

“HOW TO HAVE A RELATIONSHIP WITH YOURSELF (Part 2): The Next Steps to Greater Success & Happiness”

By Dr. Cindy Brown

This article is the continuation of the subject of having a better relationship with yourself so you can have greater success and happiness in your life. As I mentioned in part 1 of this article (see that article [here](#)), we are all trying hard to balance all that we need to do in order to have the lifestyle we want, that we often sacrifice our own well being, health, relationships, success and our lives for this material, business and financial success.

The key here is first to become aware, then to take specific steps to improve your life and balance it all and still be successful. I know it's easy for me to say, however it may be a challenge for some of you to change your set ways and patterns and adopt, try on and implement some different strategies and daily rituals in order for you to have different results. Right?

In part 1 we looked at these three steps: **Step 1: Know Thyself, Step 2: Know What you Need To Function Optimally, Step 3: Planning.** If you are ready and willing to learn the next steps for success and happiness, you may change your life for the better as I have. Are you ready? Ok let's become more aware and learn the next 4 steps to having a better relationship with yourself.

STEP 4: KNOW WHAT YOU LIKE AND DISLIKE

It's important for you to be tuned in to your inner world (your thoughts, feelings and emotions) in order for you to find out what you like and dislike in the various areas of your life. I would recommend you spending some private quiet time asking yourself some questions to find out this information so you can have a life filled with positive feelings, thus attract what you want. These are some questions you could ask yourself: What kind of work is satisfying to me? What type of hours, days and times would feel best for me to work? How much money would I like to make so that I am comfortable and can express & extend my service and gifts. What environment would I feel best working in? Living in? What social/relationship situation would I like to be in right now?

Once you have this information you can now continue with the next step. It is important to honor as much as we can the things we like and dislike. When we work towards having a life filled with the activities and things we are most happy

with, we feel good and attract more of what we want in our lives.

STEP 5: CREATE YOUR VISION

Now that you know what you like and dislike you can practice creating the cellular memory necessary to manifest what you want. You can do this several ways. You can first meditate and get a sight vision, then allow yourself to feel what it would feel like, then allow yourself to practice seeing and feeling this everyday. You can also write down your vision or create a collage or vision board that has pictures of what you want. All of these are good ways to create and keep your vision alive.

STEP 6: WHAT MAKES YOU HAPPY, JOYFUL, HOPEFUL...? Positive feelings are necessary in order for you to attract and manifest what you want in your life. How do you get there when you are not already there you ask? You first have to spend some private quiet time reflecting and thinking about what activities would help you change your mood from negative to being happy. Write a list of these things. For example on my list some of the things I have are: sitting by the pool, beach time, exercising, reading, massage, powernap, sushi, chocolate, girlfriend time. What are yours? Keep this list handy and do one of the activities on the list to help you change your mood and be happy when you find yourself in a negative place.

STEP 7: TREAT YOURSELF WITH RESPECT & LOVE

Honoring your body and basic health needs are really important to your happiness and success. When you are treating yourself well, you feel good and you look good and you attract good! However, you must be tuned into yourself to know what those healthy needs are and then practice them until you get the results you want. For example, you have to know how much sleep you need to feel best, do you need a nap (I do!) How many meals do you need each day and how many hours apart. I know I need to eat every 2 hours, so I always have snacks with me wherever I go so I show up my best (I have learned from experience). SO find out what you need to perform at your best and then take care of your needs 24/7, honor yourself, don't abuse yourself and you will be more of a success!

These are 4 more ways you can start to have a better relationship with yourself. I know these steps will allow you to create the successful life of your dreams. If you want a complete 7 Step personal growth process to get you ready for a romantic relationship, OR improve the one you are already in go to www.TheCinderellaSystemBook.com and purchase my Cinderella System Book right

now. Best of luck with more success and happiness!

Remember: In order to be the person you have never been, in order to have the life and relationships you have never had, You must do what you have never done before: Give me a call 310-202-1610 or email me so I can support you further!

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