

Wise Women
DON'T EXHAUST THEMSELVES, THEY
*Replenish
Themselves.*



- Christine Arylo

**Super Power Practices for the
Busy Super Woman**

SELF-CARE & THE FEMININE SUPER POWER OF RECEIVING

SELF CARE is choosing to make sure you get what you need on all levels – physically, spiritually, emotionally and mentally – EVERY DAY!

This self-love adventure is one that I created and started using myself a few years ago, and it revolutionized my life. I hardly ever get exhausted. I rarely get sick. I know almost immediately when I am over-giving and need to adjust. And my energy stays vibrant and full – I give more than I ever have, without having to give myself away. The key to this adventure is to treat it as a receiving practice you do EVERY MORNING. It takes less than 3 minutes and it will make all the difference in your life.

STEP ONE: Love Start Your Day

How you start your day is how you live your day... get rid of the alarm clock and stop jumping out of bed in a rush before pausing to breathe and check in with yourself. If you start your day in alarm, you start your day contracted and blocked off, you start in panic and that is no good for your body or your mind. The best way to awake is naturally, but if you have to have something wake you up, choose a harmonizing ring tone on your phone or replace your alarm clock with a CD player that plays loving, expansive music (I personally like awakening to Karen Drucker or Deva Premal).

STEP TWO: Check Your Energy Tank

Self care rule #1 and #2 – Always keep your energy tank at least half full. And never serve from your reserves. This means you have to know where your energy tank is – every morning. Close your eyes, put your hand on your belly, and ask your Inner Wisdom **“How full is my energy tank today?”** and ask for a number between 0 and 100 – with 100 being totally full and 0 being empty. The first number that comes is THE number, no cheating. If you are below 50, you are serving from your reserves, and really you have no business giving anything to anyone else because you don’t have enough for yourself. Here’s the scale – live by it (from page 127 in *Madly in Love with ME, the Daring Adventure to Becoming Your Own Best Friend*):

75–100 percent full: All’s good. Keep doing what you’re doing, and keep filling up daily.

50–74 percent full: Alert. Need energy. Ask yourself what you need in order to refill. Take whatever self-care action necessary and fill up.

25–49 percent full: Warning! Stop. Drop. Get support now. Do not pass go. Do not take on more. Do not keep pushing through. On all self-care levels — physical, emotional, mental, and spiritual — get yourself what you need in order to move past half full.

0–24 percent full: Stop everything and check yourself into self-care rehab! You are about to spend energy you may never regain. Clear your calendar. Ask for help. Whatever you need. It will save you time in the long run.



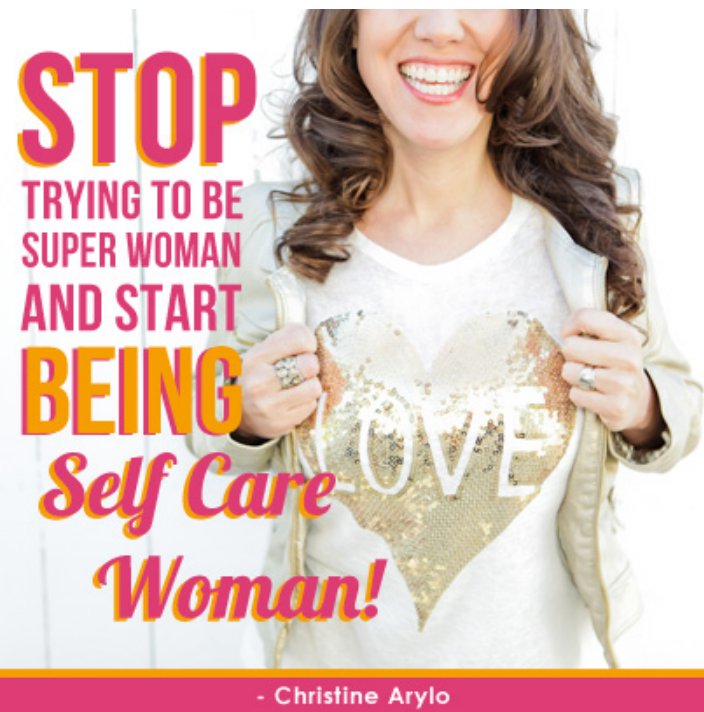
STEP THREE: Ask Your Inner Wisdom What You Need + Make Sure You Receive What You Need That Day, No Matter What!

After you get your energy tank number, you want to now ask your Inner Wisdom the most important question you will likely ask all day –

“What do I need to receive today?” or just simply “What do I need today?”

To get to your Inner Wisdom’s sage council, keep your eyes closed, put your hand on your heart, take a deep breath, and ask the question to yourself. Keep breathing until the answer comes. It may come in a word, a sound, a picture, or a knowing. Whatever it says, you **MUST** make sure you receive that today. It can often be something simple like love, hugs, peace, a nap, a walk, a yoga class – it’s the simple but little things that make self-care happen and keep your energy tank full. You don’t need to take off to Tahiti for 7 days or hire a personal chef to replenish. Whatever it tells you, listen, act and remember this all day long. When you feel stress, anxiety or judgment, remember what you said you needed, and give it to yourself in that moment.

Note: If you haven’t been talking to your Inner Wisdom lately, it may not answer at all at first. That’s okay. Just make something up as your answer – something you want to receive that day. As you begin to show up for yourself, your Inner Wisdom will eventually start showing up for you.



THE FEMININE SUPER POWER OF COMPASSION

SELF COMPASSION is being kind, gentle and compassionate with yourself no matter what.

SWITCH YOUR BRAIN FROM SELF-CRITICISM TO SELF-COMPASSION

In moments when you are being hard on yourself, putting pressure on yourself, feel like you are failing or falling behind, use these Love Mantras to shift your energy from self-criticism to self-compassion. Mantra means sacred message or counsel and it's power comes from the sound frequency that resonates through your lips, ears and body by saying and feeling the words aloud. When you are in the grips of self-criticism, you can use the Love Mantra by closing your eyes, putting your hand on your heart, and saying it out loud or softly to yourself, over and over again until you feel a shift of calmness wash over you. This activates the feminine super power of compassion and gives you PERMISSION to stop putting so much pressure on yourself, super woman!

**YOU ARE
DOING THE
BEST YOU CAN,
*and it is enough.***

— CHRISTINE ARYLO

It's okay
**TO GO ONLY AS FAST
AS THE SLOWEST
PARTS OF YOU
CAN GO.**

— CHRISTINE ARYLO

**YOU ARE
LEARNING
*and that is okay.***

— CHRISTINE ARYLO

About Christine Arylo

Kellogg MBA and former marketing executive, Christine Arylo is an inspirational speaker, teacher and writer who has dedicated her life to freeing women and girls from the relentless pursuit of having to do, be and have it all. She is the founder of the international day of self-love (February 13th), the co-founder of a self-love and self-empowerment school for women and girls, Inner Mean Girl Reform School, and the best-selling author of two books, the self-love guidebook *Madly in Love with ME* and the go-to-guide on self love in relationship, *Choosing ME Before WE*. Normally a Bay area resident, earlier this year, Christine sold her house to travel the world with her partner Noah, as she shares the message and teachings of self-worth and true feminine power. Christine has spoken at TedX, and speaks and teaches regularly at top retreat centers, conferences, companies and universities around the world.

To get information about retreats, personal mentorship, speaking contact Christine Arylo at Christine@Arylo.com