

WELCOME TO THE 21 DAYS DATING CHALLENGE!

HI! Welcome to Day 4!

Confidence. We know it's the key to everything in life- business, family, and relationships. The majority of us feel confident most of the time. But what about the times when we are not as confident as we would like ourselves to be? What about the times when you feel that you don't possess the qualities that you require to forge a beautiful relationship or sustain one that you already have?

Don't worry, that's completely normal, and most of us do that all the time. People give themselves excuses for not initiating a conversation, thinking that they are running late or maybe they could wait till the next time to speak to them. But in doing so, they pass up the opportunity to get in touch with someone who could have been potentially amazing for them. So where are our brains through all this and how do we break these bad habits in our mind.to bring out the best in us.

One of my favourite mentors in this area is Joe Dispenza
Start living the NOW, live in the present. How you think and how you feel create your state of being. So if we believe what we dream about, think about what we bring about, then it will happen.
We need to break those habits now to bring the good into our life.

TODAYS LESSON -DAY 4 – THE 3 M'S

Get Your 3'Ms Sorted to keep you grounded

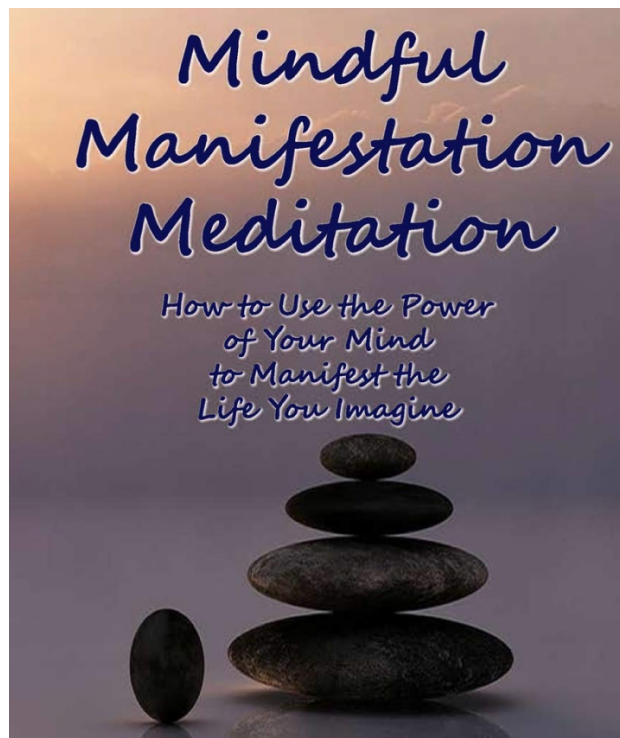
If you believe our thoughts and our memories from the negative past affect your future, you are right. Let's start by breaking those habits and bad patterns..

That's from getting out of the same side of the bed to the same routine. This is linked to our passed emotions, of someone or something that upset you, keeps rearing its ugly head. We will learn how to face them, deal with them and break those patterns.

Your FREE will is gone because you are caught in that cycle. I'm going to share a tool with you to focus on changing your thoughts.

95% of who we are at 35 is a memorised set of beliefs and perceptions. So our mind and thoughts have created these habits. Get into your analytical mind. By meditation you can change your brainwaves. Why wait. You can learn and change from inspiration or pain and suffering. So wake up and smell the roses. Yes it is scary moving on and can be overwhelming but when you start this journey you will never look back. You will see your Happy Ever After future. Do it now.

Meditation is proven to heal your mind, heal cancers even.



Mindfulness, Meditation, and Manifestation

Mindfulness helps you focus on tasks. It is the art of bringing your awareness into the present moment. Feeling your breath enter your body right now.

Close your eyes. Breathe on for 6 seconds, hold for 2 seconds and out for 8 seconds. Do this for 2 mins and you will start to feel your head clear.

Sit down, and think of yourself as that tree. Feel your boots going deeper into the ground.

Breath 6 in, hold for 2 and 8 out.

Feel the nutrition coming from the earth up through your toes (roots), through all your body(trunk) and out your branches arms or/and head. Let it go, let it go!. Let those dead leaves (your baggage) go and learn from your life lessons.

That can go back into your roots as nutrition and you've learned to transfer your negative thoughts into positive ones.

We need to rest our brains. Direct your focus to now.

Neuroscience is now showing what Rumi and other Indians 6000 years ago have been saying. Come into the now. Stop overthinking the future or the past and live for this moment.



Day 4 - Homework

Write these out in full and you will feel so much peace after.

Oprah writes her Gratitude Journal Daily. Let's get better at it daily. Even if you do it weekly at bedtime. 5 mins, or wake up 5 mins earlier. Write it out. It is more powerful and yes, when you are feeling down you can look it up and put up calming music and bring joy and hope back into your life.

Start with 5 things you are GENUINELY grateful for.
Get started.....

Thank you to my friends, and my family.
Go into details. I am grateful for Luke who brought me a cup of coffee 15 mins ago. I'm grateful for Tracy who sewed up my trousers.

Plant that seed and let's see you grow. Remember we tell our brains what to think. We can't think of love and feel hate or jealousy. The more we think about love the more we bring in love. That love starts with self-love and gratitude. The next step is giving out of kindness to those who we appreciate.

SEE YOU TOMORROW!

With Love, Sharon Kenny xx

"I didn't invent MatchMaking....I PERFECTED it!"

SUPPORT / QUESTIONS ETC

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SOCIAL LINKS

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