

14 DAYS OF
**RADICAL
SELF LOVE**

WITH

Morgan Mckean

CHALLENGE DAY
THREE



14 Days of Radical Self-Love

DAY THREE

BE WILLING TO CHANGE

Now here's where that SELF-LOVE assessment you took a couple of days ago is going to come in handy. As no doubt you've heard that the definition of INSANITY is to do the same thing over and over again and expect different results - and yet, that's exactly what we do when it comes to our life, and relationships.

So, if you want a different outcome, which you clearly do - you're going to have to be willing to change those thoughts, beliefs, and habits that are currently keeping you stuck - unable to live your DREAMS.

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♥ LOVE RX :: One of the first things required for change is to identify what needs to be changed, and then create a plan to change it. So in today's challenge, follow these **THREE STEPS** to begin the transformation process.

♥ **IDENTIFY YOUR BELIEFS.** In each section of the self-assessment, identify those areas, beliefs, and ideas that you want improvement in - then write them out on the journaling page of this download.

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♥ **CHANGE YOUR SELF-TALK.** Once you've identified what needs to be changed, underneath each item, write out what you would need to believe in that area in order to make it the way you want it to be. For example :: "I'm not making enough money." would be change to "I make more than enough money to support all my current needs, and there is more coming to better support my dreams."

♥ **COME UP WITH AN ACTION PLAN.** After you've written out how your thoughts in each area that need to change, list 1-3 action steps you can take within the next 30 days to improve each situation.

Journal Today's Thoughts

