



How to use the You Are Awesome Pep Talk audio:

The *You Are Awesome Pep Talk* audio is an introductory tool you can use to initiate a mirror work ritual into your day-to-day life. All you need to do is listen to the two-minute track as you stand in front of the mirror hanging out with yourself and getting present to your greatness.

For many people, spending two minutes in front of the mirror with themselves can be an uncomfortable or odd experience (especially the first few times you do it!). The audio track helps you shift your internal negative dialogue. The audio gives you your own personal coach - personal development expert Kay Walker - to kick you into shape, to get you to appreciate and love yourself. (Most people have a tendency not to do this.)

Consider this audio track your foundation for the day. Kay gives you a boost of self-confidence and trains you to develop your own mirror work ritual.

When to use the ‘You Are Awesome Pep Talk’ audio:

Use it the morning to get ready for your day. In addition, use it any time you feel the need for a boost of confidence or to shift yourself out of a negative thinking pattern.

Some may opt to listen to the audio while driving to work or while exercising or any time you would listen to an audiobook or music. You might even want to listen while you lie in bed before you get up for the day or, even while brushing your teeth.

But, for best results use it in front of the mirror as intended. The track is designed to get you to develop a deep self-love relationship with yourself and to inspire you to step confidently into your day. So looking at, and being with yourself in the mirror is an important part of the process. This can be challenging, but if you’re willing to stay with it you will experience a massive boost of confidence and as a result all areas of your life will expand.

The practice of mirror work:

Standing in front of the mirror, talking and being with yourself and training yourself to love yourself is a remarkable experience. It is the simplest and most effective tool to boost your confidence. People with great confidence in themselves experience expansion in all areas of life that matter to them. When you love yourself deeply, you become settled and grounded in who you are. You become an unshakeable force. And you bring your confidence and personal power everywhere you go.

After all, you are the common denominator in your success. When you love yourself unconditionally - like the kind of love you would easily give to a child - you expand the limits of what you believe is possible for yourself and then naturally follow through with your actions.

A final word...

I am always interested in feedback on the tools I develop, so please let me know what you think of the audio and what results you get or if you have any issues using it. (I want to hear it all!) Post a message to me on my Facebook page at <http://facebook.com/awesomelifecub>. Or send me a message on Twitter at <http://twitter.com/kaywalkerALC>.

You can also drop me a personal note through my assistant Ally at **ally@awesomelifecub.com**. She ensures I see all feedback from my Awesome Life Club members. And checks all the social feeds too. Where possible, I will respond.

Kay Walker,
Founder, AwesomeLifeClub.com