



# Love Being Me Course and Single Module Index

---

Hi,

Welcome to the Love Being Me Course or the single module you have bought.

Each module stands on its own and also links up to other modules to form a whole course so you can make this as flexible as you want it to be.

Every module is a careful mixture of theory, great questions and then some suggested actions so that you can move your life to a place where you can say: 'I love being me', with confidence more and more of the time.

I will share stories and illustrations and although you will change your life by listening you will get far more from this course if you have a go at some of the 'Do's for the course.

Along with every audio you will get a PDF with key questions, actions and links to more on-line resources so you can explore the ideas you like in more depth.

The more you put into the course the more you will get out of it so really find out the bits that interest you and dive in deep; play with ideas, new ways of living and relating.

This course can work in any order although I think the Masks module is a good place to start and Gratitude is a good place to end.

[www.lovebeingme.co.uk](http://www.lovebeingme.co.uk)  
[Julie@lovebeingme.co.uk](mailto:Julie@lovebeingme.co.uk)

© Love Being Me September 2013



## Module Index

1. Mask, Shoulds and Wants – This is where we start off by looking at the roles you play in your life and all the demands that are made on you. We then move on to look at how you can move from ‘should’ to ‘want’ and how this leads to deeper intimacy with yourself and others
2. Your needs and how you spend your time – Here we look at how you spend your time now and then we will look at what you need in order to flourish. Once we’ve got that straight we then look at how you can use time to support your new loving self
3. Stress – We all suffer from stress and so here is a unit which explains what stress is and how it can affect you. There are also practical exercises for stress busting
4. Strengths and likes – We’re going to explore what you love doing and what you do well in this unit so you can do more and more of it and feel energised and like you’re bringing all of you to the world
5. What drives you? – Driver behaviours are unconscious processes which may be our strengths and can also be our stressors so the more we get to know them, the more we are able to drive them rather than being driven.
6. Handling Conflict better – Whether you want this unit for your work life or home, we’ll look at a model of conflict and then look at how to avoid it.



7. You are your own hero – Here we'll look back on some of the tough moments of your life and do some alchemy to look for the strengths and learnings that you developed during this time.
8. Your inner wisdom – We inherit a map of the world from our family and our culture, but when we tune into our own inner wisdom, we have a compass which will guide us in any situation
9. Plant seeds and let them grow - This module helps you move forward to what you want to do, be and have in your life.
10. Tribal Elders, Soul Family and your Circle of friends – Do you have the right people around you to love and support you as you become more and more you? This unit talks about how to find those people and how to be that person to others.
11. Gratitude – gratitude practice has been shown to life moves as effectively as some anti-depressants. Find out more about the theory and how to use it to boost your mood and enjoyment of your everyday life