



MY LOVE MANUAL

# *5 steps to Being You*

**Stop feeling  
frustrated,  
unappreciated  
& alone!**

**Become the  
powerful woman**

**YOU ARE CREATED TO BE**

# Hello!

8 ago I was in a very dark place. My career, health, family, and marriage had all fallen apart and all I wanted was to be alone. My husband and I looked at our lives and had to decide if we would go our own ways or stay and try one more time.



We agreed that we'd stay together, on the condition everything would have to change. As much as I wanted to believe everything would magically fall into place, I knew this would take some serious work, starting with myself.

When we feel alone, frustrated, unappreciated, or lost, we tend to look at others to save us, validate us, or complete us. This is what we had done, and we failed miserably.

The first step we took was to get clear on who we had become. No blaming or pointing fingers at anyone but ourselves. Then we created an idea of who we wanted to be individually and as a couple.

We then created a picture of where we wanted to go and started creating a path to get us there. To do this, we must first be willing to work on ourselves. Only then can we have the strength, and resilience to truly succeed.

This course helps create a path of self-discovery from who you are now, to the shaping of your new reality. We encourage you to complete this activity at the beginning of each month to inspire self-awareness, commitment, and perseverance on your journey of becoming the New You.

*Dolly Woo*



# Areas that effect our lives

Career / Finances

Physical Health / Appearance

Friends / Family / Children

Relationship / Intimacy

Spirituality / Beliefs

## SCALE

- 1 - Very dissatisfied, discouraged, hopeless
- 2 - Dissatisfied but open to change/possibility
- 3 - Slightly dissatisfied, but low priority
- 4 - Indifferent - neither satisfied nor dissatisfied
- 5 - Not bad but not great 50/50
- 6 - Somewhat satisfied 60% of the time
- 7 - Satisfied and happy 70% of the time
- 8 - Satisfied/ fulfilled and happy 80% of the time
- 9 - Very satisfied
- 10- Extraordinarily happy/satisfied



# Areas Definitions

**Career / Finances:** this includes your job, current savings, debt, sound investments, your understanding of your financial situation, your ability to afford the things you want on your terms, financial independence, retirement, your financial future, and your definition of financial security.

**Physical& Mental Health / Appearance:** Are you active? Do you make healthy eating choices? How do you feel about your appearance? How is your energy level? Do you feel healthy overall? How do you sleep? Do you feel relaxed or stressed? Do you feel rested when you wake up? How is your posture? How would you describe yourself?

**Relationship / Intimacy:** This area includes your significant other, spouse, and/or your dating relationships. How is your emotional and physical connection with this person? How much time was spent together, shared pursuits, and what frequency and quality of your dating and sexual relationship? When evaluating this area, take into consideration your mutual support, respect, appreciation, and friendship, including how supported and connected you feel with your partner.

**Children / Friends Relationships:** this area includes your immediate family, your children, parents, siblings, and close relationships you might have with extended family members. Do you feel you have a healthy relationship with these groups? Are you both on the same page as your partner regarding parenting? Do you get along with extended families? This area also focuses on your relationship with the small circle of close friends, the level of mutual support, and respect, and your personal and emotional connection with friends both alone and together as a couple

**Spirituality / Faith:** this area includes your belief in God or a spirit that is greater than the physical world. This area can include your devotion to your religion, divinity, faith, or the practice of honouring powers that transcend the physical world. Do you and your spouse share the same beliefs? Is your faith part of your daily walk? Do you believe God is for or against you?

# STEP 1 : Rate where you are Today

Rate your level of satisfaction in each area of your life on a scale from 1 -10.

1 being extremely dissatisfied and 10 being extraordinarily satisfied

- Career / Finances
- Purpose / Personal Growth
- Physical Health / Appearance
- Emotional / Mental Health
- Spouse / Significant Other
- Spirituality / Beliefs



It's important to get a clear picture of where you are right now. Below, sign your name and the date you completed this workbook.

Name \_\_\_\_\_

Date \_\_\_\_\_

## STEP 2 : Get clear on where you are and why

List the 3 areas you scored lowest in with it's score in the box

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THE NEXT 3 QUESTIONS ARE REGARDING YOUR **LOWEST** SCORED AREA

Write down the area you scored lowest in.

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**1.** How might you be contributing to this area scoring low?

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**2.** How might your spouse/family/friends be contributing to this area scoring low?

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**3.** How long has this been a problem area in your life? Explain.

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**4.** What has been holding you back from working on this area?

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**1.** If I were to increase the score level in this area, how would it affect my life?

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**2.** Is this area of my life the most important to me? If so, explain why.

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**3.** Do I have expectations for myself and others in this area?

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**4.** Do I give myself and others grace in this area?

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**5.** Could fear be what's holding me back from doing some of the things I know I need to do in this area? Explain.

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**6.** What do I fear and what will I do to push through this fear?

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# Step 4 - Beliefs & Mindset

To improve your current lowest-scored area, you will need to know what you believe **now** and decide what you're going to believe **moving forward**.

This is a critical part because our behaviour is a response to our beliefs.

Let's focus on your belief system...



I am worthy of improvement in this area because :

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I am thankful for this area because:

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I know I will grow in this area because:

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I am doing this because:

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What are your worries, doubts, and fear. What positive thoughts do you have regarding this area?

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When you're feeling fears, doubts & worries, where does your mind go? (Do you blame someone for the low score or do you look to yourself)

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What helps you to move past this?

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**1.** Write down a visual of what your life will look like when this area improves.

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**2.** What mindset do you need to have in order to pursue an increased score?

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**3.** What is one action step you will take to improve your mindset today?

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## STEP 5 - PLAN OF ACTION FOR YOUR LOWEST SCORED AREA



#1 thing I will stop altogether to improve in this area:

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#1 thing I will do physically to improve this areamonth:

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#1 thing I will do mentally to improve this month:

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#1 thing I will do spiritually to improve this month:

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.....  
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# An Amazing Life Is Waiting For You



Calling all women ready to create the life, marriage, and families God truly wants for them!

**JOIN NOW**

From fun Date Night Ideas, inspirational trainings, and transformational forgiveness exercises to insightful interactive workbooks, and support, we want to help you get through your pain and build a life full of excitement, peace, unity, and love.

Today is the beginning of a New Day.



**Dolly Woo**

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