

“HOW TO HAVE A RELATIONSHIP WITH YOURSELF (Part 1): the First Steps to Greater Success & Happiness

By Dr. Cindy Brown, “The Relationship Strategist”

Today we are all trying to do so much to spread our message, share our passion and gifts to the world, get ahead, stay afloat, make ends meet and just 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 to learn how to 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.

If you are ready and willing to learn some simple new ways of running your business and life you may change your life for the better as I have. Are you ready? Ok let's learn the first important steps to having a relationship with yourself.

STEP 1: KNOW THYSELF- Spend time each day getting to know who you are; Look in the mirror without negative feedback, instead be in awe, fall in love with yourself force yourself to have only good thoughts and feelings then only focus on the good feelings, and/or sit in silence; listen to your inner voice. I teach a method to my coaching clients called EMT- Emotional Management Technique™, that helps you get to know and understand and manage your inner committee. To find out more about this you can purchase my new book, or buy my Relationships Secrets Product or schedule a coaching session. Being aware of who you are inside helps you to negotiate your thoughts, emotions and reactions. When you understand and can manage yourself from the inside-out, you can interact more successfully with others and have a better life!

STEP 2: KNOW WHAT YOU NEED TO FUNCTION OPTIMALLY! When you are in-tune and in-touch with your personal needs you can actively attend to them and then function better. Some of the most important needs we have are nutrition & fluid intake, sleep, zone time, exercise & movement, social/relationship, passion, career, self expression time and personal/spiritual time. Knowing yourself inside and out helps you function better. I know that I need cycles of sleep 3, 6 or 9hrs, I need to eat every 2-3 hours and drink 1 cup a water an hour. Begin to become more aware of your personal needs by slowing down and leaving space to listen, be and understand what you are needing on a minute by minute basis and then try out, implement these strategies (put yourself first) and practices and see the results.

STEP 3: PLANNING- Successful people plan out everything. Unsuccessful people wing it, or go from one activity to the next and hope other things will get handled or done and then time runs out and your needs get neglected. I plan my workouts, errands, calls, shopping time, girl time, relationship time, sex time, beach time, meals and my nap time etc. Everything, even spontaneous time has a time slot. Try for one week planning everything! Then write me an email and tell me what your results were.

These are just 3 simple beginning ways you can start to have a better relationship with yourself. Next issue we will continue this dialog and I will reveal to you the next steps. 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.TheCinderellaSystem.com and purchase my Cinderella System.

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 or contact me so I can support you in having the best life you've ever had!

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