

**5 DATE
YOURSELF
tips for
feeling
FLAWSOME
fast!**

Kickass Life Project
SASSYSEXYSTRONG.COM

what is flawsome?

Flawed + Awesome = Flawsome

We are all flawed. We are all awesome. But I get it...sometimes it's hard to feel the awesome. These are my best 5 tips for finding your flawsome.

If you need extra support and motivation, join the Kickass Life Project FB Group. We'd love to have you :) That's pretty much it! Enjoy, and let me know your fav



Kate <3

Flawsome Tip 1

Love Song Rewrite

Have you ever listened to the words of songs and felt ... worse? Here's what you do:

Take the song, (especially love songs), and imagine those words are being said to you by your future self who has all her shit together, or by a whole and happy parallel dimension version of you.

Basically, sing yourself a love song. It's an emotional reminder that you are enough; that you deserve to love yourself. And that you are capable of healing yourself and being more than your current thoughts.

[Like the KLP FB Fan Page if you like this tip](#)

Flawsome Tip 2

Act It Out

This tip follows one simple yet profound rule...identity follows behaviour.

WTF does that mean? It means if you want to feel like a writer, you have to write. If you want to feel like a runner, you have to run. You can't think your way into being something. You can rewrite your thought patterns and tell yourself any number of positive things, but if you want to believe yourself, you need to DO first. Keep doing and the thoughts will follow.

What do you want to be or feel? Then DO things that correspond to that. Want to love yourself? What would a version of you that loves yourself do?

[Proof that thoughts create feelings](#)

Flawsome Tip 3

DUH Goals

The easiest of all the tips is setting 'DUH' goals. I personally challenge you to set some today...and tomorrow...and the rest of this week. Here's how it works...

Me: "Hey, flawsome gal! Here's a crazyass easy goal for you: _____. Do you think you can get this done?"

You: "DUH! Of course I can do that. That's a no brainer."

What kind of goals can you fill in the blank with that are 'DUH' no brainers? PS - This is not cheating. This is building success momentum :)

[Here's an easy goal - be a part of our FB Fun Club](#)

Flawsome Tip 4

Mindset of Growth

Mindset shifts are the best! Sometimes you have to keep reminding yourself about them but then they click and become a part of you...and everything else shifts, too :)

A mindset of growth is a way of moving through the world without ever failing. How is that possible, you ask?

Simple. If you treat every experience, whether good or bad, as an opportunity to learn more about yourself, you cannot fail. Try, learn, move forward. You are fascinating...get curious about you :)

[10 things I learned from my worst race ever](#)

Flawsome Tip 5

Oscar Award Speech

Crazy sounding, I know! But over the top worth it. Imagine your life playing out epically. Imagine you can look back on all of it and write out the acceptance speech you would give if you were given an award for your accomplishments ...and then give that speech to your present day self.

Write about the pitfalls and how you overcame them. Write about the things you thought you couldn't do and how you found a way. Write about the people who supported you along the way.

This will help you see what is truly important and the direction you want your life to go, but it will also remind you that flaws make us human and life would be boring as all get out if it always went perfectly as planned.

[I'm fakin' it til I make it on Instagram... join me!](#)

Kickass Life Project

Get sassy. Get sexy. Get strong.

These tips are part of the Date Yourself Journey to help you feel **fierce, fit, fun & flirty** **in under 5 min a day**. It's free and no opt-in required :)

I know what it's like to be lonely, worried, & fed up with trying. That's exactly why I created the 5 day DATE YOURSELF journey - to take you from discouraged & disenchanted to finally understanding how to make yourself fairytale happy

[KLP DATE YOURSELF JOURNEY](#)