

ATTRACT & UP-LEVEL  
*the Love in Your Life*  
YOUR 5 STEP GUIDE & CHEAT SHEET



I created these steps as a roadmap, with self-love as the destination. In order for you to have real love in your life, you must first be able to fully love yourself. But it isn't as easy as turning "on" a self-love switch. There is work to be done.

Follow the cheat sheet below and start to get intimate with your history and your limiting beliefs around love so you can begin to change them. Self-love, and therefore, real love, is possible for you in your life, right now.

*Terri*

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STEP ONE: SELF-AWARENESS

This means allowing yourself to know that something needs to change. Becoming an observer of yourself in the world, and in your relationships, will give you valuable insights into how you are actually being in the world. Every relationship we have is 50% you and 50% the other person. Only when you get clear about your 50%, is it possible for you to change it.

**What romantic patterns of behavior can you track in your love life?  
What themes or repeat experiences can you uncover?**

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## STEP TWO: SELF-KNOWLEDGE

This means knowing yourself without judgment. Unpack everything that happened in your life, from your parents' relationship to all the experiences (good and bad) you've had that have led you to this moment. You need to become an expert at who you are and what you've experienced. Open the drawer of memories you may have hidden away, and begin to understand how they have affected you and how you function in your relationships.

**What did you learn about love growing up? What did you see within your parents' or caregivers' relationship?**

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## STEP THREE: SELF-ACCEPTANCE

You have to be able to accept the things that have happened in your life, including the unpleasant or painful bits. If you can't accept your life, you can't move forward. You can only grow from an authentic place. Acceptance without judgment of what happened will move you toward loving yourself.

**What are some things in your past that have been difficult for you to accept?**

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**What gems of wisdom can you mine from these experiences to further uplevel your self-knowledge and self-awareness?**

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## STEP FOUR: SELF-COMPASSION

This may take time but is essential. If you have a mean girl in your head that judges you and is full of negative self-talk, it's hard to be compassionate. Learning to shut down that voice is a start.

Examine your inner dialogue by considering these questions:

- *What kind of language does your inner voice use?*
- *What kind of things does your inner voice say when you make a mistake?*
- *Is the tone kind or caustic?*
- *Are the things your inner voice says to you things you would ever say to people you love?*

### ACTION STEP:

Put your favorite childhood picture of you on your phone and look at it often, allowing yourself to feel compassion for that little cute human (that's still you BTW!) I promise that the compassion you have for other people needs to be directed toward yourself as well.



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## STEP FIVE: SELF-LOVE (AND SELF-CELEBRATION!)

I don't mean giving yourself a pass on everything or treating yourself like you're broken or wounded. The truth is that all of your experiences, even the painful ones, create the fabric of your beautiful, one-of-a-kind life. You get to decide to turn the pain into purpose, to love yourself, and all of your life. If you want all of your relationships to be upleveled; to break up with the bad boyfriend; to ask your boss for the raise; to buy the house you've been wanting, you need to believe you deserve it, and you need self-love. Self-love is a roadmap to doing those things.

**What are some things you love about yourself? What can you celebrate that's uniquely, beautifully you?**

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As you go through these steps, you are raising your love vibration and that affects everything...the type of love and quality of the partner you attract (if you're single), the type of interaction or behaviors you will tolerate in love and in all other areas of your life and if you're in a relationship, where you will initiate, because how you approach your partner has everything to do with how they respond.

It's never too late to make these internal shifts and I promise you, you can do this! There's no better time than the present to create the real love in your life that thrills you. I will be here to cheer you on like a wild maniac!



