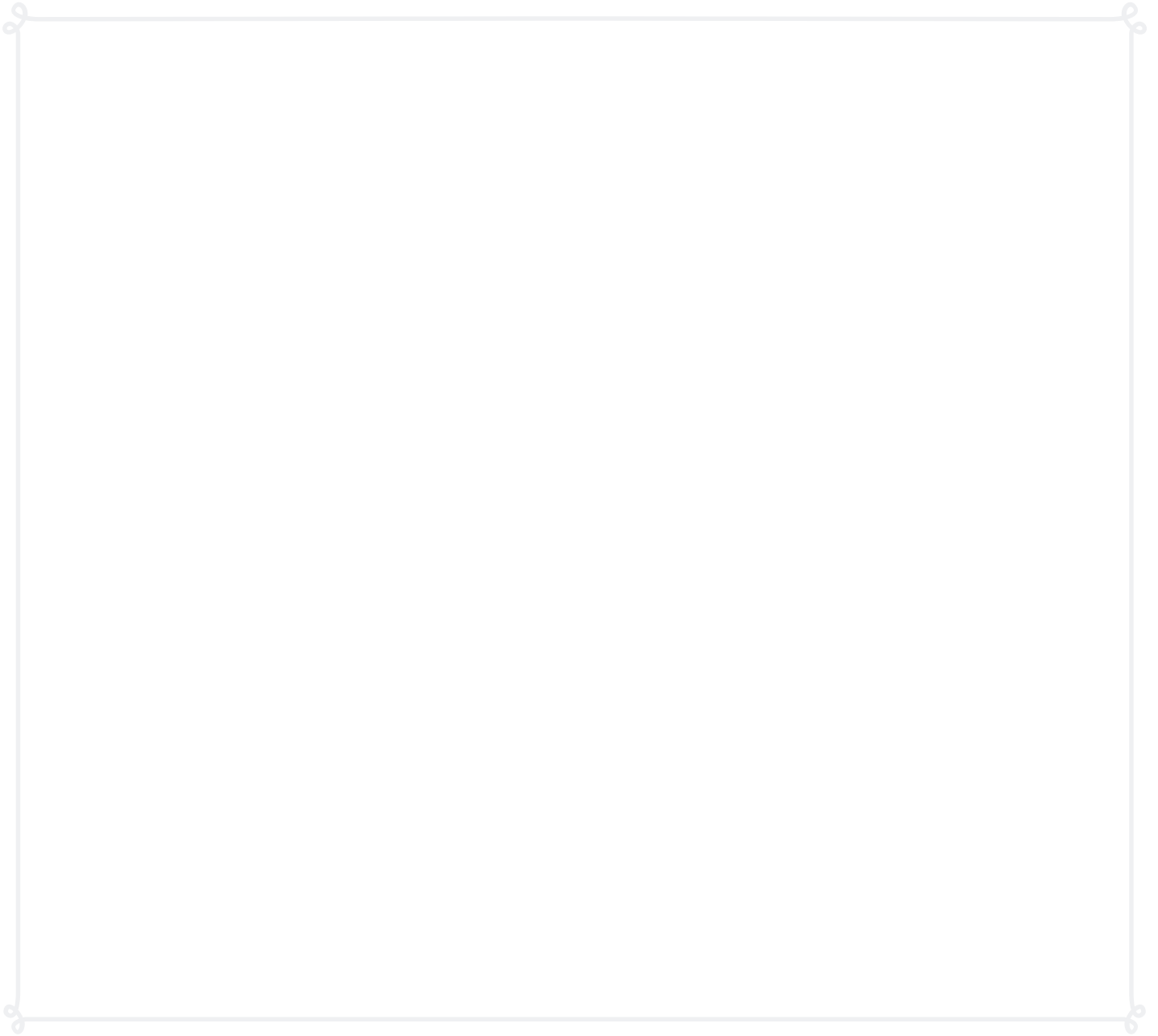


The Start Of Your New Life

"Decide the lady you want to be, then show up as her"

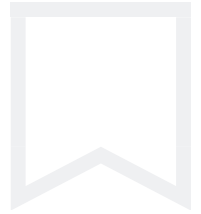


Mairead- "Remember, all the information you have learnt in the last 4 weeks is only useful if you put it into action, there is no better time to start than now"

Love HQ



Mairead Loughman, Matchmaker and Dating Specialist



The Wellness Wheel

The Wellness Wheel is a visual aid to help you get balance in all of the important areas of your life. I have left the headings blank as people have different priorities in life or would like to focus on different areas at different stages of their life. Some suggestions are Love, Family, Health/Body/Mental, Financial, Spiritual, Time, People, Skills/Knowledge, Career.

James Clear, Author of Atomic Habits- "Every action you take is a vote for the person you wish to become."

Love HQ





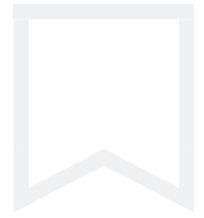
Time for Action

1. Decide what you want- Be crystal clear in all areas of your life.
2. Write it out as if you have got it already.
3. Read the vision every day and feel how you will feel when you are actually living that life.
4. Don't take advice from people less successful than you or with lower ambitions than you.
5. Put your dreams in action. What do you need to do/change to make these a reality. Start right now.
6. Why are you hesitating and what are your blocks?
7. If something doesn't work, do not give up.
8. If something negative happens, respond rather than react or over react. Step away from the emotion and try to think logically.
9. Enjoy the journey, it is not all about the destination.
10. Remember to celebrate all the little wins along the way!

Make a List of 10 Actions

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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Your Big New Life

What is your Dream?

Celebrate yourself, buy yourself a Birthday and Christmas Present

Get in the habit of asking yourself, does this serve the life I want?

Build your dream or someone will hire you to build theirs.

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Stop caring what people think

Empty rectangular box with decorative corner tabs for notes.

Don't Hold Back, Book it!

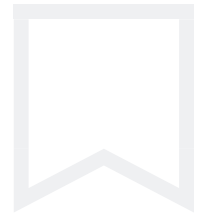
Empty rectangular box with decorative corner tabs for notes.

Watch the Preview of the Relationship

Empty rectangular box with decorative corner tabs for notes.

Brené Brown- "If you're not in the arena getting your ass kicked, I'm not interested in your feedback"





Sex

A large, empty rectangular box with a light gray border and decorative corner ornaments, intended for notes related to the 'Sex' topic.

Breaking - Up/ If you no longer wish to see them

A large, empty rectangular box with a light gray border and decorative corner ornaments, intended for notes related to the 'Breaking - Up/ If you no longer wish to see them' topic.

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Words of Wisdom

A large, empty rectangular box with a light gray border and decorative corner ornaments, intended for writing words of wisdom.

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Notes

A large, empty rectangular box with a light gray border and decorative corner tabs, intended for taking notes.

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