

HOW TO LOOK & FEEL

Irresistible

IN 5 DAYS!

QUICK-START
ACTION PLAN

by
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Hello Irresistible!

I know exactly what it feels like to be the “fat girl.” I’ve been overweight my entire life and I was bullied because of it. For years, I was on a cycle of dieting, hating my body, and emotional binge eating. I let my weight dictate every single thing about my life.

I stopped saying “someday” and started doing the work to create the irresistible life I craved.

Through my journey, I learned that it’s about more than the number on the scale, dieting, and exercise. It’s about creating an alignment between your mind, body, and soul.

Creating an irresistible life won’t happen overnight but this workbook will give you the quick-start that you need over the next five days. I recommend participating in the daily prompts inside of the Irresistible YOUUniversity Facebook Group too.

Be irresistible! Be you. Be #IrresistibleYou

Xo,

Aimee

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Create an
irresistible
life you can't
resist!



DAY 1: BREAK THE RULES

We've received messages our entire life about our body from society, friends, family, and even ourselves. We've come to believe this is "just the way it is." These unwritten rules become our inner voice that drive all of our decisions.

What if you could tune out everyone else's rules and create your own? Take back your power and design a life you love in the body you have right now.

1. What "rules" are you telling yourself that are holding you back from living the life you crave?

2. Imagine if you could break those rules. What does your version of an irresistible life look like?

Action Plan: Based on your answers, write at least one new rule to work on starting today.

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 2: MAKE CONFIDENCE QUEEN

In order to reverse the rules you've been telling yourself, you need to make confidence queen and have her reign over your life.

Confidence won't appear overnight. Just like a muscle, it's something you have to work at daily

Work with what you have. Now. Not 50 lbs from now.

1. What areas of your body and/or life do you feel confident about? Why?

2. What areas of your body and/or life do you NOT feel confident about? Why?

Action Plan: Write a statement how you will accentuate one thing you love about yourself. Create a 2nd statement detailing how you'll work on one thing that you're not confident about.

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DAY 3: FEED YOUR SOUL

When your soul is hungry you'll turn to food for comfort...thinking that it's physical hunger. Not feeding your soul leads to binge and emotional eating.

Feeding your soul is about doing things that fill you up with joy and happiness. For me that's kayaking, the beach, walking Chuy, or playing with Catalina. Have you ever taken the time to ask yourself "What is my soul craving?"

Brainstorm all the things that bring you joy and happiness. There's no right or wrong answer. Jot down whatever comes to mind.

Action Plan: Add at least 1 of those items above to your calendar for the week.

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DAY 4: BE IN THE MOMENT

Do you feel like you're watching your life and not living it? I've wasted so much time waiting for the "perfect" body or waiting until I'm thin enough to deserve living life. Be in the moment and don't wait for the weight. .

1. Make a list of all the things you'd love to do but have been putting on hold because of your weight.

2. What thoughts do you have when you catch yourself zoning out from the present moment?

Action Plan: Write down at least one way you will practice being more mindful this week.

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DAY 5: GET YOUR GLAM ON

I love to get glammed up! It makes me feel feminine, alive, and irresistible. Even on those days where I don't love my body, makeup, cute accessories, and doing my hair transforms my mood.

When you take care of yourself, you look better. When you look better, you feel better!

This starts with having a glam (or self-care) routine.

1. What does your current glam (or self-care) routine look like?

Action Plan: Make a commitment to upgrade or add-on at least one new way to get your glam on this week. (Ex: pedicure, hair appointment, new makeup, new outfit, paint your nails, facial, etc)

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#IrresistibleYou Action Plan

Take all of your action items and put them here so you can reference them on one page. Print this and hang it up next to your bed or in the bathroom. Review it when you wake up and when you go to bed. Your thoughts become your actions. Your actions have the power to change your life.

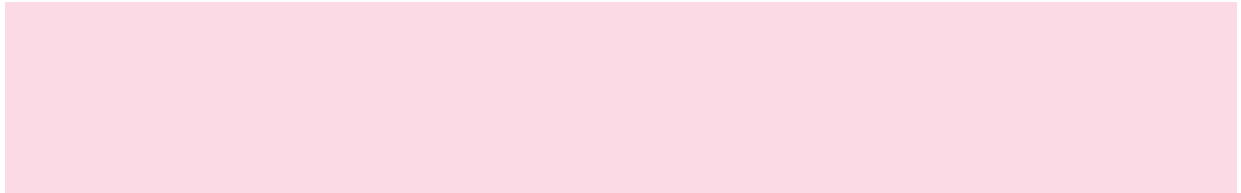
Break the Rules: Re-frame your thoughts and set your positive intentions for the week.

1.



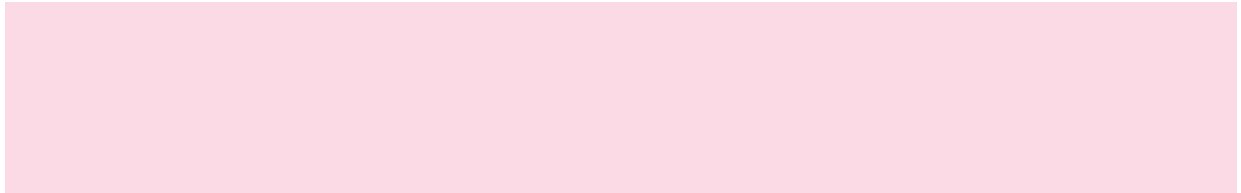
Make Confidence Queen: Accentuate what you love & boost your confidence in other areas.

2.



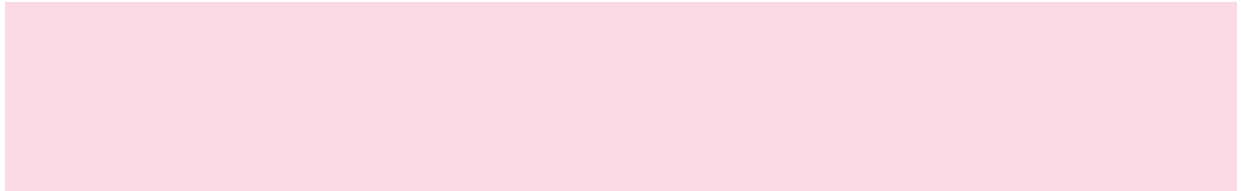
Feed Your Soul: Schedule "me" time to do something you love.

3.



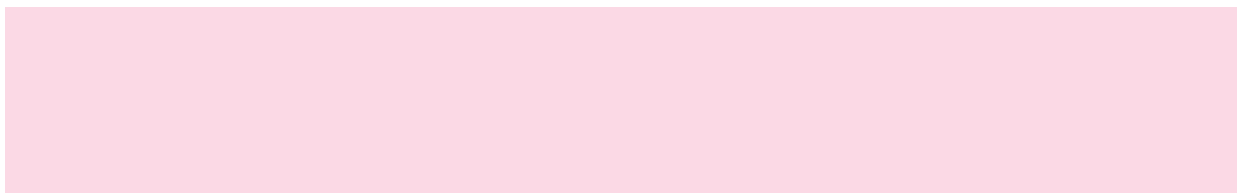
Be in the Moment: Describe how you will be more mindful and be in the moment this week.

4.



Get Your Glam On: Add something to your routine so you can look and feel irresistible.

5.



30 WAYS TO LOOK + FEEL IRRESISTIBLE!

#IrresistibleYou

1

Wake up 15 minutes early and write in a gratitude journal

2

Start your morning with a daily walk, yoga, or meditation

3

Make a to-do list for your life and start prioritizing

4

Commit to a healthy lifestyle that lets you occasionally indulge!

5

Rock a new "irresistible" makeup look

6

Go to the nail shop and get your nails done

7

Find your signature perfume scent

8

Buy a new outfit that shows off your curves!

9

Wear some high heels just because!

10

Buy yourself a bouquet of fresh flowers

11

Light a yummy scented candle and get some "me" time!

12

Curl up and read your favorite magazines

13

Plan a girls night out to show off that new outfit!

14

Go for a walk and enjoy the "little" things

15

Speak up for yourself and tell the world what you want

16

Go for a drive and listen to your favorite music

17

Look at yourself in the mirror and say "You ARE Irresistible!"

18

Schedule a lunch date with a friend at your fav spot

19

Go relax with a pedicure & foot massage at the spa

20

Don't forget to laugh. Laugh until your face hurts!

21

Add a little sparkle to your day!

22

Drink more water to keep your body hydrated and your skin glowing

23

Don't forget to schedule "Me" time on your calendar!

24

Take a bubble bath at the end of a long day

25

Dye your hair or get a new haircut to change up your look

26

Start a new exercise that is fun and doesn't feel like work!

27

Beauty Rest is key to looking and feeling irresistible

28

Practice feeling confident at every size. Enjoy the NOW!

29

Celebrate all of your successes in life. Big & small!

30

Make a promise to yourself to create an irresistible life!

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