

5 PAINFUL

SELF-CARE MISTAKES MOST PEOPLE MAKE, THAT
WASTE TIME, ENERGY, MONEY & HOW TO FIX
THEM



KELSIE LOUISE
BE MARVELOUS
YOU

CONGRATULATIONS ON MAKING THE VERY SMART DECISION TO REQUEST THIS QUICK & EASY LIST OF "5 PAINFUL SELF-CARE MISTAKES MOST PPL MAKE, THAT WASTE TIME, ENERGY, MONEY & HOW TO FIX THEM."

HI! I'm Kellsie Louise, CEO & Creator of Be Marvelous You. I believe in doing the inner work and then taking the external action so that we can get the very best and the very most from ourselves, and this beautiful, crazy thing called life.

IN THIS REPORT YOU'LL DISCOVER HOW TO OPTIMIZE AND MONITOR YOUR SELF CARE AND TRULY START MAKING PROGRESS ON YOUR TRANSFORMATION INTO YOUR DESIRED LIFE. SO, LET'S GET STARTED!



Living in a space of burnout and false perfectionism.

If you're extremely hard on yourself and quickly lose motivation to work through a problem, you're probably burned out on self development/improvement/growth, even care. Time to take a break from trying to be better and just breathe in some love! Part of our transformative journey is to realize we need to let go of judgement and rather accept, embrace and love things for the way they are, WHILE strategically working toward our ultimate desires. The biggest thing here is that the burnt out version of you isn't approaching these changes from a space of love, but rather a space of judgement.



An easy way to monitor this is if you find yourself in the "perfectionist" cycle of things never being good enough and attaching your WORTH to the end result. Instead of knowing that your WORTH is infinite and never bound to an outcome. Yes, there are certain things you can be perfect at, like completing a checklist, but your worth is not determined by a result. And there is no perfect way to do most things we judge most harshly- like life, looks, success etc. Instead of focusing on "perfect" focus on what is best aligned with your soul, your desired outcome and then what is best for all involved.



Thinking Self-care is Selfish not Selfless.

This one is pretty simple but often neglected. We offer our best selves to others, particularly those we love, when our own heart cups are full. Imagine that your heart has a cup of water in it and each time you experience love, it fills up a bit, each time you give energy, it empties a little bit. When we give service to others, it drains our energy, but might feel great so we get a bit back. When we put all or the majority of our time into serving others first, we can become depleted, empty, worn out and exhausted. We become irritable, doubtful, fearful, angry, discouraged, depressed. Those we love can absolutely help fill our cup but it is ultimately up to us to ensure that our cup is stable and maintained regardless of the external circumstance, this ensures we are always able to maintain our health and give our best to those in our lives. If this is you, creating boundaries is going to be crucial.



Treating your external OR internal, not both.

In order for us to "live in the light," to be in tune with our inner babe, love ourselves, live our best life, share our fire - all those great enlightenment things, it is simply **IMPERATIVE** that we care for our souls. For that spirit connection that resides in all of us; we are made of energy, everything is made of energy and connecting to that is exactly what makes us feel powerful, confident, energized & **ALIVE**.

Too often, I see women wasting so much time and money on only feeding the external joys in an attempt to feel important, special and valued. It feels great for a moment, but it isn't enough. We need spirit connection. That's where meditation, prayer, manifestation etc. all come into the picture. At the same time, we are physical beings and embracing what is pleasurable to us absolutely connects us to our deeper selves, raises our vibrations and makes us feel amazing. Don't neglect the internal or the external.



Thinking Self-care is an indulgence.

Self care is often directed at women, because historically throughout time and cultures, women have either chosen to or been forced to put their energy into always caring for everyone else first. If that's your jam, then great, do that, but see point #2 to keep yourself in check.



It takes discipline and respect for yourself and your loved ones to take action in embracing the things that make you feel valued, alive, ecstatic. Self care is being the hero of your own story, owning your story, embracing the reality of who you are, seeing your mistakes and errors, looking them in the face and re-strategizing when you need to because you are choosing to not be a victim to yourself, circumstance or anyone else. Choosing your "yes" or "no" based on what is best for you and your desired outcome. That takes strength, confidence, self-love and dedication and it is certainly not indulgent.

Know yourself well enough to see when you need a "break" from the productivity, from being there for others, from self improvement. When you reach that place, give yourself permission to - with NO guilt - go for that night out, that dessert, the bottle of rose, a bath, the massage, some silent alone meditation time, read a book, have the husband join you in watching your favorite movies. OR for you, it might mean saying no to some of those things. Stop wasting your energy defending your self care.



Doing it on your own.

Trying to work on our self care, self love, personal growth, spiritual journey, confidence, reducing stress and anxiety, applying a growth mindset, understand and practice meditation and manifestation, gain confidence, feel valued, significant, important and work through our problems all while dealing with work, pressure, responsibility, regular life, crazy schedules, finances, goals and so much more...can be really freaking tough. Thinking that Pinterest or instagram quotes might be enough to get us through, but then having no clue on actually HOW to start feeling better.

Seeing so many coaching ads that you begin to question what it really is all about anyway and get overwhelmed with who to listen to or what to choose. This can cause complete inaction, being so caught up in thinking about it and gathering information that you never actually take action and make the change in your life. I TOTALLY get it. If you're ready to start your thriving life with confidence, and guidance through a proven system, follow the directions below to book a call with me and we'll find out together if we're the right fit. Whatever you do next, know that I believe in you. You are marvelous.

SO, WHAT'S NEXT?

Congratulations! You now know the 5 PAINFUL SELF-CARE MISTAKES MOST PPL MAKE, THAT WASTE TIME, ENERGY, MONEY & HOW TO FIX THEM.

If you're thinking of up-leveling your life into your greatest desires with genuine self love, worth, belief, finally accomplishing your goals while learning how to process and heal through difficult situations and life's challenges in the next 2-3 months and want to get started on your transformation this week, simply scroll down and click the link to join us in "The Empowered Life Formula!"

I hope you found this report helpful and look forward to working with you!

xoxo, Kellsie
CEO & Creator
Be Marvelous You



EMPOWER YOUR LIFE

Click Here

Learn the Fundamentals to Personal Growth and Begin Designing Your Desired Life.

Step Into The Future You Want!



WITH KELSIE LOUISE

BE MARVELOUS YOU

P.S. Have you joined our free facebook group yet? It's a great place to join in each other's journeys, participate in challenges and get great content. Click here to join!



<https://bit.ly/2PjUasi>

See what people are saying after working with me...



"I seriously feel like my anxiety is getting so much better already and I'm only on week one! And I feel so much more present throughout the day!" Lexi

"Absolutely LOVED this program!! The flow between the meditation, activities and teaching was awesome and made it easy to build upon each lesson. I'm much more aware of my mindset and how I can manage my life by managing my mind. Having Kellsie as a mindset mentor is one of those things you don't realize you need until you have it. Definitely a must do program for any woman who's ready to take life by the horns and make shit happen!" -Rose

"Marvelous was the push I needed to make my growth a priority for the first time in a long time. I appreciate the structure and suggestions that Kellsie provides and her gentle approach to integrating new tools into digestible habits that help me stay in the present moment as well as stay true to myself. I also sincerely appreciate the bits of history behind each tool as it provides a deeper understanding of the concepts in Marvelous as well as their importance in making long lasting change" -Liz