

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 QUOTIDIAN

You scored between 5 and 8 YES's on the self love quiz, placing you in the category of a **QUOTIDIAN**. This indicates a fairly weak self love muscle. The good news is you have lots of room for repair and rebuilding.

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

**The definition of a Quotidian** is one who is just kinda okay, a bit lackluster, uninspired or unexcited. You may feel that a lot of your life is middle of the road, so - so and you may even describe it as "no great shakes".

Based on your answers to the quiz, you lean towards a "nothing to write home about" kinda attitude. You're existing in "plain vanilla".

**BUT STOP RIGHT THERE.**

You deserve more flavors in your life. You deserve to feel gorgeous and amazing every day in every way.

So what can you do about stepping it up to the next level and building some self love and care strength?

The solution lies in your style. And your style is in your control. You choose it.

How would it feel to experience life from another angle and replace the way you currently feel with amazing new feelings and experiences that are filled with awesomeness?

What if you replaced your “nothing to write home about” feelings with these:

- I feel sexier
- I have more confidence
- I know who I am and what I want
- I have more energy and joy
- I understand that self love and care is a lifelong practice

Woo hoo!! Now that feels better already, doesn't it?

You can be talking this language. All of these can be achieved as your self love muscle gains the strength it was meant to have.

4. Be patient and trust the process.

5. Be willing to take the next step as it appears.

6. Immerse yourself in self love even if it feels uncomfortable (similar to moving up to a heavier weight that you are not used to and lifting it above your head for 3 extra reps)

**Here are 2 suggestions for taking your life to the next level and feeling better about everything:**

1. The power of love. Begin a "LOVE JOURNAL" filling it with pictures, quotes, ideas and things you love. Ask yourself questions such as: what does a loving day look like, what do I love most about my body, what do I love about what I do, what do I love most about me, what do I love to do, who are the people in my life that love me? You get the picture? The idea is to picture your life in a loving way and to write about it from that point. Don't stop. If you can't think of something, fake it for now. (a useful tool can be The Naked Truth: The Journal, as all the pages creatively prompt you with profound questions to get you to the bottom of what you love about your self and what you want in your life)
  2. Immerse yourself in consistent reading of a self love book or take a course that will remind you of who you really are. I love the "SN40x 40 Day Challenge Course" that comes to you everyday by video, delivering small reminders and huge results in how you think and feel about yourself. Or the Sleeping Naked After 40 Academy which gives you a "place" to belong, and a connection that keeps you on a consistent path of growing stronger day by day, step by step. Check it out here at **The Naked Shop**. <http://rosiebattista.com/product/sn40x>
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