

4 WEEKS OF YOU

A 4-week guide to applying bite sized self care



Four weeks of YOU

Week 1: Self Acceptance

Week 2: Self Talk

Week 3: Acts of Kindness

Week 4: Use Your Voice

To often as women we are so busy being everything to everyone that we spend less and less time taking care of us. We measure ourselves against our achievements at work, our accomplishments at home, and we even decide our worth based on who we are to others. While self care seems to be more “trendy” than ever, it seems we still struggle to take the time for us. Let’s band together as women and discover what works best to nourish our body, soul and spirit. Today is the day to invest in YOU, which will in turn give you a greater capacity to care for others.

It is said in this world every woman needs a best friend. Someone to encourage them, to be honest with them and have their back. Well, girl, first that should be YOU. It is time to say to your body, I love you! To encourage your soul, I believe in you! To look into your beautiful spirit and say, I see you!

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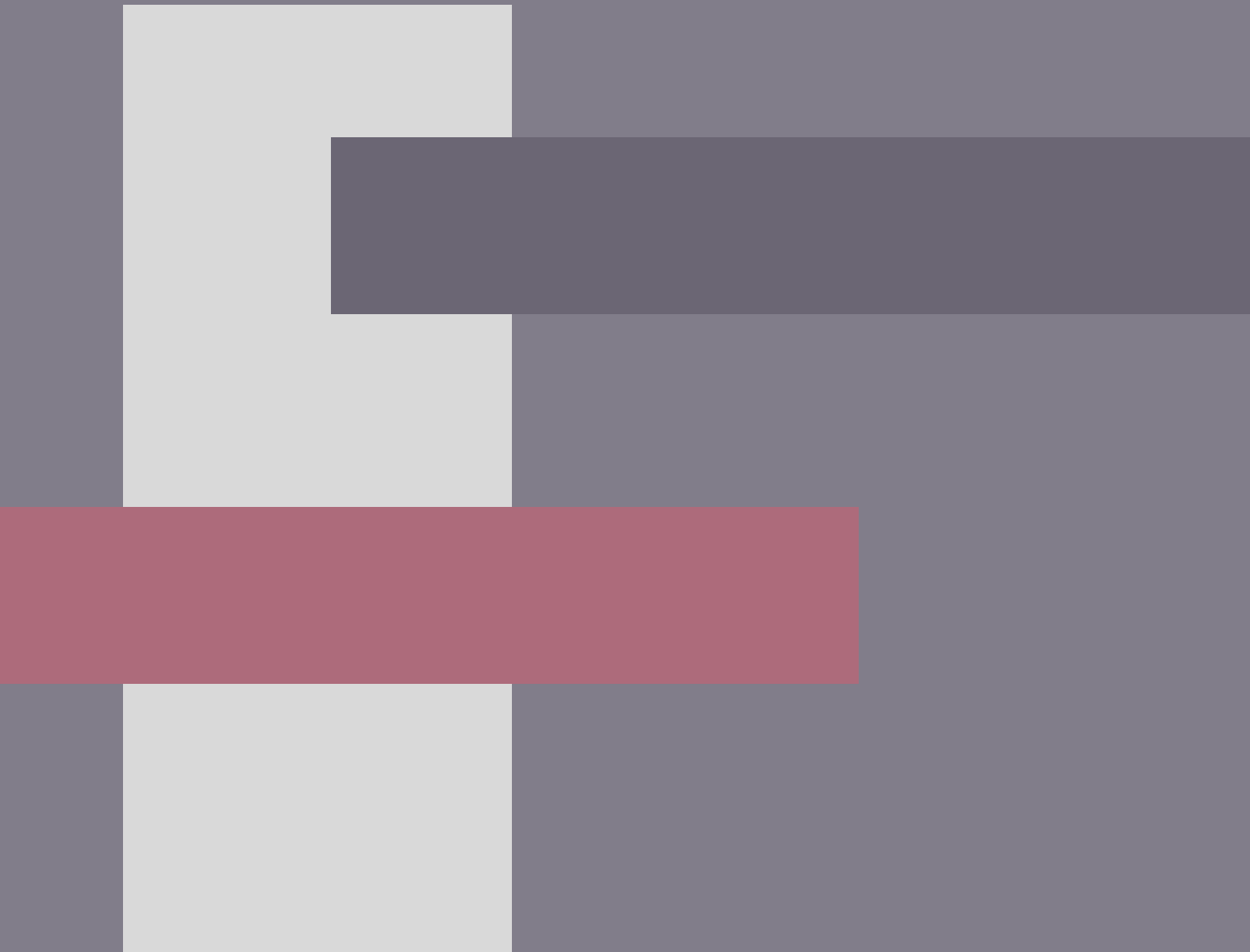
WEEK 4 -USE YOUR VOICE

- AFFIRMATION EXERCISES
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The exercise pages hold bite sized exercises meant to take 3-5 minutes to help you begin taking care of YOU. Keep It Simple Sweetheart! It's more about making the commitment to take care of you especially when time is hard to find.

WEEK 1

Self Acceptance



ACCEPTANCE

Acceptance of YOU!

What is acceptance of self? Psychologist, Tara Brach said, "The boundary to what we can accept is the boundary to our freedom." This is true! Seriously, I can TOTALLY relate, whether it is in situations with people, or with myself. Think about it! When we don't accept ourselves, every judgment, every negative thought we have about ourselves creates a prison. We chastise our bodies! We berate ourselves for unmet expectations or mistakes! We even criticize our personality labeling our quirks as imperfections. All this judgement and lack of self acceptance first dictates how we feel and soon it dictates what we allow ourselves to do.

Can you think of areas in which you are holding yourself back because of the constant judgment as to whether you are "good enough." Girl, we got to cut that out!!!! Our choice NOT to accept ourselves is actually a comfort zone and becomes a habit. Yep, self-acceptance is a CHOICE and it takes PRACTICE!

So for the sake of time let's jump into what this 4-week challenge is all about, practicing self care. We know we need it. We know the benefits. Now it is time to just do it! The place we are going to start is with self acceptance. You can practice accepting others later (lol) this week is all about YOU! Be kind to that woman in the mirror, appreciate all your body has done for you. Be grateful for what your mistakes have taught you. Stop comparing yourself to others and appreciate your gifts and talents.



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LET'S DO THIS!

The next few pages are about applying Self Acceptance. Are you ready for the challenge? Are you ready to PRACTICE accepting you?

Do your best. Get curious. Explore.

Begin to discover what life would feel like if you did practice self acceptance. Are you going to be a perfect "self accepter" after 3 pages of work. Not if you are actually human. It's not about perfection, it's about doing something new!

Give the exercises on the next few pages an open mind, use the worksheet pages (7, 9 & 10) to reflect and record your experience and be amazed at what your heart will teach you.

"IF YOU LOOK CLOSELY AT YOUR SO CALLED "FLAWS"
YOU WILL FIND THEY HAVE BEEN
REFINING TOOLS THAT HAVE REVEALED THE DIAMOND YOU ARE."

-JAMIE LIGHTNER

*Self Acceptance is NOT
saying "It's ok that I Suck."*

*It is simply looking at yourself without
Judgement.*

Acceptance is not a let down!

Let go of shoulds!

Value the journey!

AFFIRMATIONS



I AM
ME
WORTH IT
ACCEPTED
LOVED
UNIQUELY BEAUTIFUL
PERFECTLY HUMAN

- Take a Picture of this "I Am" statement board (left) and make it the wall paper on your phone for the week.
- Set a timer on your phone to read it every hour.

If you don't believe the statements yet, that's OK! Start where you are and build from there. Self love is like creating new muscles, it takes time and practice. The truth is you are all of these statements!

Why "I Am"?

Because our words are powerful! They can tear down or encourage, weaken or empower. When we talk negatively to ourselves about ourselves we lose our confidence and self worth.

Think about it, we use the statement "I am" ALL DAY! However, it usually sounds like: "I am so tired. I am impatient. I am not good at that." We are going to change that HABIT.

We can use "I Am" to let go of the programming and baggage we acquire throughout life. We connect to the life force within us, our creator, and we make a CHOICE to believe in our true selves.

Affirmations

HOW DID IT FEEL TO READ THE AFFIRMATIONS?

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WHAT IS THE STRUGGLE (IF ANY) TO BELIEVE THEM?

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HOW DID IT FEEL WHEN YOU ALLOWED YOUR MIND AND HEART TO REALLY TAKE IN EACH STATEMENT? WERE YOU ABLE TO LET MAKE THE STATEMENTS REAL TO YOU?

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(If this self care seems impossible or you wonder what is stopping you from taking the time to do the things that bring you happiness, I can help you learn to use self acceptance not only take care of you, but give you the passion and freedom to do what you love. Go to my website jamielightner.com and contact me for a personal coaching session.)



MIRROR MESSAGE

Take your eyeliner, or lipstick, and write on your bathroom mirror:

"I love me because..."

Every morning answer that question to yourself. Repeat it at least 10 times throughout the day.

How many different ways can you find to love yourself?

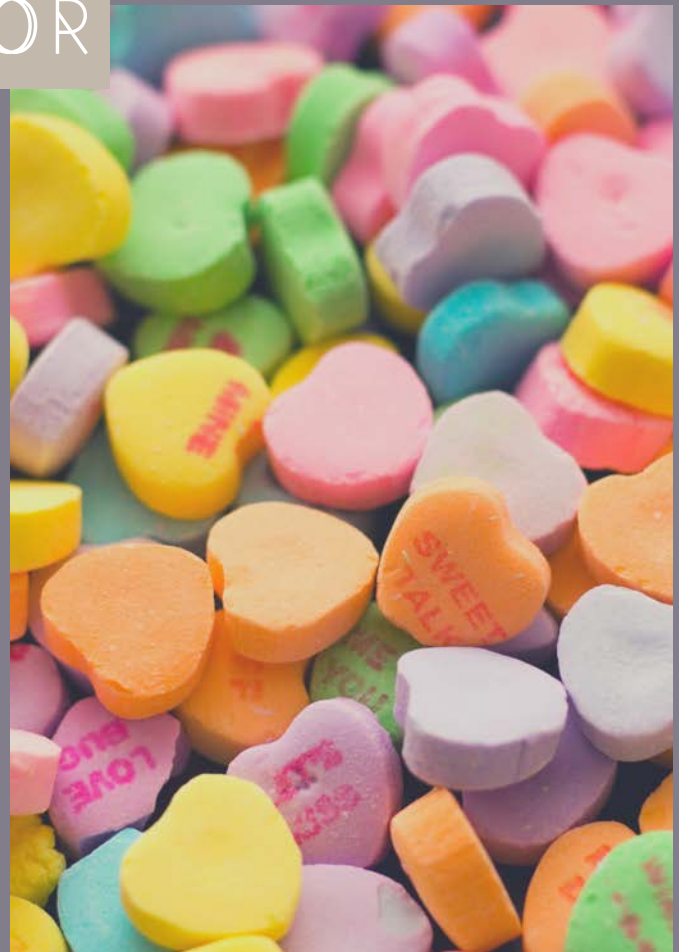
FLAWS TO FLAVOR

It is said that our greatest weakness is our greatest strength, and our greatest strength can also be our weakness.

So jot down a few of those so-called flaws throughout your day and choose to focus on how each one can actually be an asset. Begin to notice how that flaw can be seen as personality "flavor" and why you are grateful for it. Then don't forget to write that down too!

Examples:

- Flaw: Stubborn (to) Flavor: I am committed.
- Flaw: I cry too much or get angry to quickly- (to) Flavor: I am emotionally connected or passionate.



Mirror Message

WHAT ARE YOUR FAVORITE MIRROR MESSAGES AND WHY?

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WHICH MESSAGE DO YOU DOUBT THE MOST, BUT ARE DETERMINED TO FOCUS ON?

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WHICH MESSAGE WAS THE EASIEST TO BELIEVE AND WHY?

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Flaws to Flavor

MAKE A LIST OF SOME TRAITS YOU DEEM AS 'FLAWS'. NOW, LOOK AT HOW THEY CAN ACTUALLY BE A STRENGTH WHEN USED DIFFERENTLY OR PERHAPS EVEN BE SOMETHING THAT ADDS A LITTLE "FLAVA" TO YOUR PERSONALITY.

FLAWS

FLAVOR

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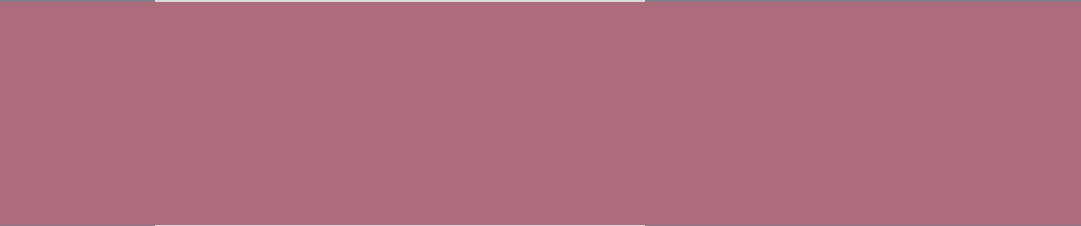
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WHAT IS A UNIQUE TRAIT YOU ARE MOST PROUD OF?

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WEEK 2

Self Talk



SELF TALK

Who is in your corner?

The blow came to the left side of her face. She hit the ground, landing on all fours. The pain radiated across her cheek. She hung her head and gritted her teeth just waiting for the moment to pass. Just then the breath was forced out of her lungs. She rolled to her side trying to regain her composure before the next hit. Finally, it seemed to be over,

The bat was now lying dormant on the floor and she whispered to herself, "Get up. Keep going!" As she pulled herself to the bathroom sink, she barely recognized the woman staring back at her. She dabbed some cover up on her bruised cheeks. She tried to take a deep breath but her ribs seized up. She winced and muttered, "I don't have time to cater to my needs." She applied some blush to her cheeks and then painted on a weak smile with her lip gloss before heading to the kitchen where she could hear her kids laughing. My babies, she thought. I want nothing but the best for them. Certainly not the life I have chosen.

She rounded the corner of the hall expecting to see smiles, but saw confusion flash across their faces. They stared at her bruised face and her hunched posture "It sounds like you are having some fun in here," she said. She watched her children turn their concern into a smile to make her feel better. Her husband came up behind her and wrapped his arm around her for a hug. She jerked away from him in pain. "I'm OK," she said, although he didn't believe her and she knew it. She truly hated being in so much pain that she couldn't feel his embrace.



As I read this story I am angered at that person who did this to her.

How could I stop it?

Could I save her?

Then I realized, I could not... she was the one holding the bat. She was the one throwing the punches with her thoughts of:

If I am mad and punish myself enough I won't make that mistake again.

If I can say I am a failure first, then it won't hurt when I find out that is what they were thinking.

If I criticize myself to them, then they won't be able to criticize me.

While the story may seem brutal, I share it because as women we don't realize how truly detrimental our negative self talk can be. It is imperative that we create healthy self talk that encourages and supports us, giving us peace and strength through out the day, rather than guilt, shame and agony.

It is time to put the bat down and look at the woman in the mirror with appreciation, understanding, grace and forgiveness. It is time to be in our own corner encouraging, nurturing and giving ourselves a little pat on the back for being exactly who we are... women.

-Jamie Lightner



LET'S DO THIS!



The next few pages are about keeping watch on negative self talk, and even changing your dialogue to one that encourages you, motivates you and believes in You.

Begin to discover what life would feel like if you said things to you that you would say to your Best Friend. Give it a real chance. Don't talk yourself out of better self talk. Ask yourself, if I talked to my best friend the way I have been talking to myself, how long would we be friends? Let's work to make the answer to that "for a life time."

Give the exercises on the next few pages an open mind. Use the worksheet pages (16, 18 & 20) to reflect and record your experience. You will be amazed at what your heart will teach you.



AFFIRMATIONS

**I AM MY BEST FRIEND
AND CHEERLEADER**

I HAVE ALL OF MY SOLUTIONS

**I AM PROUD OF ALL I HAVE
ACCOMPLISHED**

I AM HUMAN

- Take a Picture of this I Am board (left) and make it your wall paper for the week.
- Set a timer on your phone to read them every hour.

If you don't believe the statements yet, that's OK! Start where you are and build from there. Self love is like creating new muscles, it takes time and practice. The truth is you are all of these statements!

Tale of 2 Wolves

An old Cherokee is teaching his grandson about life. "A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."

He continued, "The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too." The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?" The old Cherokee simply replied, "The one you feed."



~Author Unknown

Affirmations

HOW CAN USING AFFIRMATIONS HELP YOU REWRITE YOUR SELF TALK?

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WHAT ARE SOME PERSONAL "I AM" STATEMENTS YOU WOULD LIKE TO ADD TO YOUR LIST?

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(Do you feel like you just never measure up? Are you struggling with self confidence? If so its not as hard you think to gain that confidence and see you are enough. I can help you do just that! Go to jamielightner.com and contact me for a personal coaching session.)

MIRROR REFLECTION

WARNING: This will take some courage!

But I dare ya to stand in front of the mirror in your birthday suit. Yep, you heard that right, totally naked ladies! (Insert your favorite whistle here).



Here's how this is going to be different than every other time you catch a glimpse of your unfiltered, raw, real, authentic, and beautiful self "nakey" in the mirror. You aren't going to critique a thing. Make this your own experience, but if you need some direction:

- Start from the top of your head and travel down to the tip of your toes expressing love and gratitude for all the ways that each part of your body shows up for you.

"Thank you neck for holding my head high and being the vehicle for me to get all my needs met."

- Think of the pieces of yourself that you are the most critical of and find the beauty there. If you are usually critical of your thighs really look at how strong they are, how the light or shadows fall across their curve.

Image yourself as a work of art that you admire and see what happens.

- Place one hand on your heart and the other over your belly button.
- BREATH deeply focusing your thoughts and feelings on loving yourself.

All of you, exactly as you are.

Mirror Reflection

WHAT PARTS OF YOUR BODY ARE YOU GRATEFUL FOR?

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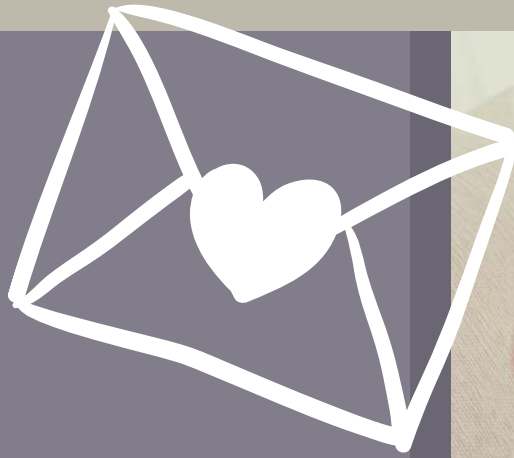
HOW HAS YOUR BODY SUPPORTED YOU?

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HOW WOULD YOU LIKE TO VIEW YOUR BODY FROM NOW ON?

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A LOVE LETTER TO ME



Take a couple minutes to imagine yourself as a little girl.

- Can you remember her hopes and dreams?
- How would you encourage her to feel about herself today?
- What would you dare her to believe about herself?
- What would you push her to do to help her to grow?

Now, take that pen and paper (page 20) and write her a letter.

Once the letter is finished read it to yourself as if it arrived in the mail for YOU today!

(Bonus points for actually mailing your letter to yourself... who doesn't love to get love letters in the mail (I sure do!).

Love Letter

WRITE A LETTER TO YOUR YOUNGER SELF ENCOURAGING HER TO GROW AND BECOME HER BEST SELF. TELL HER ALL THE AMAZING THINGS YOU SEE IN HER, THEN READ IT TO YOURSELF TODAY.

DEAR ME,

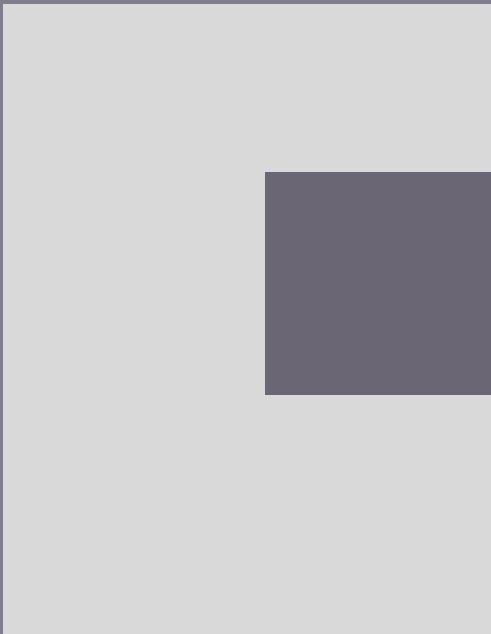
LOVE,
ME

WHAT ARE 3 STATEMENTS OF HEALTHY & ENCOURAGING SELF TALK YOU WANT TO MAKE A PART OF YOUR CONSTANT DIALOGUE?

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WEEK 3

Acts of Kindness to Self





ACTS OF KINDNESS

What can I do for ME?

So, we are well aware of how often we say “I got you” to everyone else but what about saying it to ourselves. Well, this 4-weeks is absolutely just that!


What can you do just for you?

We put so much emphasis on acts of kindness toward others, which we LOVE, but it is important to remember if you keep “watering” everyone else's flowers eventually your watering can runs empty. This weeks “Acts of Kindness” is focusing on refilling your watering can. Perhaps there are things that you have been putting off that you would love to do. Or, maybe you’re like me, and you put them off for a little too long and you have forgotten what you would like to do just for you!

Think about what makes you smile or laugh. What brings you peace and joy? What lights you up? You can do an act of kindness for yourself all by yourself, or drag a friend with you.

The intention this week is to find mini moments to enjoy. Such as, taking a hot bath, reading a book, watching the sunset, or savoring your favorite chocolate bar. If you have the time and want to take more than a moment, well, I hope you do. Take a few hours to yourself and go to a movie, a hip hop dance class, roller skating, ice skating, painting class, or on a hike.

There is only one rule, do it with the intention of being kind to yourself! Don’t do it because you “should” for your growth. Just as you would support your best friend with a random act of kindness, turn that mirror so it is staring you right in your beautiful face and go do a random act of kindness just for YOU. **Now is the time!**



LET'S DO THIS!



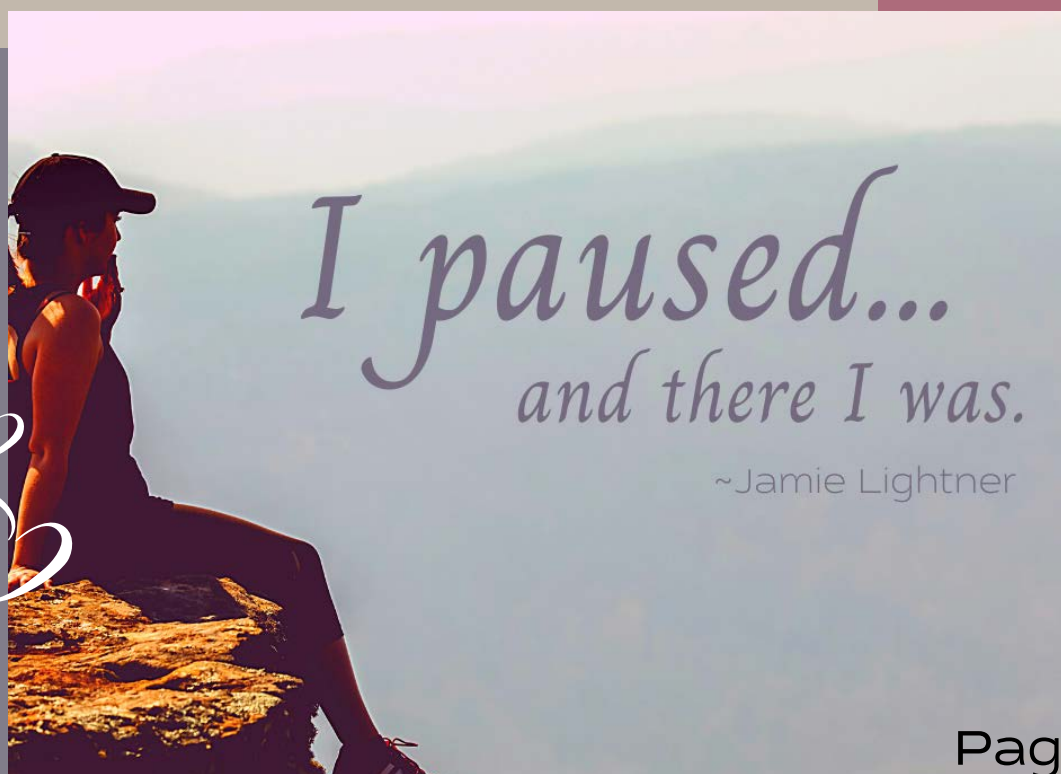
It's time to take time for YOU!
The next few pages have ideas for what you can do for yourself, along with the questions and reflection pages to help you really anchor into the experience.

For some taking time for yourself and doing things just to fill you up can feel very uncomfortable. If this is your personality, please dare yourself to fully dive into this experience. We can't give what we don't have.

Give the exercises on the next few pages an open mind, use the worksheet pages (25, 27 & 28) to reflect and record your experience and be amazed at what your heart will teach you.

SELF CARE IS GIVING THE WORLD THE BEST OF YOU,
INSTEAD OF WHAT'S LEFT OF YOU.

-KATIE REED



AFFIRMATIONS

- Take a Picture of this I Am board (right) and make it your wall paper for the week.
- Set a timer on your phone to read them every hour.

If you don't believe the statements yet, that's OK! Start where you are and build from there. Self love is like creating new muscles, it takes time and practice. The truth is you are all of these statements!



GIVE YOURSELF THE BEST PRESENT,
AND BE PRESENT

*To be present
I must
let go of control.
This feels like
I will fall!*

*If I fall, God, will
you catch me?*

JAMIE E. LIGHTNER
LIFE COACH



Today I asked myself, what do you want from this life? I answered with, to LIVE it! Think about it, if I regret the past and fear the future, how can I live today? Today doesn't exist unless I exist in it. So I challenge you to live this life, experience today... and you do that by being open to the moment. Don't try to control it based in fear. Be in the moment and just watch it unfold as you discover all it has to show you.

Be • Here • Now

Affirmations

HOPEFULLY YOU ARE SEEING THE GROWTH AND POWER IN YOUR ABILITY TO TALK TO YOURSELF IN AN AFFIRMING WAY.

WHAT ARE THREE POWERFUL STATEMENTS THAT YOU BELIEVE ABOUT YOU?

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TAKE 5

Take 5 minutes every day and do something for yourself. Need some ideas?

- Lock yourself in your room with a cup of tea or coffee, and just sip it.
- Lock yourself in your room with your favorite song and let the words just wash over you.
- Buy your favorite “treat” and savor it slowly.
- Give yourself a hug!

TAKE 15

Find 15 minutes this week you can take for you. Here are a few ideas:

- Read a chapter in a good book.
- Wake up early just to watch the sunrise or intentionally set time aside to watch the sunset, practice self gratitude while it rises or sets.
- Take a walk and soak up some nature.
- Make a flower arrangement for your favorite room in the house.
- Meditate.
- Give yourself a time out from electronics. Soak up the present moments without the distraction of your phone.



Acts of Kindness

WHAT ARE SOME ACTS OF KINDNESS YOU DID FOR YOURSELF THIS WEEK?

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HOW DID IT FEEL DOING THINGS JUST TO BE KIND TO YOU? DID IT FEEL GOOD, WEIRD, SELFISH ETC.?

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WHAT WERE SOME OF THE NEGATIVE STATEMENT YOU MAY HAVE SAID TO YOURSELF TO TRY AND TALK YOURSELF OUT OF DOING SOMETHING KIND FOR YOURSELF? (EXAMPLE: I DON'T HAVE TIME. I SHOULDN'T. I DON'T DESERVE THIS. I SHOULD PUT OTHERS FIRST.)

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Acts of Kindness

WHAT ARE SOME SELF ACTS OF KINDNESS YOU CAN PUT ON YOUR TO-DO LIST?

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DID YOU FIND MOMENTS TO BE PRESENT? HOW DID IT FEEL?
WHAT MADE IT EASY OR HARD?

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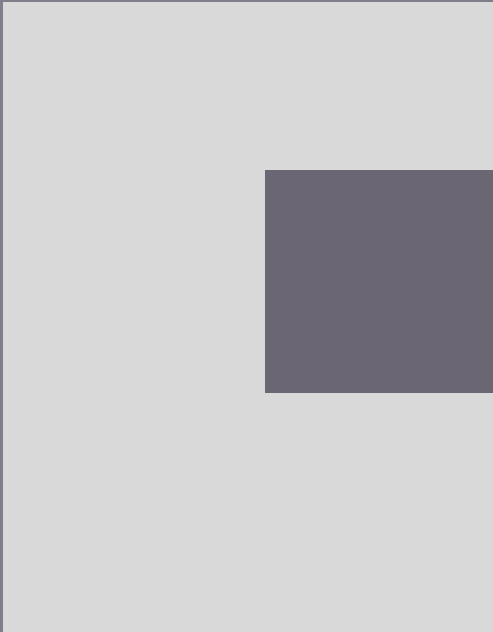
WHICH OF YOUR 5 SENSES HELPS YOU FEEL PRESENT THE MOST? HOW CAN YOU USE THIS SENSE TO HELP YOU BE MORE PRESENT IN YOUR EVERYDAY ACTIVITIES?

-

(Do you struggle to take time for yourself, do you struggle with finding the present moment, letting go of the past or fearing the future. If you would like help in applying these tools go to jamielightner.com and contact me for a personal coaching session.)

WEEK 4

Use Your Voice



USE YOUR VOICE

No One Sounds As Sweet As You

So crazy! I just watched Ariel give up her voice in order to chase after her prince. When watching *The Little Mermaid*, most of us are thinking, "Nooooo, don't give your voice up to the crazy witch," yet, we all do! We give up our voice to the "crazy" part of life, trying to fit in, needing to be liked, hoping to "not make waves" or even just want to keep up with everybody at this thing we call LIFE.

It is easy to get caught up in listening to the chatter all around and taking our cues from those who either seem to know best or just seem to be the loudest at the moment. It is important to acknowledge and appreciate that we all have a different voice. We can use our voice in many ways in this beautiful world. We can encourage others, inspire others and sometimes it's necessary to stand up for others. And sometimes you need to use your voice to take care of you. Seeing that we are all unique, this will be different for each of us.

For some we may need to use our voice to say "No." Perhaps we need to say, "I am sorry, I will not be able to bake 500 cookies for the bake sale, but I am sure Walmart can, and I would be happy to drop them off." Or maybe you need to use your voice in asking for help. Some examples, "Ok kids, could you help clean the kitchen please?" "Hey girl, could we grab a coffee, I need to talk." or "Honey, could you sit on the couch and just hold my hand for a bit." Perhaps using your voice needs to be expressing your concerns or thoughts to a boss or co-worker.

These are just a few examples, but the important thing to notice is that it is about speaking up for you and what keeps you healthy in body, soul and spirit.



It's crazy, this is not something we are naturally good at. I'll admit, even typing these words I can feel my "Wonder Woman" personality fighting with my fingers. But saying no, asking for help, and even expressing ideas to improve a situation is so important.

I will say, as you use your voice to get your own needs met, take caution, just as there can be a wolf dressed in sheep's clothing there can also be a thug disguised as a guard for your heart, and this thug is named "Personally Offended." These may include the "Oh, no you didn't" look, the silent treatment (yes, this is a voice and it can be quite loud), and any other passive aggressive forms of "voice." Responding with passive aggressive body language is NOT using your voice in a healthy way. I know this because I majored in "passive aggressive." Oh yeah, top of my class. I can give the LOUDEST, silent treatment ever! However, this never seems to help me get my needs met, nor does it promote growth within any of my relationships. Being passive aggressive, or even speaking out impulsively with aggression, is just an indicator that you are NOT valuing YOU. This, in turn, leads to YOU taking the actions of others personally and YOU getting pissed off because THEY aren't valuing/appreciating you. It's a snowball from there.

So take some time this week and use your voice in the moments you need to to take care of you.

Speak Up



LET'S DO THIS!

The next few pages are about using your voice and contributing your unique expression to the world around you.

Take sometime to discover the pieces of you that you are hiding that are ready to be seen.



We may be limiting our capacity to use our voice simply because we think that using our voice is only when we speak words. However, using your voice is expressing yourself in any way. You can use your unique voice in dance, painting, photography, baking, interior design, poetry, all the way full circle to vocal communication.

Give the exercises on the next few pages an open mind, use the worksheet pages (34, 36 & 37) to reflect and record your experience. You will be amazed at what your heart will teach you.



GET READY TO APPLY

THERE IS A FREEDOM
WAITING FOR YOU.
ON THE BREEZES OF THE SKY.
AND YOU ASK,
"WHAT IF I FALL?"
OH, MY DARLING, WHAT IF YOU FLY?

-ERIN HANSON

AFFIRMATIONS



- Take a Picture of this I Am board (left) and make it your wall paper for the week.
- Set a timer on your phone to read them every hour.

If you don't believe the statements yet, that's OK! Start where you are and build from there. Self love is like creating new muscles, it takes time and practice. The truth is you are all of these statements!

What is your favorite way to use your voice?

Your voice isn't always just what you say, it's your very expression. You can express yourself through writing, dancing, singing, laughing, scrapbooking, flower arranging.... obviously the list could go on and on. Just ask yourself, "How do I see my shining light?"

When you ask yourself this question some of you will be instantly sure of the source, or sources, of your unique expression. Others of you might feel a little stumped and unsure of the source of your expression/voice. To those who aren't sure what their voice looks like here are some suggestions we would make:

- 1) Be open to finding it. Also, remember you aren't limited to one expression. For now, all you need to do is keep your eyes peeled for one.
- 2) Don't actively look for it. This often makes it more difficult to see. Just be aware and open to when you notice it. Get curious and mindful of that place deep inside of you that will signal to you when you start to discover your voice.
- 3) When you do notice it, and that little spark goes off within your heart, it is VERY important to remember: DON'T DOUBT IT! Trust it, trust yourself, and fill your heart with gratitude for discovering one piece to your voice. This will encourage that spark to grow into a beautiful flame that will add light to your world and shine for the rest of us to see as well.

You will discover to let your light shine truly feeds your soul.

Affirmations

WHAT ARE THREE POWERFUL STATEMENTS THAT REFLECT THE POWER IN YOUR VOICE:?

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WHAT ARE 2 WAYS YOUR LIGHT SHINES?

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IN WHAT WAY WOULD YOU LIKE TO BE MORE BRAVE WHEN IT COMES TO USING YOUR VOICE?

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BE AWARE

As you walk through this next week take inventory on how often you compromise your needs.

It is really easy as women to push our needs aside and take care of others. When you notice this happening use these steps:

First: See your value. Know that you are worth it. Not "head wobble, "Oh, no she didn't" worth it," but **GENUINELY WORTH TAKING CARE OF**.

Second: Express, without offense, what needs to happen to take care of you. Whether that be say no, ask for help or voice an idea.

Third: After you speak up, don't doubt yourself or make excuses. Think of it like you were doing it for a friend. Only, that friend is yourself! Remember, this isn't about counting all the ways you don't stand up for yourself or compromise your needs. **NOT EVEN CLOSE!** It is just becoming aware of our actions and behaviors so that we can start to make the tiny changes that will create big shifts in our lives for the better.

WHO IS IN YOUR TRIBE?

- Call a friend and **TALK** about the struggles and the growth you have been having. Be real, honest and open.
- Have coffee with a friend and encourage each other. Share your goals and dreams.



Be Aware

WRITE DOWN WHAT YOU HAVE LEARNED ABOUT YOURSELF.

WHERE DO YOU NEED TO USE YOUR VOICE?

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DID YOU GET A CHANCE TO USE YOUR VOICE THIS WEEK? WRITE ABOUT IT.

HOW DID IT FEEL? WHAT HAPPENED? HOW DID IT HELP YOU?

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WHERE DO YOU SEE YOUR LIGHT SHINE?

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(Are you struggling to muster up the courage to speak up for yourself or perhaps have been feeling like you don't even know who you are anymore? This is what I am here for go to jamielightner.com and contact me for a personal coaching session.)

Who is in Your Tribe?

WHO ARE 3 PEOPLE YOU CAN TALK TO AND SHARE YOUR HEART WITH?

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HOW DID YOU FEEL CONNECTING WITH YOUR TRIBE? WHAT ARE 3 THINGS YOU CAME AWAY WITH?

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Jamie Lightner is a Life Coach certified through TurningLeaf Health and Wellness. She is the co-author of "2 Sisters' Misguided Manual to Motherhood," and the co-founder of the female self-love movement: Girl, I Got You.

For the past 12 years Jamie has enjoyed working with clients personally and in group workshops. She also loves her involvement in the local school systems, doing character-ed workshops, helping middle school students build their own self confidence and moral compass.

Jamie founded her company Flawless Imperfections where as a speaker and life coach, her objective is to help people accept and believe in themselves while realizing it is perfect not to be perfect. Each speaking engagement, individual life coaching, and parent coaching session is delivered with authenticity, kindness, and laced with humor. Because, when we can laugh at life our true freedom emerges.

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Kate Semmens is a Life Coach certified through TurningLeaf Health and Wellness, an Emotional Release Facilitator certified with the Institute of Healing Arts, and a Certified Akashic Records reader. She is also the co-founder of the female self-love movement: Girl, I Got You.

Her 13 year career in Mental Health includes: coaching, public speaking, managing/training for MCOT/SMRT (911 for mental health crisis in Southern Utah), facilitating mental health/substance abuse youth groups (4-18) and teen mentorship. She loves coaching clients individually, being a part of the Emotional Growth Seminar Series facilitated by her mentor, Dean Nixon, and empowering women through her weekly Women's Group and Girl, I Got You.

Kate is passionate about building a world where all people realize their fullest potential, feel empowered to create their wildest dreams, know and love themselves completely, and have extraordinary connective relationships.

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