

MERRY MINDSET TRAINING

Module 1

Merry Alijoski




- I am a 25 years old independent and strong woman.
- I live alone in an apartment in NYC!
- I graduated with honors from Purdue Global University with a Bachelors degree in Nutrition Science.
- I am Nutritionist & Food Manager for two very large organizations.
- I lead about 40+ people on a daily basis.
- I separated from my ex-husband just a few months ago (2019) and I was at one of my lowest lows.
- I knew I had to change my mindset & life.
- I hired a life coach mentor named Chamar Logan (p.s. she's amazing).
- I did a lot of self-development work and faced the "ugly" if you will to enjoy the true beauty of life.
- I decided to make a course to help people reach their highest potential by doing the inner-work first then go on to creating a business that has a sense of purpose.

Module 1:
Self Love, Self worth, Self
Care



Module 1: Objective


- **Self-Love:** learn to accept yourself for who you truly are and love yourself enough to push yourself to reach your highest potential in life.
 - **Self-Worth:** develop a high value of yourself and respect for yourself to become “unbreakable”.
 - **Self-Care:** Focus on loving your body & making time to unwind without feeling guilty about it.
- 

Self-love


- We often time's hear something along the lines of ... "Joe really loves Jessica.. she's glowing".
 - Well what if something happened to Joe?
 - Will she glow the same way? (Prob.. Not).
 - How often have you idolized people in your past to the point where you were out of the picture?
 - How many times did you become that giving person and stopped giving to yourself?
 - Think about the breakups you had in the past – did they make you feel so broken it affected you mentally? You were probably empty to begin with!
 - Love is such a universal concept – deep affection.
 - Be selfish.. Be in love with you too for God's sake! 😊
 - When you give give give – you empty your own *love bank...*
-

Let's Check-in

- Check- in with yourself.
 - What is bothering you right now? Write it down.
 - Organize your thoughts in some sort of order –

 - **Check in sections:**
 - How do I feel about myself?
 - My family?
 - My romantic relationship/s?
 - My career?
 - My friends?
 - My current situation?
- 

Love Bank Statements


- Once you checked in with yourself..
 - Your statements may show a sense of lack.. Something is missing in these areas of your life.. Which is normal!
 - Example: I am in my deepest desire to become District Supervisor & have the power to impact other managers.... and not to mention double my current salary.
 - Lack: sense of higher authority/rights/salary
- 

Lack is Wack..


- Let's change the mindset here & be grateful for these areas of our lives even if they are not in the "best shape".
 - I am so happy and grateful for... having an amazing career in nutrition as a Food Manager. I may not be making the salary I want at this time. However, I am learning from my mistakes/experiences which will in the end make me a better supervisor in the future. Having the supervisor title must be earned not given. I will strive harder and improve my weaknesses to become the best supervisor there is very soon!
 - Grateful for now = receive more than expected.
 - State of lack = more lack.
 - State of gratefulness = receive more naturally.
-

Love Bank Deposits


- Grateful for now = accept your current state.
 - Gratitude journal
 - Next step is to give more to your love bank in order to help reach your highest potential.
 - Love Bank Deposits = giving to yourself over & over again.

 - Love Bank = created by LOVING YOU – I LOVE ME.
 - FLAWS & ALL!!
 - You are an amazing being even right now, yes I said it!
 - You have hidden talents you don't even know about.
 - You are beautiful inside out.
 - You deserve love by.... YOU... Not him/her/this/that.
- 


Love Bank Deposits by Self-care

- **Sleep** – how many hours of sleep are you getting?
 - *You should be getting 7-8hrs of sleep in order to think straight, be more productive, and reach your highest potential.*
 - **Nutrition**
 - **Fitness/Movement**
 - **Hair care**
 - **Eye care**
 - **Face care**
 - **Body care**
 - **Oral care**
 - **Gynecological care**
- 

Listen To Your Body

- Some days I come home from work and I just feel the stress from work weighing my whole body down and I do not feel I have the strength to workout or work on my business.
 - Guess what?
 - THAT'S OK.
 - I find when I recharge come back to the game stronger.
 - Remember, I am a mindset mentor who promotes sleep as my therapist and my own mentor promoted it to me and it has done me so much justice.
 - Find what works for you.
- 

Self-care activities


- Bubble bath's
 - Gratitude Journal
 - Meditation
 - Prayer
 - Walks-alone
 - Driving far away
 - Watching your favorite show
 - Reading a new book
 - Ordering from your favorite restaurant
 - Fitness outside by beautiful views
 - Playing/singing your favorite songs at home
- 

Self-care = higher self- esteem

- When you fill your love bank you will love yourself more ---> which in turn leads to better circumstances because you start to believe in yourself and begin to naturally manifest your desires.
- You start to believe you truly deserve the life you desire.
- The “lack” in the areas of your life begin to flourish.
- Your self-worth develops/intensifies.



Self-Worth


- Self-worth is valuing yourself for who you really are and not what you perceive yourself to be.
 - Circumstances – have they influenced your self-worth?
 - Example: If you did not get that job you thought you deserved, your boyfriend cheated on you, or if you got into a fight with your mother? These are all real situations that could..... Influence your self-worth, right? WRONG.
 - Your self-worth should remain high at all times, no matter where, no matter what circumstance, and no matter what time of day.
 - Your self-worth should be like a tattoo- permanent.
 - Your value must be so high that you are able to set boundaries with the people in your life.
 - If you feel like someone is attempting to distort your self-worth you will be able to advocate for yourself.
 - Not everyone deserves access to you, it is a privilege.
- 

The Tool Box

- **Positive self-talk**
- Shift the tone in your head.
- Shift the thoughts in your head.
- Shift your perspective into a positive one.
- One word, One life: Positive



Self-worth assignment

- Go to the store
 - Buy a big board or something that is nice that can go on your wall.
 - Write "I am statements" that increase your self-worth awareness.
 - **Here are mine:**
 - **Affirmations:**
 - "I Love me, Merry"
 - "I feel valued and special"
 - "I deserve happiness"
 - "I am an amazing woman"
 - "My inner world is as steady as can be"
- 

Keep writing...

- What do you struggle with?
- Need to improve on?
- Fears?
- Habitual Emotions?
- Mistakes?
- Where do I tend to consistently let myself down?

- **This is what I wrote a few months ago..**
 - Struggle: Depression & anxiety.
 - Need to improve: remaining positive, don't lose self-worth at any given moment.
 - Fears: I am not good enough.. I don't deserve happiness.
 - Habitual Emotions: Negativity, sadness, doubt, guilt, fear of future.
 - Mistakes: Go in circles, become super attached.
 - Down: When I am home alone/outside of work
-

*Complete
your
journey
with the
workbook!*

- [14-day self love workbook](#)
- Click link in bio!
- \$19.99 SPECIAL OFFER (Limited time only)