

14 DAYS OF
**RADICAL
SELF LOVE**

WITH

Morgan Mckean

CHALLENGE DAY
TWO



14 Days of Radical Self-Love

DAY TWO

TEACH PEOPLE HOW TO TREAT YOU

Pretend for just a moment that you've just met someone. And, out of respect for the **NEW** relationship, you treat them with kindness and dignity. However, overtime they show up sloppy, late, and not doing things the way you **BELIEVE** they should. Does your kindness and respect towards them change, or do you treat them the same as you did in the beginning?

- If you're honest, you probably treat them a **LITTLE** differently, because they've taught you that this is all they're worth - at least in your world.

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Now, what about you? Are you teaching people to treat you less than how you want them to by your words and behaviors? If you're looking to receive more LOVE, then chances are you do - and in order to increase your happiness, we're going to have to change it.

♥ LOVE RX :: For today's challenge, choose to do one or more of the following to teach people how to better treat you ::

♥ CREATE A LIST OF BOUNDARIES or those ways you want to be treated, but never stand-up for, because you're scared to hurt the other person's feelings. And stand by them!

♥ DECIDE HOW YOU WANT TO FEEL IN RELATIONSHIPS.

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Often we're so hungry for love and acceptance, that we neglect our own feelings. So take some time to get clear on how you want to feel in relationship to others - especially romantically - writing notes as you need to.

♥ **STAND UP FOR YOURSELF**

TODAY, and respectfully let someone who doesn't treat you as the amazing person you are know how to better treat you.

Journal Today's Thoughts

