



CELEBRATE YOUR GREAT ELEVATE YOUR MOOD + MINDSET



SPEAKER. SOUL COACH.
LIFE ENTHUSIAST

LET'S PRESS PLAY
ON MANIFESTING YOUR GREATEST LIFE





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#1 KEY TO ACHIEVING AND SUSTAINING A HAPPILY CONFIDENT, MOOD & MINDSET CELEBRATE

In a world where we are taught from a young age to look outside ourselves for education, validation, permission, acknowledgement, and appreciation, along the way many of us have forgotten how to **celebrate, live gratefully and appreciate** ourselves and our lives. The impact of this is that we more commonly end up bullying, criticising, and judging ourself, and others, rather than acknowledging and celebrating each of our uniqueness and greatness.

Learning to celebrate and internally validate is essential to achieving and sustaining resilience, boosting self worth, confidence, and optimism from within to create happy NOW, and start manifesting your dream life. WHY .. because then you start believing you are more than enough and deserving of your dreams.

Take the everyday example of sharing our needs when we are in a relationship. Many people have a negative association with asking for help and sharing what they really want. More often than not this leads to the avoidance of speaking up; being authentic and sharing openly . The reason for this is that internally when they think about sharing, they begin to feel fearful of the response, imagining the worst and that they may be rejected, judged or the criticised. This habitual thought habit then triggers a fear response in the pain centre of the brain.

Our adventure together is going to begin to encourage you to give yourself lots more positive feedback, starting with the most important style, internal validation and celebration. This will begin a different relationship to speaking up and sharing where you starts to feel safe and confident to share openly and honestly. Activating opportunities to celebrate, grow, improve, and understand that speaking your needs doesn't have to be scary and the other persons response doesn't need to be taken so personally.

Your goal over the next 7 days is to complete the activity on the next page everyday and start celebrating even the smallest successes and great moments. This will increase your sense of engagement and gratitude within your life by creating even greater positive associations to your school or work, your life and everything you do day to day. Its like a natural creative spark of inspiration begins to grow. The added bonus "celebration of your great" also boosts confidence, optimism, happiness, resilience, reduces stress and emotional eruptions; and increases your internal trust of your decisions.

The best part as you support yourself you can then encourage everyone around you to ignite these new attitudes and actions. And the more you do this, the more positive neural pathways light up in your brain and the easier it become to step into your greatness daily. With this comes a natural ability to fire up, thrive, and perform under pressure and yep you guessed it manifest your dream life.

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Your brain is 31% more productive in a positive state, rather than neutral, negative or stressed ... What this shows us that that by scheduling the time to complete this simple playtivity daily, especially when you are feeling over or underwhelmed, the greater the potential of getting more done in less time and of feeling lit up as you go through your day.

Who doesnt want more time and less stress these days, right??? And if you are seeking super high levels of expansive love, through greater levels of increased happiness, you can smile as you do this (and yes its going to feel strange), with this your brain will start firing off even larger doses of happy hormones which you can enjoy for hours to follow.

I assure you thousands have tested this before you, and there are no adverse side affects, only massive doses of happiness, satisfaction and self appreciation which excitingly are contagious. So let's take one for your inner team happy and give it a go, so then you can encourage them to do the same.

To do this activity for the next 7 days you can either print multiple copies of the page that follows this one, or grab yourself a journal and simply answer these 3 questions at the end of everyday. Ideally, scheduling 5mins to do this at the end of the day either before you leave work, or before bed. This just means you feel great about your day before you even step foot into your home.

NOW if you have spent your life beating yourself up and not feeling enough as you read these a little voice inside your head may try and trick you and pretend there was no greatness in your day.

HINT ... imagine changing the radio station and ask yourself if your best friend followed you all day what would they share and celebrate was great about your you in your day. Also the super power of this activity is because you know you have to do it your reticular activating system in your brain throughout the day goes searching for even more opportunities for you to step into your greatness. So celebrate = WIN, WIN!!





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What is one thing you can choose to celebrate actioning in your life today?

Now ...take a moment to re-read this, breathe, acknowledge and celebrate this great.

What positive contribution, or impact, did you create in the world, or the life of another, today?

Now ...take a moment to re-read this, breathe, acknowledge and celebrate all of you and your life.

What is one moment in your day today that inspired joy, gratefulness and inspiration?

Now ...take a moment to re-read this, breathe, acknowledge and celebrate all of you and your life.

"I am a GREAT gift to this world, I am grateful for being me."

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