
COACH MARNIE'S

Love Yourself Challenge



D4G-Fit



How to love your self in 8 easy steps!!

1: Get rid of the negative influences in your life.

Too many people don't even know how special they are, because they're constantly in the midst of negativity and with people that do not value them. The absolute first step in loving yourself is to eliminate those that do not love or value you. Love should be shown in actions. If people that claim to love you don't make you feel special and treat you as if you are unimportant then, it's time to reevaluate your relationships. Remember, you are **AMAZING** and deserve the very **BEST**!

2: Take more time to do the things YOU want to do.

Stop accommodating everyone else and their schedules. Do things you want to do and when you want to do them. Find friends that have the same interests and spend enjoyable time with them. Make a list of things you love to do and schedule them out. Sometimes, you have to brave it alone, but while doing so, you may be lucky to run into potential friends with like interests.

3: Take the first step out of your comfort zone.

Yesss! Do something that you fear the most. You will not regret it. Decide to do something you've been putting off. Write it down and break it up into small doable bits. Transform your dreams into goals. Make your goals into plans and see them come into fruition.



4: Be active!

Exercise is one of the BEST things you can do for your mind, body, and spirit. Decide on an activity you love to do and plan a start date. If you like to skate, research the closest rink and schedule a time to go. If you love the GYM LIFE, make plans to join a local facility. Simply taking a daily walk outdoors can help clear the mind and strengthen your cardiovascular system.

5: Eat well!

Great nourishment is not only for the body, it's for the mind and spirit as well. Eating well-balance meals throughout the day is key to functioning at your optimum. Poor nutrition equals an equally poor mindset. When your body feels great, you are able to live a happier, healthier existence and ultimately achieve more.

6: Compliment yourself.

Say great things about yourself and fill your day with positive affirmations. What do you love about yourself? Maximize on that which makes you happy, instead of the things that bring you down. Challenges are only as bad as we make them out to be. How you respond to yourself is how you respond to the world. Love yourself first, and you will find others will, too!

7: Take a detox bath and schedule a massage, facial and mani/pedi.

Relax the mind, body and spirit with scheduled self care. A weekly detox bath will help remove the toxins from your body, relax sore muscles as well improve your skin. Schedule a regular massage and include a facial or mani/pedi for the ultimate treat. Relax and release the tension.

Wooooosah!

Detox Bath: 1 cup Epsom salt, 1/2 cup Baking Soda, 1/2 cup Apple Cider Vinegar, a few drops of essential oils such as lavender.



8: Meditate

Meditation has so many benefits. It reduces stress, encourages a healthy lifestyle, increases self awareness, increases happiness, increases acceptance, and slows aging amongst many other benefits. Find a quiet spot and use meditation CDs to start your practice. The tapes will guide you initially, but as you master the art of meditation, you'll begin to do it almost anywhere.

©Copyright 2017 Destined for Greatness Lifestyle and Fitness Coaching, LLC. All rights reserved

February Love Yourself Challenge

- 1st:** Start a journal
- 2nd:** Meditate
- 3rd:** Recite affirmations
- 4th:** Do something new
- 5th:** Sleep late
- 6th:** Pray
- 7th:** Get a manicure
- 8th:** Accept uncertainty
- 9th:** Forgive yourself
- 10th:** Do something fun
- 11th:** Treat yourself to something yummy
- 12th:** Get a massage
- 13th:** Make a healthy dinner
- 14th:** Go to a funny movie
- 15th:** Partake in an activity you love
- 16th:** Take a brisk walk
- 17th:** Do yoga
- 18th:** Read a book
- 19th:** Resolve a conflict
- 20th:** Write a goal with a plan
- 21st:** Make a list of things you love about yourself
- 22nd:** No technology day
- 23rd:** Treat yourself to a mani/pedi
- 24th:** Be guided by your intuition
- 25th:** Be patient with yourself
- 26th:** Own your potential
- 27th:** Eliminate negativity
- 28th:** Seek professional help if needed

Assumption of Risk and Waiver of Liability

This resource and any associated materials may not be shared, reproduced or transmitted in any form or by any means, electronically or mechanically, including photocopying, recording, retrieval system, without advance written permission from Marnice Sigur except for brief quotes in a review. Requests for permission may be made to: Marnice Sigur, Destined for Greatness Lifestyle and Fitness Coaching, LLC© d4gfit.com; coachmarnie@d4gfit.com

*Assumption of Risk and Waiver of Liability: I agree and understand that the online Lifestyle and Fitness Coaching which I am a participant involves the risk or injury, and elect to participate in coaching voluntarily in spite of the risk. I assume the risk of all injuries, and waive all negligence claims, related in any way to coaching, including but not limited to conduct on the part of the coach and/or client.
I have read this agreement thoroughly, understand all its terms and have knowingly, voluntarily agreed to it.
Please consult your physician before beginning any exercise/nutrition program.*



Thank you so much for taking the **DGF-Fit Love Yourself Challenge**. My hope is that you discovered through this process how AWESOME you are.

Love always and healthy regards,
Coach Marnie