

DAY 3: MASTER YOUR MINDSET



LOVING YOURSELF IS THE

GREATEST MIDDLE FINGER

#RADICALSELFLOVEMINICOURSE

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IT'S NOT YOUR FAULT

YOU'VE RECEIVED MESSAGES YOUR ENTIRE LIFE THAT
YOU'RE NOT GOOD ENOUGH. YOU'RE NOT THIN,
PRETTY, SMART, SUCCESSFUL, TALENTED OR CARING
ENOUGH. NO WONDER IT'S SO DANG HARD TO LOVE
YOURSELF!



I'M HERE TO TELL YOU A DIFFERENT STORY

My name is Julia Balto. I spent WAY too many years picking myself apart, feeling like I was broken and trying everything I could think of to fix myself. All it did was leave me anxious, depressed, and hating my body and my life.

Now it's my mission to END that cycle. To let every woman know that they are SO much more than enough and SO worthy of love.

You deserve to feel happy. Not just meh, life is OK. I'm talking seriously wild, vibrantly, loving the hell out of your life happy.

And I want to show you how.

So let's dive in! How do you actually and truly start to love yourself so that you can take back your power and your life?



3. MASTER YOUR *Mindset*

When you know what you need to/want to do but keep self-sabotaging and not doing it, your mindset is getting in the way.

Mindset = the beliefs and attitudes that shape the lens through which a person views the world

Everyone has beliefs that either empower or limit them. They influence almost every aspect of our lives yet beliefs are just thoughts that you've thought over and over again - they're not necessarily true or false.

Most of these beliefs were handed down to us by our parents, culture, and society, they may not even be yours!

Examples of beliefs:

- You have to work hard to be successful.// You have to work smart to be successful
- Girls are responsible and refined // Girls are wild and free
- You need to work hard and be successful to prove your worth // You are worthy regardless of what you do
- Money doesn't grow on trees // Money is easy to come by
- It's not safe to be who you really are // You are safe and loved
- There are no good men left // There are an abundance of good men
- There's never enough time // You have all the time you need
- Your job determines your identity // YOU determine who you are
- I'm not smart enough to figure this out // I'm resilient and resourceful
- I'm fat and weak // I'm strong, healthy and love on my body
- I'm not thin, smart, or successful enough // I am enough exactly the way I am

Your mindset is either encouraging you, moving you forward and allowing you to feel wild, free, and alive OR it's keeping you stuck, feeling small, and picking yourself apart.

**If you want to change your mindset, you
have to change your beliefs.**

Identify some of YOUR beliefs

When you envision the highest, healthiest, happiest version of yourself (lesson 1) what are the thoughts that start to pop up that tell you that you can or can't be that woman?

Possible examples: I've never had that before, theres no way I can now; I'm not a good enough mom/wife/daughter; I'll lose my friends/family; I'm a perfectionist; I don't deserve it; I can do it!; I know I'm ready for this, etc.

How does holding onto this belief serve or protect you? Why are you still holding onto it? What does it do for you? What would happen if you were to let go of it?

Possible examples: It keeps me safe, this way I don't have to try; it's what I've always known; it makes sure that people don't judge me; its gets me approval from my mother/father/partner

Once you've identified the beliefs that you're holding onto and the purpose they serve, you can reframe them into truer, more empowering beliefs - beliefs that reflect a woman who loves herself unconditionally.

Possible examples:

I have to be perfect to be worthy of love >>>>. I am worthy of love exactly the way that I am

I've failed before, I can't do this >>>> I'm gathering the right support and setting myself up for success, I deserve this.

if I start eating better, exercising, taking care of myself I'll lose my friends or partner >>>> The people who love me want to see me at my best, they are excited for me.

It's selfish to take time for myself >>>> Honoring my own self-care allows me to show up more fully and benefits everyone in my life

My career defines my identity >>>> My identity isn't what I do, it's who I AM. I choose the woman that I want to be.

Your new beliefs:
