

your kick-ass life®

★ *Because life's too short for it to not kick ass* ★

Digging deeper with what you have control over

Do you know what your values are and what they look like?

Do you know what it means and looks like to have compassion for yourself?
And do you practice it?

Do you know what it means to have compassion for others? (Because when we don't, check what kind of expectations you have. The expectations you have of others are often directly correlated to the expectations you have of yourself.)

Do you know where you need to set boundaries? Do you know how to do that?

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Do you ALLOW people to show up for you? And when they do, do you show them ALL of you, not just “the facts”?

Do you take care of your physical body?

Do you feel your feelings or do you stuff them and numb them away?

Do you take care of your spirit?

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Do you take care of your financial house?

Is there anything else you feel in your soul that you need to change that will make you proud of who you are?