

No matter what your score or category YOU ALREADY ARE ROCKIN' AWE and AMAZEMENT. I'm simply here to show you how to remember how powerful you really are and the possibility that is all around you no matter what your age, stage. Whatever condition your self-love muscle is in right now can be changed for the better.

With love and gratitude, read on and be inspired!

*Rosie Battista,*

Your Self Love Mentor, Confidence Creator and biggest Cheerleader!

## THE DABBLER

You scored between 1 and 4 Yes's placing you into the category of a **DABBLER**. This indicates that you are just okay, which is not that bad. But we want awesome. After all, this is your one very precious body and life. With consistent training of your self love muscle, you can reach the AMAZING status very quickly.

You can start training right now. But first let's get to the bottom of how you are currently being and define a clearer picture of the Dabbler at work. You may recognize some or all of these feelings.

**The definition of a Dabbler** is one who is feeling satisfactory, comme ci, comme ça, reasonable and decent. While that may seem to be all right, passable and not bad, you can have more and you know that. You want that or you wouldn't be reading this. The Dabbler may be the most dangerous place of all three of the categories because it is just okay and can be tolerated.

Based on your answers to the quiz, you lean towards a "close but no cigar" kind of attitude. In this category, you may not even be able to pinpoint exactly what's bothering you because it's only a slight discomfort. Something is just slightly off and there is this pinging feeling that knows this. You see why this is a dangerous place? Because you could settle in here and miss the awesomeness that is yours for the asking!

What can you do to move from this just okay place to a jaw dropping, incredible, miraculous, spectacular, and awe-filled life?

What if you could improve your state of consciousness so that:

- the trees looked greener
- the roses smelled sweeter
- you were not annoyed by other people
- your taste buds stood at attention
- your intentions where clear
- your clothes fit better
- your confidence rocked off the charts
- your energy infected and affected everyone around you
- your brilliance lit up the room before you walked in

WOOT! How friggin' rockin' awesome is that?

**Here are 2 suggestions for taking it up a few notches:**

1. Practice the art of letting go and forgiveness. Oh boy! Yes I know. Challenging at best, but totally worth all the digging and truth searching. Ask yourself: What is it that you are holding on to from the past that is keeping you weighed down and feeling burdened? Make a list of the people and situations you are holding onto tightly? Write a letter to that person or situation. A useful technique is to write it the form of a letter and then mail it, rip it up, bury it or burn it. Whatever way you choose, let it go out of you. (You can see details on how to do this in *Sleeping Naked After 40: The Guidebook*, Chapter 4, page 106)
2. From here, I love the "SN40x" 40 Day Challenge because it reminds you of who you really are. And since you are open and ready to receive this message, this is indeed perfect timing! Every day, for 40 days, you'll be sent a simple message and reminder that create huge results in how you think and feel about yourself. Further commitment may bring you to the *Sleeping Naked After 40 Academy* which gives you a "place" to belong. This connection keeps

you stay on a consistent path of growing stronger day by day. With the result of increasing that powerful self love muscle. Check it out here at **The Naked Shop. <http://rosiebattista.com/product/sn40x>**

---