

MASTERING SELF-LOVE AND FINDING PEACE AND JOY IN Y.O.U.

(YOUR OWN UNDERSTANDING)



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NOTES FOR THE READER:

A considerable amount of content in this book has information that is either revealed after taking the ULT assessment or it is addressed more completely in the book, *DREAM Wellness: The 5 Keys to Raising Kids for a Lifetime of Physical and Mental Health* (referred to as the "DW book"). There are many supplemental downloads available for owners of the DW book that can be accessed at www.DREAMWellnessBook.com/bonuses.

For a topic that is revealed in the ULT, you will see a superscript ULT at the end of the sentence (For example^{ULT}). If it is addressed in the DW book, you will see a superscript with the letters DW followed by the chapter/section in the book (example this is how it would read^{DW5-15}). The DW book may be purchased at www.DREAMWellnessBook.com.



“It takes courage to grow up and become who you really are.”

E. E. Cummings

To love yourself means to wholly accept yourself just as you are. You were brought into this world for a purpose, and you were created perfectly. When you begin to accept the fact that you are perfect, even with all your ‘imperfections’, you will ultimately find peace and joy in Y.O.U. (Your Own Understanding). Accepting that you are ‘imperfectly perfect’ is the first step to mastering peace and joy.

Let’s try something to start this journey. Walk over to a mirror, look directly into your own eyes and say, “I love you!” How did that make you feel? Were you able to do it? If not, why do you think you couldn’t do it?

Why do you do the things you do? Why do you do the things you do the way you do them?

Don’t worry, most people cannot answer those questions either. Perhaps after reading this book, you will be better equipped to tackle that conundrum.

To truly be happy, you need to have self-awareness and understand what makes you tick. How do people perceive you? How do you perceive yourself?

In this book, you’ll find suggestions for how to care for yourself in all four of these areas of your life: *physical, intellectual, emotional, and spiritual*. But first, we will lay the groundwork for you to begin this journey by helping you learn how to see yourself.



INTRODUCTION: UNDERSTANDING Y.O.U.

To master self-love and Your Own Understanding, we will introduce you to what we refer to as the 5 YOU-tilities.

The 5 YOU-tilities help us see ourselves and each other the way we are seen through the eyes of nature, which is something that our species has lost the ability to do. For some reason, we can see these attributes in almost everything else on earth. So why not fellow human beings?

Dr. Zannah Hackett, the founder of the YOU Institute and creator of the Ultimate Life Tool (ULT) says, “It’s because we have become the blind leading the blind.” It is time to open our eyes and renew our ability to see each other as perfect human beings.

The ULT is an advanced human assessment tool that reveals why people do the things they do, the way they do them. It is an 85-question psychometric questionnaire administered through the Y.O.U. Institute (TYI, INC.) and other strategic alliances.

The ULT will be referenced throughout this book. There is tremendous value in taking the assessment in order to understand more about your unique expression. However, this book is intended to give you practical information that you can use immediately, even without taking the assessment. The main reason you need to understand the 5 YOU-tilities is so you can recognize that just because you have a certain way of doing things, you are not wrong. You may be misunderstood, but you are still perfect. The same goes for those you care about and those you can’t stand.


YOU-tility #1

Nature: How do YOU show up in nature?

Many have heard the phrase, structure determines function, but what does that really mean? Everything on this planet is structured a certain way to function a certain way.

For example, a Ferrari is sleek, low to the ground, and aerodynamically brilliant. A Jeep is rugged with large tires and very spacious. I think that we would all agree that a Ferrari is an amazing specimen of a vehicle. However, if you took it on a camping trip, you would think it was the worst car in the world. Would you blame the Ferrari for being so horrible, or would you understand that you did not use it correctly? It just was not built for camping! While the Jeep would be great for the camping trip, would you be angry at it for flipping over the first time it took a curve when racing it at the Indy 500? Sounds ridiculous, I know. However, we do this with people all the time!





Think about trees. If you want shade, you are not going to sit under a cactus, will you? Of course not, you will look for a willow tree. And if you wanted to be in touch with nature and decided to hug the cactus, would you get mad at it when it pricked you with its spikes? There are much better ways of getting acupuncture! If you want a guard dog, are you going to go for the labradoodle or a German Shepard?

With these examples, you should know the intended function of each within seconds. How do you know? Of course, you see them with your eyes.

People are no different. Our physicality (structure) very much determines our best use (function), as well as our strengths and weaknesses. Sure, we can all learn to be strong at certain activities, but if they are not natural to us, that extra effort can cause us to drain our energy, fatigue us and negatively affect our entire demeanor. That would be like putting a kayak on top of your Ferrari when you head to the river. You can get away with it once or twice, but eventually, your roof will weaken, and the foundation may be forever damaged.

If you were a car, what type of vehicle would you be? Are you slender, agile, and quick like a Jaguar, or a bulkier car that can carry a heavy load like a Suburban? **If you were a bird**, would you be lighthearted and fun like a hummingbird? Or maybe you prefer to come out at night and be on the watch like an owl. **If you were an animal in the wild**, would you be strategic, stealthy, and calculated like a panther, or do you express more regal qualities and lead your pride from the top of a mountain like a lion? You have elements of all these qualities, but some are more pronounced than others. Your true nature reveals what you are, as opposed to who you are.

Understanding your true nature and that of your kids and their other parent will help nurture those relationships and help all thrive, even if the relationship is somewhat contentious at times.

YOU-tility #2

Drivers: What drives and motivates you?

Some people love to entertain at their home, play an instrument for the guests, and thrive when receiving positive feedback.

Some people need significant order and organization in their life.

Many people who are often mislabeled as introverts or even reclusive tend to need alone time to recharge, whereas others can go on and on for days.

Optimism is also a quality of many, and understanding how that shows up in yourself or those you care about can be very powerful. Some with optimism thrive when they have something specific to look forward to, while others do better when surprised.



Other drivers seen in people include the need to create protection or a burning desire to create a huge empire.

Some people have the propensity to be violent when angry, steal when in need, and others may stray when they get bored or do not have their needs met.^{ULT}

The list goes on and on, but knowing an individual's drivers and motivators is an essential key to any successful relationship, whether it is with yourself or another person.

Also, it is important to understand how you (and others) will act when needs are not being met^{ULT}. With this understanding, you can “feed” yourself and the ones you care about appropriately to create abundant joy. This will help one another thrive and consequently prevent wilting and toxicity that may otherwise damage the relationship.

YOU-tility #3

Refinement: What is your tolerance toward people, places, and things?

Have you ever been at a party and just felt it wasn't your atmosphere and needed to leave? The people were nice, there was nothing wrong with them, but you just did not “vibe” with them or the scene. Are there people in your life that you can be around 24/7 and never get enough time with them, and others where after 30 minutes you want to get away from them and maybe even take a shower?

We all have an innate tolerance and threshold to everything in our surroundings, whether living or inanimate. Your home, the clothes and jewelry you wear, the vehicle you drive, the places you visit, and even your workspace all have levels of refinement and distinct qualities that you either resonate with or do not. Lack of refinement compatibility with anything around you can cause turmoil and drain you, and it is often the silent killer of relationships.

While this innate compatibility does not typically change, the relationships that are stressed can be improved once we bring an understanding of this nuance into our lives. For example, couples can survive (and thrive) even if they lack compatibility with refinement, as long as they are aware of the differences and use tools and strategies to handle their differences.

When raising children, refinement differences can get even more challenging. There are more dishes to do, more clothes on the ground, and do not even get me started on the toys and glitter all over the house! When one parent has a higher level of refinement than the other, understanding the impact and creating appropriate strategies to mitigate incompatibilities is essential to maintain a harmonious home.

YOU-tility #4

Connection: How do you learn and download information?

How about your kids, your partner, your co-worker, and your friends? We know that some people are visual learners while others are auditory, but that is only scratching the surface. To learn, we first must connect, which in turn allows us to open up and “download information.” Connection with ourselves and others requires some nuance and understanding as to what opens us up. Whether it is connecting with a potential new love interest, a family member, a co-worker, or a client, the key to opening the door is always available to us. We just need to know which key will fit in which lock.

For some people, the key to connection is being in constant motion; for others, everything around them must be enjoyable to their senses. Some people have a stronger need to be around living things, while others will best connect when something stimulates their mind.



YOU-tility #5

Perception: How do you perceive life and the world around you?

Is the cup half-empty? Or maybe cups are not good enough for you because you only want crystal. Perhaps you come off a bit negative, always seeing what is not working first. Or maybe you're the eternal optimist, and it is all rainbows and unicorns. Perhaps you are one of those positive people who may seem negative at first, but that is because you need to receive all the information, process it, and then react.



There are many useful personality and psychometric tests out there that companies use for hiring and positioning and that relationship coaches use for couples and families. However, none of them do what the ULT does. The ULT uses *physiometrics*, which considers physicality, something none of the others even touch on.

The ULT can give those other tests a place to live, meaning, make better sense of the results. For example, if a certain test revealed that the person is good at leading, the ULT will confirm whether leadership is natural to that person or whether it was a learned skill (that may be draining and even damaging over time like the kayak on the Ferrari). Additionally, it would reveal what type of leader the person is naturally inclined to be. This is just a tiny sampling as to what the ULT has to offer.

YOUR PHYSICAL SELF: LOOKING AFTER YOUR BODY

Your physical appearance and condition can reveal so much regarding how you feel about yourself.

Do you make special efforts to care for your body each day? When was the last time you spent extra time to improve your personal appearance? Regarding your health, do you regularly visit healthcare providers and follow their recommendations?

If you're on a road of personal growth and healing, working to change unhealthy lifestyle patterns each day is a must.

Here are some ways you can show self-love by tending to your physical body:

1 **Take more time with your appearance.** Some people are naturally inclined to present themselves in the best way possible, always^{ULT}. Others, however, could benefit from spending a little more time on themselves.

Do you spend your brief minutes in the mirror thinking unkind things about your body? Instead, try offering a moment of gratitude for what your body currently does for you (see #4 below), and then try the following:

- Choose an outfit that always fits great.
- Pick out a top with a color that you know is flattering on you.
- Accessorize with a piece of jewelry or a watch that you love, even if it's not a special occasion.
- Take a little longer on your morning shave.
- If you enjoy wearing makeup, consider putting some on even if you aren't going anywhere.

Taking a little extra time on the outer appearance can energize you in a way that will activate an inner glow, thus helping you shine more brightly from the inside and outside.

2

Make a change. Occasionally, you may find yourself re-energized by doing something different with your appearance^{ULT}. This is especially important for people who are motivated by change and get easily bored when things stay the same. If the idea of change terrifies you, maybe just do something small that can be easily reversed if desired.

- Shave off your mustache or beard and see how you look.
- Get a haircut and style it into that sassy hairdo picture you saved.
- Change the color of your hair or wear a wig (or toupee).
- Try a new style of clothing or wear a color you've never worn before. Whether it's a blazer in that new dark teal shade or a print shirt that looks fresh, break into a new color scheme.
- You can even change your eye makeup. YouTube has lots of video tutorials for different looks.

When you alter something about your appearance, you demonstrate you're worth the time and effort it takes to try something new. Plus, it's refreshing. Even if you decide not to stick with a new look, trying one out for a day or a week can bring a new zest to your life.



3

Put energy into yourself. Knowing you're worthy of your own energy is an important aspect of loving yourself. When you direct your attention toward something that's just for you, even if only for ten minutes a day, the message you send to yourself is that you're worth it.

- Having a partner and a family can be a huge drain on your energy on an average day. Conserving at least some of your energy for yourself shows you care about you as much as you do your family. This is especially important for those who need downtime ^{ULT}.

4

Notice your physical “positives.” If you find yourself criticizing your body, take a moment to find gratitude for what your body is currently doing for you. Remember, you were created perfectly.

- Are your thighs chunkier than you would prefer? Thank them for being strong and supportive.
- Is your tummy too flabby? Give thanks for having enough food to eat.
- Are your teeth crooked? You can show gratitude for having a way to chew your food.
- Is your skin showing signs of aging? Be grateful that you are alive!

There are many holistic ways to make improvements to your physical “flaws”, and in many cases, it is prudent to make the changes for your physical, mental, and emotional health. However, finding even the smallest amount of gratitude for what you currently have can enable you to find peace and joy now, not later. You don't need to wait to love yourself.

5

Sleep more^{DW6-2}. Unless you're one of the lucky ones, you're most likely on the short end of getting enough sleep. Strive for seven to eight hours each night to show love to yourself.

- Acknowledge that obtaining proper rest and sleep is on your priority list. And related to item #3 above, the more sleep you get, the more energy you'll have. And that means more enthusiasm and love to give to your family and to yourself.



6

Stay in adjustment^{DW4-1}. Being in *adjustment* means that you are in balance mentally, physically, spiritually, and emotionally; and have optimal brain-body communication through the nervous system. Because you "live your life through your nervous system", feeling and functioning optimally is much more likely when you're in *adjustment*.

- Avoiding as many chemical, physical and emotional stressors^{DW8-6} as possible is key to remaining in *adjustment*.
- Chiropractic care, massage, stretching, exercise, yoga, and Pilates are all examples of recommended activities for you to stay in *adjustment*.
- Proper footwear^{DW8-10}, pillows, mattresses^{DW8-11}, ergonomic workstations^{DW8-12} (home or office) are all items that also help keep you in *adjustment*.

7

Consistently focus on your physical self. Unless there is a health reason that makes it unsafe for you, exercise in some form at least five days a week. Your body will feel better and better over time. Take some time to familiarize yourself with the flexibility of your limbs, the strength of your body's core, and the shape and efficiency of your muscles.

- Strive to perform well physically ^{DW7-3} in some specific way, whether it's doing calisthenics, yoga, weight-lifting, or jogging. Experiment with dance or try training for a triathlon. You'll be pleasantly surprised at the feelings of pride, confidence, and care you feel for yourself when you consistently focus on your physical body.

8

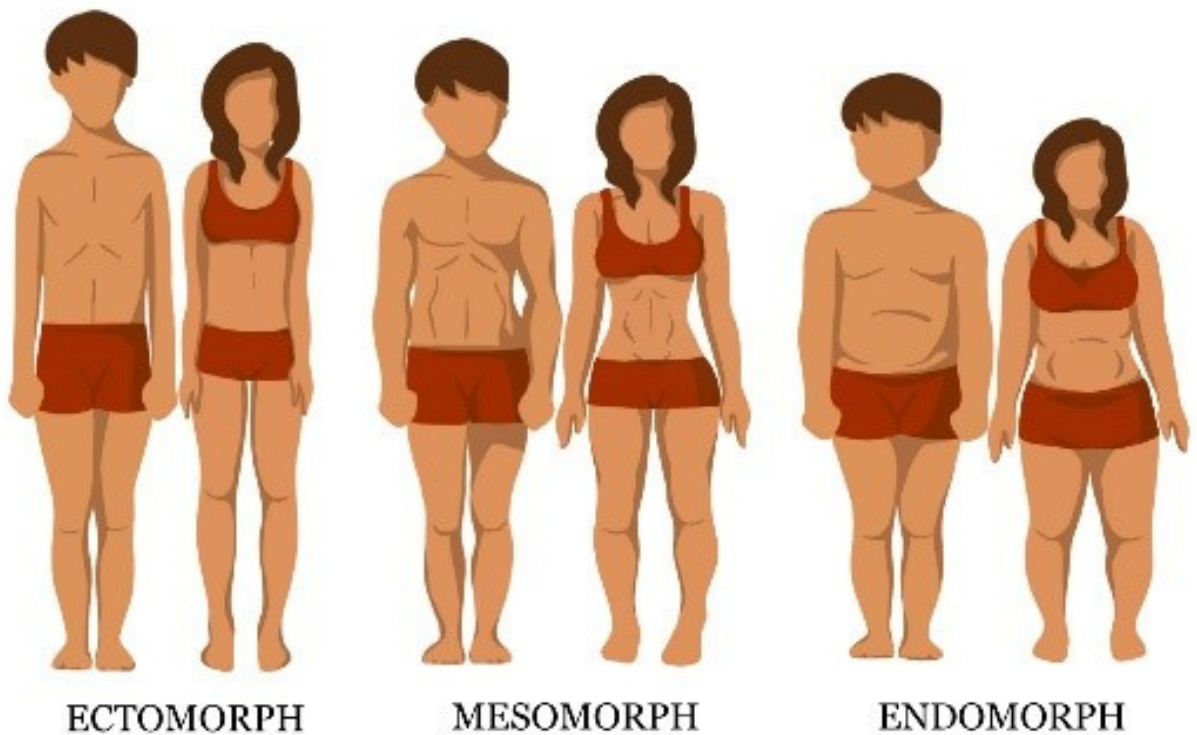
Understand that we are all unique and perfect in our own way. However, a person's body image can either break them down, leading to low self-esteem and depression, or it can give them confidence. Without getting into the psychology and its impact on an individual's mental health, it is important to understand that because we are not all born with the same type of body, the food we consume and the exercise we do should vary. This goes for both children and adults.

Ectomorph: If you are an ectomorph, you are probably slender and have trouble gaining weight, no matter what you eat.

Endomorph: The endomorph reading the paragraph above wishes they had those problems. It is very likely you cannot keep weight off, no matter how hard you try. While you typically put on more muscle than the others, fat often accompanies it.

Mesomorph: The mesomorph fits between the two. You "mesos" get the best and worst of both worlds, but being fit for mesomorphs definitely comes easier.

Not knowing your body type is one of the most common reasons why people who are committed to an exercise regimen and meal plan do not get the desired results. Most people do not realize that there are three different body types, all of which burn fat, metabolize food and build muscle differently. Everyone has elements of the three body types^{DW7-7} in them but ultimately falls more within one category or another. To learn what your body type is, visit the bonus in the DW book in chapter 7-7.



9

Acknowledge what your body does for you. One aspect of loving yourself is realizing everything your body allows you to do. Your mobility, your ability to use your hands to manipulate objects, and the energy that sustains you through a challenging day are all thanks to your body.

- Your physical self holds up for you under plenty of pressure on any given day. Cultivate gratitude for how your body does pretty much everything you require. Love your body.

10

Show commitment to loving yourself and uplevel your “Diet”. Diet, as defined in the DW book is anything that goes into your body from the outside world to your inside world. That’s everything you eat, drink, taste, touch, smell, feel, and hear. It includes not only the food and beverage you consume but also anything that touches your skin and the people you spend time with.

Through your behaviors, every single day, be dedicated to fully accepting yourself. The level at which you ensure that you meet all of your physical requirements helps illustrate how you feel about yourself. Commit to your own self-care.

- Strive to eliminate as many destructive habits as possible. Smoking/vaping^{DW5-7}, and recreational drug use^{DW5-9} are all destructive behaviors that impact your health negatively. Seek help and guidance from a professional if you are unable to quit on your own.
- Find ways to limit gossip, drama, and negative^{DW9-16} people from your life. You are the average of the five people you spend most of your time with, so choose those people wisely.
- Be mindful of the chemical toxins found in your home and personal care items. For resources to detoxing your home, [visit the DW book bonus section, 5-8.](#)
- Improve your nutrition. Try to consume fresh whole foods and avoid processed and canned items^{DW5-17}. Buy organic and non-GMO^{DW5-10} when possible and just say No to food items containing these ingredients at all costs: high fructose corn syrup, hydrogenated oils, artificial food coloring (anything with a color and # next to it like Yellow #5), and artificial sweeteners^{DW5-13}! [Visit the DW book bonus section, 5-1 for resources on label reading.](#)

Tending to your body is one of the primary ways of showing how much you love yourself. Fortunately, there are plenty of ways to demonstrate that you love your body, and there's no need to do all of them on any given day, though you'll feel great if you do.



“We must be our own before we can be another's.”

Ralph Waldo Emerson



1. How do you feel about your appearance?

Reflection: Accepting yourself just the way you are will actually help you in pursuing your goals.

2. What are your strongest physical features and attributes?

Reflection: Make a conscious decision to love yourself, no matter what.

3. Brainstorm ideas for making small changes to your physical appearance or condition if needed. These should be positive, attainable actions. Write them here.

Reflection: Rome wasn't built in a day. Set small goals to experience success.

4. Are there certain activities you love to do but just don't have the time or energy to do them on a daily basis? If so, what are those activities?

Reflection: Tell yourself you're worth the time and effort to do what you want to do for yourself. Commit to yourself now to make time for a couple of those activities each day. Write your plan for fitting them into your schedule.

Reflection: Make time each day for a beloved activity. Even though you might not see the value in having a hobby, you'll feel special and enjoy your day more when you do an activity you love to do.

5. How will you focus on your physical self in terms of nutrition and exercise? How do you plan to stay in *adjustment*? Be specific in the actions you will take.

Reflection: Place a sticky note on your bathroom mirror with your brief plan to “eat more vegetables” or “walk 30 minutes.” Also, place a duplicate note on your refrigerator as an extra reminder. (For those who have taken the ULT and have a high level of refinement, you will not want to take this approach).



YOUR INTELLECTUAL SELF

Loving yourself also involves providing your brain with plenty of intellectual stimulation and understanding the ways that you will best communicate and process information.^{ULT} Here are some examples of effective ways to demonstrate self-love by giving your mind a workout.

1

Do something you've longed to do. Loved art class in high school? Always wanted to pick up that paintbrush again? Learn to play an instrument? Now's the time to go for it.



- Exploring a new or long-loved subject might feel like a delicious indulgence. You deserve to feast your mind on subjects and activities that are intellectually stimulating to you.
- The internet offers an abundance of fascinating information. Dive into a the internet to research, consider turning off social media/email notifications search on a topic that peaks your interests. However, if you are using the internet to research, consider turning off social media / email notifications when possible to prevent distractions (see bonuses in DW book in chapter 5-22 on-screen time).

2 **Write down your life priorities.** What's important to you? Next, jot down your life goals ^{DW9-7}. What do you really seek to accomplish in life? Finally, take note of how you spend most of your time. Your three lists should all be similar or closely connected.

- Do you now spend most of your time achieving that thing you've desired for so long?
- If you want more training to excel at work, do you make sure you follow through to attain it?
- If travel is a dream of yours, do you do something every single day related to it?

You'll be intellectually stimulated if you make efforts to achieve your greatest desires. When you spend your time and thoughts on working toward your goals, your mind will be at its happiest and most fit. Plus, this sort of work shows that you care enough about yourself to have your priorities in good order.

3 **Foster your passions and dreams.** Ask yourself, "What do I care intensely about?" Then, give yourself permission to delve into that subject. Learn everything you can about it. Practice it. Study it. Live it. If an idea, topic, or endeavor excites you, chase after it. The same goes for your dreams. Keep in mind that there are infinite ways of manifesting your dreams while maximizing your energy ^{ULT}. Once you know what your heart desires, do everything you can to achieve it.

- Stay engaged on a daily basis with your life's passions and dreams, even if that means only spending a few minutes on it each day. It has been said that if you want to learn to play the piano but don't have much time, it will be more effective to spend just 5 minutes practicing every day rather than just one hour once a week. One of the greatest ways to express self-love is to strive to give yourself what you truly want in life.

4 **Ensure you have a real-life with real people.** When you love yourself, you'll have close friends and family^{DW9-15} with whom you regularly spend time. Spend this time with your loved ones "in person" rather than with their social media pages.

- Connecting with people in the physical world gives you many opportunities to keep your mind sharp. This is extremely critical if your ULT results revealed your need to connect with living things. You'll engage in interesting discussions, be exposed to what's going on in the world, and have a forum to formulate and share your own opinions and intellectual ideas.

5 **Avoid doing things just because, "It's always been that way."** Know and connect with your own consciousness. Perform behaviors deliberately and with great forethought. Living consciously shows that you use your mind to think through what you do because you care about what's going on in your life.

- When you live intentionally, you intellectually consider the ramifications of the choices you make. You recognize how precious time is and judiciously spend the twenty-four hours you get in a day on what's most important to you. Now that's real self-love.

6 **Take a personal inventory of your life.** Make a list of your personal characteristics. Then take a piece of paper. Draw a line down the middle. On the left side, write down what's working. On the right side, write down what's not working. Then, make some decisions about the things you want to change.

By identifying what's working and what's not working, you can begin to make conscious efforts to continue with the things that you like and change the things you don't like. It is also extremely beneficial when you understand why you may find yourself repeating patterns or why interactions with certain people or places leave you feeling irritated, angry, and/or exhausted^{ULT}.

7

Consider the bigger picture. As Mahatma Gandhi said, “Be the change you want to see in the world.” Ponder how you want your life and the lives of others to be. However, keep in mind that what is best for you may not actually be what’s best for others. It’s important to live in congruence with your highest values, but you do not need to impose our desires on them. You will find the greatest peace when you focus on how you are living and not how others are living. When you set a positive example, if it’s the right path for someone else, they will likely be inspired and possibly follow in your footsteps. However, the way they do it may be different from your approach because there are as many different ways of doing things as there are people.

Similarly, sometimes what you think we want is not always what’s best for you, so it’s important to keep an open mind about the best way to accomplish something while maintaining integrity with your values^{ULT} .

8

Tell yourself you’re worthy.^{DW9-6} Recognize that you deserve to be loved, not only by yourself but by those around you. Mentally prepare yourself for the love you receive from others and yourself. Know that you’re worthy of all the love you give to yourself. With the proper mindset, your possibilities in life are limitless.

- Working with your belief in yourself will help pave the way to more self-acceptance and self-love in other areas. You’ll find loving yourself to be much easier when you’re confident that you’re worth the effort.



9

Find your power. When you see that you have control over your own choices, you will be provided with opportunities to do as you wish with your life. Instead of feeling that life is just happening and maybe tossing you around, you will begin to consciously live a life of meaning and purpose^{DW9-7}. This will lead to a greater sense of self-confidence, and you will feel more love for yourself each day.

Loving yourself means you seek, find, and experience all types of mental stimulation. You look into topics of interest, maintain real friendships with real people, live consciously each day, consider the bigger picture, and find the power within you. Express your self-love by feeding your mind with intriguing thoughts, ideas, and activities.

Express your self-love by feeding your mind with intriguing thoughts, ideas, and activities.



1. What are your priorities in life?

Reflection: Ponder what you truly want your life to be like. Then develop a strategy to make it happen.

2. List your life goals here. Focus on your top 5 goals.

Reflection: Be specific when writing your goals. Instead of “Get a job promotion,” write, “Complete the 4-week accounting training and get a pay increase within 6 months from today.” (Download the chapter 9-7 DW book bonus "[Setting Personal Goals workbook](#)).

3. Are you satisfied with the number of friends you have? We’re talking real life here, not online. When was the last time you got together with friends? Set a goal now about how you’ll spend more time with loved ones over the coming months.

Reflection: Call a friend or family member to make a plan to spend time together at least every other week.

4. Take a personal inventory. List what you love about your life here.

5. Now, list what you'd like to change about your life. For this exercise, focus on how to make your intellectual life better.

Reflection: Consider whether getting new training or learning something new would create welcome changes in your life.

6. Do you feel you deserve love? Why or why not?

Reflection: Recognize that you matter. Because you're here on earth, you deserve to love and be loved.

YOUR EMOTIONAL SELF: UNDERSTANDING & RESPECTING YOUR OWN FEELINGS

Possibly the single most important facet of loving yourself is taking great care of your emotional self. What you believe to be true about yourself illustrates the degree to which you love and accept yourself.

Try these tips to love yourself more by taking care of your emotional being:

- 1 **Accept yourself.** Realize that you're as important, special, and worthy as every other human being on earth. Connect deeply with this reality.

- Positive affirmations^{DW9-6} are statements that are recited to attract what you desire and help avoid self-sabotage, degrading, and negative thoughts. The more you recite a particular affirmation, the more you will believe the statement to be true. Affirmations can put you on the road to achieving a goal you have or overcome the struggles of the past. They are generally short and specific thoughts that target a specific area, behavior, or belief that you have historically struggled with.
- Use this as an affirmation: "I am important, special, and worthy." Try saying the affirmation out loud. Repeat it. Write it down. Then, read it to yourself. Do three times per day, once in the morning, once in the afternoon, and once in the evening. Watch for subtle shifts in the way you view yourself. Download the chapter 9-6 DW book bonuses, including the "[Affirmation eBook for Parents & Children.](#)"

2 **Journal.** Write in a journal ^{DW6-3} about what you really like about yourself.

- Journaling helps you connect with all of your strengths. The time you spend writing down your thoughts is an opportunity to cultivate positivity about all of your best qualities. On an emotional level, you can most easily relate to positive feelings about yourself when you recognize your own strengths. Download the chapter 6-3 DW book bonus, "[Journaling: A Powerful Practice to Up-Level You and Your Parenting.](#)"

3 Claim responsibility for your own life. Often we try to find external reasons for why something happened, such as, "Why does he keep hurting me?" or, "What makes her think I deserve this treatment?" Instead, take responsibility and choose to be inner-directed ^{DW9-4}. Do your best to not allow influences outside of your control to affect you internally.



"There are two things in this world; things you can control and things you can't. One thing you can always control is how you respond to the things you can't control."

Brian Stenzler, DC

- Ask yourself, "Since I'm responsible for myself, what do I need to do right now to remedy this situation for me?"
- Once you claim responsibility for your own life, you'll fully consider the ramifications of your choices to stay in less-than-ideal situations. Over time, you'll begin to make decisions to disconnect from people, places, and things that consistently harm you in some way.
- Take the time to consider what's best for you in life. This is an enormous expression of the love you have for your own self.

4 **Avoid negativity toward yourself.** People who love themselves avoid sending themselves negative messages.

- You can practice avoiding negativity and still acknowledge that you face challenges. Being human doesn't mean that you deserve scorn, shame, or ridicule. Instead of beating yourself up emotionally, direct your energies toward turning any situation into something positive.

5 **Maintain an attitude of gratitude**^{DW9-11}, and if you can't be grateful, at least be graceful! Cultivating gratitude is a positive emotion that must be practiced and learned. Gratitude is all about expressing appreciation; it is being content with one's experiences. Being aware of positive and negative effects is key in achieving gratitude. With gratitude comes a feeling of well-being and mindful awareness. Alongside the mental benefits that come from gratitude, one can also reap physical benefits.

- Start keeping a gratitude journal and record all the wonderful things you are grateful for. (Download the "[Gratitude Journal](#)" from chapter 9-11 in the DW book bonus section.)
- Find yourself a gratitude rock and keep it in your pocket to constantly be reminded to keep positive and grateful thoughts.

6 **Send out positive vibes to others.** Show other people how loving, caring, and kind you are. Often, we get immersed in our daily grind and don't notice all the opportunities we have to make someone's day. Even just smiling at the people you pass on the street can lift up another person. Showing positivity and kindness toward everyone can be intensely refreshing. When you do this, you make it obvious to others that you love yourself, and it could even be the simple push they need to feel a sense of love too.

- 7 **Say you're sorry if you are.** Notice within yourself when you've made an error or had a misstep. Then, openly acknowledge it. This shows you're a genuine, caring human being.



- You'll ultimately feel very good about apologizing when it's required. If you are feeling guilt about a situation, apologizing can be a step towards self-forgiveness. This can be a deeply satisfying experience that will help you to love and respect yourself even more.
- If you feel that more than just a verbal apology is necessary, consider sending the apology in a letter or an email.
- Don't place judgment on how the recipient should receive your apology. You can love and forgive yourself independently of where the other person is in the forgiveness process.

- 8 **Forgive yourself and others.**^{DW9-12} Notice within yourself when you've made an error or had a misstep. Then, openly acknowledge it. This shows you're a genuine, caring human being.

- Of course, it's also okay to decide that even though you forgive someone, continuing to be involved with that person isn't healthy for you. However, when you forgive them first, you can move on without the extra emotional baggage of hurt and angry feelings.



"Holding onto anger is like drinking poison and expecting the other person to die."

Buddha

9

Let go of any negative feelings you hold toward others. Cleansing yourself of as much negativity as possible sets you up for success in life. You'll feel better emotionally and physically, act more openly toward others, and demonstrate love to yourself. Lighten your emotional load by letting go of negativity.

- One way to release feelings of negativity is to write about it and then burn or shred it. Instead of passing the negativity onto other people and inviting further conversation, writing about it can help to get it out of your system. Of course, if you really need to talk through a problem, it can be helpful to talk with a trusted friend or a professional. Just be mindful of why you are talking about it (to relieve the negative emotion or find a solution for releasing it and moving forward).

10

Have self-respect. Refuse to allow anyone to emotionally harm you. Set guidelines within yourself about tolerating unsavory treatment from others. Having limits and boundaries is healthy and shows that you protect and respect yourself in all situations.

11

If you dislike the way someone treats you, leave their presence, if possible. Doing so will be the gateway toward reclaiming your self-respect and self-love.

- Exit negative relationships ^{DW9-15}, regardless of how scary that may feel. Ultimately, your love for yourself will be stronger than for someone who's less than positive toward you.

In essence, understanding and acknowledging your own feelings validates your existence. By being honest with yourself about your feelings and taking action in accordance with them, you honor and show love to yourself.

1. What does it mean to you to take responsibility for your own life?

Reflection: Think about times when you simply stayed in a relationship because it was easier. Now, consider what it would have been like if you had taken full responsibility for how your life progressed.

2. When you “talk” to yourself, what do you say? Is it mostly positive and encouraging? If not, why not?

Reflection: Make a point to arrest any negative thinking and replace it with a positive thought. Instead of “I messed up,” consciously think, “I’m getting better and better every day.”

3. Do you apologize when you’re aware that you made an error? If not, why not? Do you forgive others when they err? If either one of these actions doesn’t come easily to you, think about why not and write those reasons here.

Reflection: Saying you’re sorry shows that you accept the fact that you sometimes make mistakes. Apologies and amends are an important step to self-love. Also, letting go of hurt and forgiving others will free you emotionally.

4. If someone mistreats you, what do you do? How do you handle the situation?

Reflection: People who love themselves have self-respect. They have limits in terms of how they allow someone to treat them. Sometimes, loving yourself means respecting yourself enough to change a disappointing or hurtful situation.

YOUR SPIRITUAL SELF: CARING FOR YOUR INNER BEING

Filling your heart with genuine joy is a must to love yourself. Give yourself time to do what you love to do. Identify ways to maximize the benefits of the activities that make your heart sing^{ULT}.

You may want to try refreshing your living space even in small ways from time to time, disengaging from technology periodically, and doing other activities that bring adventure and joy into your life. Check out these strategies and be inspired to think of still more ways to demonstrate how you care about yourself:



① **Start your morning with an “Hour of Power”^{DW9-5}.** Take a little time (it does not need to be exactly one hour) in the morning to do something you really like to do. It might be 45 minutes of yoga to start your day off right. Maybe you’d like to read your favorite novel for 15 minutes before the kids get up. Or perhaps 10 minutes to practice meditation or say some prayers would give you the restful start you need to have a great day.

- Give yourself the gift of the first few minutes of each morning. Your whole day will be better, and you will be thankful for that little bit of “me time” when you first arise.

② **Indulge.** Do a little something special for yourself each and every day. You’ll enjoy life more when you put in the effort to do just that one thing that makes your heart sing. Go ahead and do those activities you think are special, fun, or self-indulgent.

- Can you find 30 minutes to one hour every day just for yourself? If this seems impossible, identify your daily responsibilities/commitments and see if you can shave off a few minutes from them to create even just 15 minutes to start. Sometimes, just making a conscious effort to check social media less frequently can create this important window of time for yourself.

③ **Immerse yourself in nature**^{ULT}. Make special efforts to experience the joys and beauties of nature. If you’ve ever walked through a pine tree forest, you know the awesome spiritual power inherent in the great outdoors.

- Whether you put on your snowshoes and tromp off through piles of lovely white fluff, walk along a sandy beach somewhere collecting seashells, or just explore a city park with some trees, find a way to stay involved with nature.

4 **Change your personal space^{ULT}**. Making small but meaningful changes in your home truly invigorates you. A great way to say, “I love myself”, is to renew your cherished space in your house.

- Clean something deeply and well.
- Throw some things away that weigh you down.
- Rearrange the furniture in your living room. If you don't spend much time in your living room, try this in your favorite room, the one in which you hang out the most.
- Paint something significant in your surroundings.

5 **Turn off the gadgets.** One day every other week, or even once a month, turn off your cell phone, television, and computer. This may sound unrealistic, but even if you can start by creating just a few hours a day once a month, you will notice benefits.

- Disconnecting from your technology ^{DW5-22} is a great way to re-connect with yourself.
- Consider how you might spend a whole day away from all your gadgets. Will you take a walk, bake something healthy from scratch, or have a relaxing afternoon out in your yard? Maybe you'll spend the day with a family member you don't see often or connect more deeply with your partner or children. Whatever you do with your unplugged time, you'll feel relaxed and rejuvenated. ([Download the "Digital Detox" bonus in DW book in chapter 5-22.](#))

6 **Turn on the tunes^{ULT}**. Listen to your music each day for at least 15 minutes.

7

Pray^{DW9-20}. If you feel connected to a faith and maintain a relationship with God, attending a church, synagogue, or other places of worship will help nourish your connection with God as well as the members of the congregation. Praying at home regularly will also help maintain your relationship with God, and you will likely see “miracles” manifest in your life much more frequently. Praying also brings peace and tranquility.

- Perhaps you seek to discover the “right” place of worship for you. That’s okay, too. Finding your spiritual “home” can be a great adventure, and you should enjoy the process. People who want to worship and are successful in finding a place that resonates with them can find their “cups filled” every time they attend the services or events that are meaningful to them.
- If you have religion or spirituality that’s meaningful in your life, practice it. Many people report that worshipping simply makes them feel better.
- If you don’t have a spiritual “home” and feel like something’s missing in your life, visit various kinds of churches or temples to see if you can fill the void and discover what you seek. Whether you go alone or with friends, you’ll have fascinating experiences. And even if you don’t find a place for yourself, you can still learn and grow from the process.

8

Allow yourself to feel love from others^{DW9-19}. Experiencing the loving messages given to you by your family members and cherished friends is good for you. For example, when you go out to lunch with those you love, savor their presence. Take in how they smile and make eye contact with you, or revel in that special silent communication you have.

- Soak up the love that your cherished friends and family provide by staying emotionally in touch with their compliments or by their presence. Although some people are uncomfortable with compliments or may not take them to heart, they’re good for us and are given with love. One way to start accepting them is to simply pause for a second and say, “Thank you”! Accepting them is a way of loving yourself.

- 9 **Be adventurous.** Find that part of you that seeks the unknown and strives for the yet experienced adventure^{ULT}. Maybe you want to climb a mountain, run a sprint triathlon, or visit the pyramids in Egypt. Whatever your adventuresome spirit seeks, make an effort to provide it in some way. You'll feel deeply alive and loved when you do.

- 10 **Recognize that time is of the essence.** Spend your hours and minutes in ways that demonstrate your self-love. Consider time as precious, golden moments meant to be spent doing the things you love and working toward your life's goals. Decide to love yourself every single minute of every single day by making each of those moments count.



Taking care of your spiritual self can be done by practicing one or many of the above strategies. Anything that brings joy to your soul ultimately demonstrates self-love.

1. Have you been thinking about changing your living space? How would you like to do it? What changes would you make?

Reflection: Renew your soul by transforming a special space in your home.

2. Each day, how much off-work time do you spend using technology, on average?

If you aren't sure, pledge to keep track tomorrow of your time spent using gadgets or the internet.

Reflection: Explore new hobbies or revive an old one with your newfound time.

3. Are you open to feeling loved by friends and family members? How do you want to be loved?

Reflection: Be aware and accepting of the love that people give you.

4. How often do you go outdoors just to enjoy the day?

5. What are some simple ways you can enjoy nature every few days.

Reflection: Find the beauty in nature each day. Your spirits will be lifted, and you'll approach your day more positively. Plus, you'll love yourself even more!

6. Do you have adventure in your life? If not, why not? How can you add some adventure to your existence?

Reflection: Adventures will boost your morale. Try one!



CONCLUSION

If you want to live a rich, full life, learn how to love yourself. Take care of all your different kinds of needs. This shows that you have great affection and love for yourself. When you love yourself, it's easier to be loved by others and to be able to truly care for another person. Love yourself first, and you'll experience the incredible joys that life can bring.

Now that you finished reading this book, once again, I would like you to look into the mirror and say, "I love you!" Did it feel any different than when you started reading? I know that you haven't implemented all the recommendations in this book just yet, but perhaps just reading this book inspired you and made that one sentence a little bit easier to say and more meaningful in your life. If not, as you start making the suggested changes in your life, keep trying. It should not be long before you can truly look at yourself and love what you see.

We recommend that all individuals and families have a coach to help navigate this world and help express their authentic selves every day in their life. Our personal preference would be to hire a coach who uses technology like the ULT to reveal your authenticity.



DREAM Wellness and our team of practitioners bring this knowledge to help individuals with:

- Career discovery
- Dating/attracting the right spouse or partner
- Creating and nurturing lifelong friendships
- Learning what “makes them tick”
- Divorce recovery
- Single parenting
- Overcoming barriers
- Stress management
- Learning styles for education



To help families with:



- Conflict resolution
- Teens in crisis
- Understanding how their child learns and downloads information
- Sibling rivalry
- Child behavioral issues
- Parent-child interactions
- Chores & activities that help their child thrive

To help couples with:

- Marital success strategies
- Parenting as a team (whether they are together as a couple or not)
- Conflict resolution
- Affair proofing the relationship
- Understanding their mate
- Learning how to help and support each other to thrive as individuals and together
- Premarital advisement



And they bring this knowledge to consult with businesses and organizations to help:

- Bottom line increases, including profit
- Hiring the right person and proper position placement
- Reduced turnover
- Retention of key staff
- Conflict resolution
- Improved performance of teams and executives to increase the effectiveness of the organization
- Improved relationships among peers, subordinates, and management
- Improved communication and focus on customer service
- Building a foundation of success by utilizing team members' natural talents



The ULT brings the five YOU-tilities to life (and so much more) and demonstrates the perfection in all of us. When we see each other through the eyes of nature and appreciate our own perfection, we will start to find ourselves in harmonious relationships filled with an abundance of self-love, peace, and joy. It takes work, it takes understanding, it takes desire, it takes love, but most importantly, it takes knowledge.

To take advantage of our special offer to test drive the ULT at a significantly reduced rate, visit <https://dreamwellness.com/takethetest>.

Here's to Y.O.U.!



About the Authors

Dr. Brian Stenzler, President/CEO/Co-Founder of DREAM Wellness is the author of the book, *DREAM Wellness: The 5 Keys to Raising Kids for a Lifetime of Physical and Mental Health*.

He received his Doctor of Chiropractic degree in 1998 from Life University. In 1999, he earned a master's degree in Sports Health Science, also from Life University. Additionally, he is a Certified ULT Facilitator & Corporate Consultant and provides wellness and lifestyle coaching and consulting for individuals, families and businesses around the globe.

Dr. Stenzler has owned and operated numerous DREAM Wellness centers in New York and California where he and his teams have helped thousands of families achieve their health and wellness goals. He also has a passion for working with athletes and has spent many years volunteering and providing chiropractic services at the U.S. Open Golf Championship Wellness Team by adjusting the players, caddies and other members of the organization.

Early in his career, Dr. Stenzler was an adjunct neurology instructor at the New York College of Health Professions and continues to use his vast knowledge of the nervous system in everything he does.

Dr. Stenzler has served on numerous boards and was president of the California Chiropractic Association from 2014–2016. He has received dozens of awards and accolades over the years for his leadership and service to the chiropractic profession and communities he serves.

Dr. Stenzler travels the world as a guest speaker at conferences and colleges, and lectures at numerous businesses, schools and civic organizations as a health and wellness expert. He has also been featured on television and radio shows around the world.

More than anything else, he enjoys spending quality time with his wife Brooke, and their son, Zion.



Brooke Stenzler, CYP

Brooke believes that the ability to see the perfection in oneself and others is an important step in finding, creating and maintaining thriving relationships. She uses the Ultimate Life Tool technology as a key tool in helping people nurture their relationships (both with themselves, and others).

Prior to completing her extensive training to become a certified Y.O.U. practitioner and Trainer, a curriculum approved by California State Board of Behavioral Sciences, The International Coach Federation and The State Board of Registered Nursing, Brooke received her degree from Middlebury College in Sociology-Anthropology and Chinese.

Brooke is dedicated to providing insightful and practical approaches to create DREAM relationships in business, home and life.

