth. It's about replacing negative self-talk with affirmations and recognizing the progress you've made, no matter how small.

LOVING YOURSELF!

Story time: Some of you will know that I have completed two marriages and am now living life as a happily-ever-after single person! It is the space between my last divorce and now (9 years), where I have learned to love myself.

Self-acceptance, perhaps the most profound of all, means embracing who you are without conditions. It's about recognizing your intrinsic value and understanding that you are worthy of love and happiness just as you are, flaws and all.

In these nine years, I've come to appreciate the journey of self-discovery and the profound peace that comes with truly loving yourself. This self-love has not only enriched my own life but also transformed the way I interact with others. I've found that by filling my own cup, I have more to give to the world around me.

Be your first love, your everlasting love!

Get In Touch With Us:



Are you ready to own your story and walk like you belong in every room you enter?

Book your sessions now:

DEBBIE WHEAL

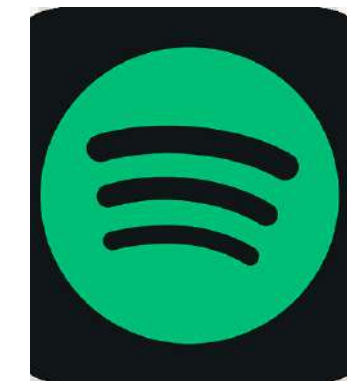
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