

## 4 Secrets That Will Change Your Life And it starts with Your Self Perception

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# 30 DAY self perception *Makeover*®

How you perceive yourself is a game changer...

Your Self Perception is the base of everything in your life. Your Self Perception dictates the chances you take, the choices you make, the relationships professionally and personally that you stay in and the ones you leave because you know you are better than that. So you can see that with a Healthy Self Perception you will begin opening your flow to Manifest the life you desire. And without a Healthy Self Perception you are automatically placing blocks in front of you.

**Here are some tips to get you started on your Healthy Self Perception Journey.**

*Bonus- "First you must get REAL with yourself". Bring to the surface what you negatively perceive about yourself - realizing that it is not real, it is a made-up story in your head and you need to put into Perspective. Put Inspired Action in to change your path...*

1. Take a look in the mirror EVERY morning and compliment yourself on something about you. Anything.
2. Smile at everyone when you pass them.
3. Ask yourself, what is my favorite compliment to receive? Give yourself that compliment EVERY day.
4. What is the last thing that made you REALLY SMILE, from ear to ear? Think, visualize and FEEL that EVERY day at least 5 times or more (hold this thought and FEELING for at least 18 seconds).

This is the tip of the iceberg but these 4 secrets will allow you to open your flow and you will begin to see your life shifting in an amazing direction. Be sure to celebrate each and every victory... Especially the small ones...

If you are ready for a total Self Perception overhaul and completely change your life take on the 30 Day Self Perception Makeover Challenge with the book that will guide you there. Cathlene's guided course soon to be released!! Now available also in TEEN Edition. Available at [cathleneminer.com](http://cathleneminer.com)

*This mindset change will  
take some work and consistency;  
but it will be well worth it.  
Remember that Self-Perception  
is the base of everything in your life.*

  
*Manifesting Magic*  
in your everyday life  
with Cathlene®  
[www.cathleneminer.com](http://www.cathleneminer.com)