Hey Fabulous!

Let me start by congratulating you for not giving up on empowering yourself. Many say relationships are hard, the truth is it isn’t. Like anything else in life, it requires an investment of time and energy in order to get what you are looking for; Relationships are no different, especially the one with yourself. Be open and receptive to trying different things in order to learn more about who you are. If something isn’t working, don’t be afraid to try something different—what may work for a friend, may not work for you, learn to recognize that. Master your internal relationship by equipping yourself with as many tools, resources, and tidbits as possible.

This workbook is designed to get you started on what you just read. It is designed to help you stay accountable to yourself for a period of 14 days. I recommend that you print this and fill it out every day. On the last day, celebrate this accomplishment because YOU did it! After celebrating, reprint out the workbook and continue on your journey of self-empowerment.

If you have enjoyed this exercise and feel that you would benefit from diving deeper in this kind of work to get you to be your best version of yourself, email me at more@michelleg.com.

Until next time, may love continue to be your credo.

XO,
Michelle G.
My Happy List
The road to self-empowerment starts with knowing what activates that feeling inside of you.

Week 1
The five activities that rejuvenate me are:
_________________________________________
_________________________________________
_________________________________________
_________________________________________
_________________________________________

**My action step**
I am committed to completing/incorporating the following activity ________________ into my life for the next 7 days.

Week 2
The five activities that rejuvenate me are:
_________________________________________
_________________________________________
_________________________________________
_________________________________________
_________________________________________

**My action step**
I am committed to completing/incorporating the following activity ________________ into my life for the next 7 days.

My Celebration List
Everyday is a celebration of something! This exercise gets you in the right mindset.

**Day 1:** Today, I am celebrating________________________________________________________

because___________________________________________________________

**Day 2:** Today, I am celebrating________________________________________________________

because___________________________________________________________

**Day 3:** Today, I am celebrating________________________________________________________

because___________________________________________________________

**Day 4:** Today, I am celebrating________________________________________________________

because___________________________________________________________
because

Day 5: Today, I am celebrating

because

Day 6: Today, I am celebrating

because

Day 7: Today, I am celebrating

because

Day 8: Today, I am celebrating

because

Day 9: Today, I am celebrating

because

Day 10: Today, I am celebrating

because

Day 11: Today, I am celebrating

because

Day 12: Today, I am celebrating

because

Day 13: Today, I am celebrating

because

Day 14: Today, I am celebrating

because
What I Need Help With

Seeing what you need help with will prompt you to take action and ask for it.

Week 1
Day 1: _______________________________
Day 2: _______________________________
Day 3: _______________________________
Day 4: _______________________________
Day 5: _______________________________
Day 6: _______________________________
Day 7: _______________________________

Week 2
Day 1: _______________________________
Day 2: _______________________________
Day 3: _______________________________
Day 4: _______________________________
Day 5: _______________________________
Day 6: _______________________________
Day 7: _______________________________

Self-Empowerment Ritual (complete daily log)

I am committed to my growth and have completed the self-empowerment ritual:

Week 1 Initials/Signature/date    Week 2 Initials/Signature/date
Day 1: _______________________________    Day 1:_______________________________
Day 2: _______________________________    Day 2: _______________________________
Day 3: _______________________________    Day 3: _______________________________
Day 4: _______________________________    Day 4: _______________________________
Day 5: _______________________________    Day 5: _______________________________
Day 6: _______________________________    Day 6: _______________________________
Day 7: _______________________________    Day 7: _______________________________

Daily Gratitude

List three things you are grateful for each day.

Day 1: Today, I am grateful for_____________________________________________________
Day 2: Today, I am grateful for_____________________________________________________
Day 3: Today, I am grateful for_____________________________________________________
Day 4: Today, I am grateful for_____________________________________________________
Day 5: Today, I am grateful for________________________________________________________

Day 6: Today, I am grateful for________________________________________________________

Day 7: Today, I am grateful for________________________________________________________

Day 8: Today, I am grateful for________________________________________________________

Day 9: Today, I am grateful for________________________________________________________

Day 10: Today, I am grateful for________________________________________________________

Day 11: Today, I am grateful for________________________________________________________

Day 12: Today, I am grateful for________________________________________________________

Day 13: Today, I am grateful for________________________________________________________

Day 14: Today, I am grateful for________________________________________________________

CONGRATULATIONS, YOU DID IT!!!!!!!!
Michelle Galarza is a Certified Dating and Relationship Specialist® (CRS) who is passionate about helping singles and couples answer the questions "What does the word LOVE mean to me? and How can I have the relationships I desire?" Michelle focuses on changing the way singles and couples approach relationships--including the one we have with ourselves.

Michelle G is revolutionizing the matchmaking world by helping its members first determine what it means to be healthy and whole and in a healthy relationship. She has one mission... to help people find the soulful connections they are seeking. We offer a variety of personalized services from online dating how-to’s, comprehensive workshops, dating and matchmaking services as well as providing couples coaching for those already in relationship that are seeking deeper connections to their partners. Don't wait to experience that which you seek. We are only a phone call away.