

Special Report:

5 Self-Empowerment Steps
TO
Start Treating Yourself
Like Your Own
Best Friend

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Dragonfly... Life In Balance
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About the author



Lynn Browne, CPC, RMT

**Certified Professional Coach, Reiki Master/Teacher,
Workshop Facilitator, Author and Speaker**

Lynn Browne is the founder and president of Dragonfly... Life In Balance (<http://www.dragonflylifeinbalance.com>). She works with clients who are ready to define *their* lives by *their* own terms and create their own unique version of balanced living. She wholly believes everyone has the right to **“Embrace the Life You Were Meant to Live!”**

Bringing 20-plus years of experience working as an administrative professional in both the public and private sectors to her own business venture, this professional life coach and gifted energy worker truly knows what her clients and students want when they come to her seeking to find balance in their lives and in their energy. And she knows just how to help them achieve it.

Those clients and students come from wide and varying backgrounds and include solo-preneurs, teachers, engineers, single moms, retirees, career-changers, students, massage therapists, real estate professionals, the wife of a famous jockey and even an infant!

Lynn wrote the book – literally – on Reiki training. When she began teaching Reiki, rather than utilizing the manuals available on the market, Lynn wrote her own student and teacher training manuals for each of the four levels of Reiki training.

A life long learner, Lynn received her professional life coach training through the International Coach Academy. A Reiki Master/Teacher, she also completed the Adirondack Herbal Apprenticeship program to become a certified herbalist, holds a certificate in hypnotherapy from the Hypnodyne Institute, is level 2 certified in Healing Touch for Animals®, has studied the Polynesian philosophy of Huna for years and is currently pursuing a B.S. in Holistic Ministry from the American Institute of Holistic Theology.

Balancing career, education, business building and family life with honesty, spirituality and a wicked sense of humor, Lynn is a role model for living an authentic life filled with courage, gratitude and joy.

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It's Time to Celebrate YOU!

Let's face it, if you don't honor yourself you can't expect anyone else to honor you (and trust me, they won't!) The difference between those who live their lives in joy and those who just live is in becoming *selfless* with your self-care.

The following tips will help you validate the WONDERFUL and POWERFUL woman you already are *and* give you effective, simple to follow steps to help you begin to treat yourself like your own best friend and not your own worst enemy.

"Oh, but I don't want to be *that* woman. You know the one, the selfish, self-important one. The bossy one who pushes people around and always has to get her way. I don't want to be like that. I'm nice and kind and generous and people like me. I don't want to be seen as a ... *Bitch*."

OK Miss Goody-Goody Nice-Nice, sure you're likeable enough; after all, doesn't everyone always count on you because they know you won't let them down? But how have you been letting yourself down? And how can you possibly keep pleasing everyone else at your own expense before you can't please anyone at all anymore?

You would hate to hear of anyone taking advantage of your best friend, wouldn't you? I'll bet you'd advise her to stand up for herself and stop letting the world treat her like a doormat. After all, she's your best friend and *she* deserves better. Aren't YOU just as worthy of the same concern? Don't YOU deserve the same advice? Don't YOU deserve better?

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Of course you do! So, challenge yourself to re-think the “B” word. Toss out the negative connotations we’ve learned to associate with strong women and embrace the beautiful, powerful Divine Feminine being you truly are. Explore ways to have a new attitude about the word:

Babe

In

Total

Control of

Herself

Come to think of it, you *have* been giving away your power. Slowly and without noticing you’ve given away little parts of yourself: it just seemed easier to do something yourself rather than show someone else how to do it, you let yourself be guilted into taking on another task rather than upsetting someone else, you were too proud to ask for help and risk appearing weak. As these little things and more have slowly drained you of your energy, you find yourself resentful of the martyr role you’ve assumed.

It’s high time to take back control of your life and become the vibrant woman you truly are. As you start to honor yourself and your wants, needs and desires you will notice that others around you begin to respond in kind. Like attracts like and self respect is a magnet for more of the respect you deserve.

This is the perfect opportunity to start treating yourself like your own best friend and not your own worst enemy!

Let’s start celebrating YOU with a few easy steps you can take to make this your best year ever!

Step 1: You're the Queen of the World

What's a girl to do when she's tired of pleasing everyone but herself? Remember you're a "people" too and start taking your cut off the top first. Caring for yourself replenishes your reserves, nourishes your soul and allows you to genuinely do for others with love not guilt. And remember, no one takes advantage of you without your permission. Ouch!

You can't be the ruler of all you survey if you don't have the strength to take off your tiara. You just might be surprised to find that your loyal subjects want the opportunity to do things *their* way for a change.

Special Tip:

A great life starts with an open mind. It may seem uncomfortable at first to think of your self-care as a priority, however doing so actually allows you to make your greatest contribution to the world.

Step 2: When You Find Yourself in Times of Trouble

Into each life a little rain must fall, and sometimes it's a freakin' monsoon! If you bury your head in the sand like an ostrich you're going to drown. While you don't want to live in fear of disaster striking you can offset its impact with a bit of preparation. These are the days we most need to care for ourselves and when we are most likely to slip into our former patterns of neglect. While times are good, put a list together of who will best support you and what you need to feel safe and comforted, that way you'll have it to refer to when the time comes.

Being honest with yourself about your financial situation allows you to take control of it so you always have choices about how to live your life.

Special Tip:

*Always keep a “Red Envelope” with some dollars in it; it attracts more.
Keep tucking in one or two and you will always have money.*

Step 3: You’re Not the Boss of Me

You are ultimately the only person who can give yourself permission to do or be anything. Remember if you don’t take time for your life no one else is going to give you the time and that only leads to resentment. No one will ever know if you need help if you don’t learn to ask for it.

On the same note, automatically saying “yes” to every request gives you the reputation of being easy. Just like in school, don’t confuse that for being popular! Learning to say “no” will gain you far more respect.

Special Tip:

By learning to speak up about your needs in a thoughtful and considerate manner you can let someone down gently while maintaining your integrity.

Step 4: You Make Me So Very Happy

What do you need to surround yourself with in order to bring a sense of joy and peace to your life? Begin to explore ways to incorporate them into your daily round. Do you crave solitude? Carve out a half-hour for a long hot bubble bath, complete with soft music and dimmed lights. Perhaps a walk in nature or playing with a beloved pet is what is needed to restore your sense of self.

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Revisiting your creativity can be just the balm to sooth jangled nerves. What hobbies have you been neglecting? Is there something new you've secretly wanted to try? Acting class or salsa dancing might just be the outlet you need.

Special Tip:

Start collecting images from magazines of everything that makes you happy and fills your heart with joy into a folder or scrapbook. These pictures and words represent what you want to attract more of in your life.

Step 5: Celebrate Good Times

Gather 'round your best gals pals and throw a party – the guest of honor is YOU! Don't wait for a "special" occasion to celebrate yourself, every moment of your life is a special occasion and worthy of attention. Did you make time for yourself this week; firmly yet gently turn down a needy co-worker; ask for help around the house? Woo Hoo!!! Pop the cork and let the bubbly flow!

Of course you don't have to have a party to celebrate the little joys and victories in life. Enjoying an uninterrupted cup of tea or savoring a fine piece of chocolate are just as bona fide celebrations as the more boisterous variety.

Special Tip:

Crank up the volume and sing and dance to your favorite upbeat tune for 5 minutes. Not only will it put a smile on your face, but the sudden burst of activity will get your endorphins pumping.

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Go ahead - make a start today. Your best friend will thank you for it. By being *selfless* with your self-care you can begin to take a lead role in your own life instead of being a bit player.

Taking the first steps may initially feel awkward as you begin to respect your own needs and desires, however once you remember what an amazing and powerful woman you are, you'll quickly learn to accept no less in your life.

When you change your attitude about what being a strong woman means and are able to project a positive image of strength, you affect the attitudes of the people around you in positive ways as well.

More Self-Empowerment Steps You Can Take to Make This Your Best Year Ever

You can keep giving your power away by degree every day and resent your situation, or you can start taking the steps to care for yourself *first* so that you can live a more meaningful life that allows you to make a difference in the lives of others with love and joy instead of guilt and obligation.

2010 – Time to Celebrate YOU! is the 6-week teleclass series that helps you start taking charge of your own life to make this your best year ever. But first...

Ask yourself these important questions:

- 1) How are you showing up in your daily life – are you tired and overwhelmed because of a lack of support?
- 2) Are you AFRAID of being judged harshly for standing up for yourself?
- 3) Are you chronically putting your needs aside to please others?

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If you're tired of feeling like you are the only one who notices how tired you are and the only one who cares then NOW is the time to do something about it. No one else is going to give you the respect you deserve and the time you need to care for yourself if you don't tell them you want it. YOU are ultimately responsible for your own happiness. The time is ripe to become proactive in your own life.

WARNING: Being every thing to everyone else leaves you NOTHING to be for yourself!

This is the year you can finally make a positive difference in your own life.

Ladies, you've been asking for a way to regain your self-empowerment that feels genuine and is not going to add to your never-ending "to-do" list.

Enter 2010 – Time to Celebrate YOU! The 6-week teleclass series that gives you effective, simple to follow steps to help you take back control of your life and become the vibrant woman you truly are.

Find out more by going to
<http://www.dragonflylifeinbalance.com/2010>