



SAMPLE MY BOOK!

Fabulously Fifty and Reflecting It! – Discovering My Lovable Me

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ISBN: 978-0-983-06480-0

First Edition

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Prologue

Once upon a time, there was a girl who followed along in her journey not really knowing who she was or where she was really going. She tended to dwell on the past and continually have problems forgiving those that had wronged her but most of all not knowing how to forgive herself.

This girl could not bare to think or talk about being lovable. She had stopped dreaming and put those on the shelf, because all of her dreams were labelled as unimportant. She had trouble fitting into her family and she didn't feel she fit in anywhere on this planet. In fact, she always questioned whether she was on the right planet in this universe. She searched for the father figure she never had in her own father and that culminated in her marrying an older man that her family approved of and then marrying a man her family never accepted. She produced 4 amazing children who are the loves of her life. And when the first marriage dissolved after 23 years, she searched again and found her Prince Charming. They married and lived happily ever after!

WRONG!

This girl discovered one day that her Prince Charming was still a frog with warts and all. These warts were embraced, as they were part of this life. But when the warts become demons that take on a life of their own, her life changed drastically. She put herself through elf blame and took on these warts as her problem. This fairytale life disintegrated right in front of her eyes. As her hopes and dreams fell so did her self esteem, until she had nowhere to go but up.

As in every fairy tale there is a fairy godmother that comes to the rescue. She is not there in the story to Band-Aid the wrongs and the hurts, but to ask the pertinent questions to help this little girl look inwards and see the authentic lovable self she was born to be. With this knowledge as a battle instrument, she learned to battle those evil warts and strive to come out as a victor in this journey. She overcame these challenges in her story and set out to continue on live a fabulously lovable girl

This is my story, a story of a woman who has discovered how through my reflections, the truly fabulously lovable me; the authentic me that I was born to be.

Today I am a confident, lovable courageous woman who realizes that fairytales don't always have the ending of children's books, but they can have the ending and continuation of what we truly want and believe.

This book is the result of hard work and perseverance on a self-love journey. It is the reflection of my life and from these reflections I have created a workbook for you, the readers, to assist you on your own journey to find the most authentic loveable you. My reflections shared are not to place blame on anyone in my path, for I take responsibility for my reactions to every challenge I have come across in my life. I just want you to understand that I have walked in your shoes and have never given up. You can restart your life at any time you want and still succeed in whatever you desire. This is not always easy but if it was then the journey wouldn't be quite as exciting. Easy is never fun – to quote my fabulously delicious self love coach.

So I invite you into my world and to reflect upon your world. Enjoy the journey – I promise you it will be the most fabulously wonderful ride of your life.

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I. PAST REFLECTIONS; ESSING THE PAST FOR WHAT IT WAS

Challenges from the Past – Overcome

Learning to accept and allow. I have learned to accept the life I have lived for the simple reason that without this road I have travelled, I wouldn't have grown into the person I am. The parents I was given, the friends I met, the intimate relationships I experienced, my children, my step-child, the people I have met: they have all affected who I am. The good, bad, and ugly are all important to the design of me. I have allowed all the influences in my life to have a place and be looked at as positives. They have all been given to me to learn from; I embrace each opportunity for if the situations had been different, so would I.

Learning to think and say only positive things. Positive thoughts and positive self-talk are important to keep me in the present, enabling me to carry forward. This takes practice as I grew up in a home of not very positive beliefs. I always thought I was bad, that everything was my fault, and that I couldn't measure up. So with perseverance and determination, I have worked tirelessly to put a positive spin in my thoughts and self-talk. It makes a huge difference in my everyday living.

Always remember I am very loveable. It is my birthright to be loveable. I was born with the inner being of putting myself first and doing only things that make me happy. By loving myself unconditionally, I can then love others.

Learning to forgive. I desire not to only forgive myself, but also others. I always apologised for everything I thought I did wrong in my life, but forgiving myself or someone else for doing those wrong things was never instilled in me. Without forgiveness, I cannot move forward on my journey. Forgiveness releases us to the present and then we can carry on into the future. I forgive myself and it feels extremely good.

Take criticism for what it is. Do not take the criticism of others towards you personally. It is not the loveable me they are criticising; it might be my actions or decisions or something else, but it is not me. So take their observations and learn the positives from them. Don't take their comments to heart because they are not the boss of you and have no determination on who you are. You are the only boss of yourself, so you are the only one to change "you." I now take criticism as a positive challenge and work with it in only way: take it, digest it, learn from it, and throw it away when finished.

I can only change myself, not others. I had to lose the need to control my environment. Because of my upbringing, I never had control of my life. It was completely run by my parents' do's and don'ts. That is not entirely a bad thing, but I was never able to express my desires or dreams for me. I joined the theatre because when I played a character, I was accepted for that character. I was finally accepted even though it was really the character I played that was accepted, not the person I was and am. I now realize that I have the courage to change the only thing I can: me! It feels good and liberating. I love it!

Positivity rules! I always beat myself up as a youngster when I disappointed the people around me. I never learned to take every negative my journey threw at me and see the

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positive lesson in it for me. Now I have, and life is so much nicer. I look forward to challenges and negative situations so I can look for the positive lesson and strengthen my character by hurdling that challenge and moving on.

Love yourself like there is no one else, smile to light up the universe, and laugh until it hurts and then... laugh again.

Have patience on my journey. It takes a lifetime to live and learn all that you need to be the fabulously wonderful you. I have had to learn that patience is not only a virtue, it is also a must in my self-love journey. Nothing comes perfect the first time round and I have had to learn to forgive myself as this is all a process. Live and learn, and then live and learn again.

Finally, for now but not forever, I have had to learn that the abundance of the universe is there for me to embrace. I am learning how and loving it! I will continue to practice my right of embracing all the abundance the universe has to offer, utilizing it to make a most fabulously loveable “me”.

“Opposition is a natural part of life. Just as we develop our physical muscles through overcoming opposition - such as lifting weights - we develop our character muscles by overcoming challenges and adversity.” - Stephen R. Covey

“To overcome difficulties is to experience the full delight of existence.” - Arthur Schopenhauer

Question:

What challenges from your past can you see you have overcome, or still need to, and how?

II. PRESENT REFLECTIONS: THE PRESENT LOVABLE SELF

Prince Charming and the Demon

The little girl inside you kept looking for the perfect father who would protect her and tame her dominant mother. Now you know this little girl is your ego, not your true self. Now you know that you're able to save yourself if you want to be saved.

What makes a "Prince Charming"? He'll be there for you always, he'll take care of you under any circumstances, and you will always be the most beautiful woman in his eyes. He will make you laugh. You will be yourself with him, and no one else. Right now, you're your own Prince Charming and that's the most important thing. The rest will come naturally when the time is right.

When I found my high-school sweetheart after thirty years apart, I thought my knight in shining armour was here to save me. We hit it off like we were still teenagers, and my love for him and life only increased over time in our relationship. Everything was going just fine, in my opinion, when my new husband decided to take on a mistress called alcoholism. It bit him in the butt and he was hooked. My prince turned ugly and the time of my life became the nightmare of my life. I had only read about people living and struggling with addiction, but when you wade knee-deep in it, it is nothing like the words on paper; it is so much worse. Not only are you in the middle of a confusing and abusive relationship, but it is with someone you love with all your heart. You can't understand why you have been deceived like this, why you hurt so much, why the person you adore now treats you the way he does.

You can't believe this is your life. You can only hope that when you wake up, it is all over. Only you wake up every day to begin the trials again.

Finally, I had had enough and I sought out help. Either I was the crazy one or he was. When I found therapy, I realized quite quickly that the problems of an alcoholic are just that: their problems and not mine, as I was so easily led to believe. This took time and effort and a great deal of self-love to come to believe and desire a better life for myself; to know I am worthy of that no matter what. My happiness is always number one. I believe in me and I now trust myself to make the best decisions to put myself first.

I have also learned to forgive myself for my mistakes so I can move on into the future and walk my journey with strength, determination, and pride, no matter where it may lead me.

"Forgiveness is the fragrance the violet sheds on the heel that crushed it." - Mark Twain

Question:

What steps have you taken to learn to forgive yourself?

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III. FUTURE REFLECTIONS; LOOKING INTO LIFE'S FUTURE PATH

Dear Universe,

I stand naked before you, with the barriers and walls crumbling around me, exposing my true and fabulously loveable self.

When I first ventured on my self-love journey to get to this place, at this moment, to say all I have to say to you, I was at the lowest point of my life. What was left of my self-esteem would have barely registered on a Richter scale. My identity consisted of being someone's mother, wife, friend, housekeeper, nanny, laundry-mat, cook, etc. but I forgot to be me. I was so busy giving to others that I forgot to refill me.

I didn't know what self-love was and I had a very hard time even talking about what was loveable about me. I was in a very controlling, toxic relationship with someone who chose addiction over me. I had not been happy for the past twenty months and no matter how hard I worked on making my partner and his son happy, the worse I felt.

I ended up in therapy and on medication to keep my emotions in check. I worried what others thought and I couldn't handle criticism. Even compliments were hard for me to believe, because I based my whole self-worth on a man I thought loved me, but didn't and never would; I didn't believe in myself. I forgot to love myself, which I now know is my birthright, something I am entitled to.

I decided that prescription drugs weren't the answer for finding my inner being, and that was when I went on my search to find out what was. Self-love coaching has been a wonderful journey, one that I'm still on, and will continue on till my last breath in this life.

After six months, I am in a wonderful life today. I have strong self-esteem. I believe in myself and even list proudly all that makes me loveable. I have a set of boundaries and rules that I live by. I enjoy life and love each day no matter what it brings; it's just ALL good!

I have worked hard on my self-love journey

I have created my website: Every Small Space.

I feel very accomplished and successful.

I created MEdotINC,LLC.

I changed my name to Tamara Elizabeth.

I moved to Vancouver with my dogs.

I learned to love myself.

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<http://moximize.me>

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I learned to forgive myself.

I have truly found my “Joi de Vivre”

Dear Universe, I stand before you and make the following commitment to you in the weeks to come.

I will no longer regard challenges as negative and something to fear. I will embrace challenges, and I will learn the positives they bring along with them.

I will continue to work hard in my self-love studies as I have seen proof it works.

I promise to continue to forgive others and myself so that I can move on.

I will also stay in the present and enjoy every second of my life no matter what it puts on my plate.

And...

...I promise to always love myself!

“Love yourself—accept yourself—forgive yourself—and be good to yourself, because without you the rest of us are without a source of many wonderful things.” - Leo F. Buscaglia

Question:

Write you own “Dear Universe” letter.

What would you say about the past you, present you, and the future you?

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Epilogue

Congratulations! You have finished this book and worksheets. You have successfully completed a small leg of your journey in discovering and living the fabulously lovable you. I encourage you to take action. Those actions are your God-given right to utilize because without action, you will always stay exactly where you are now or even before you took this book off the shelf and opened the cover and first few pages.

Look how far you have come in thirty chapters. Just picking up the book and working through it set you on a journey that doesn't end with the closing of the back cover. Continue the action you started and see where you will be in three months, six months, or in one year from now. You will be amazed that the feelings of triumph you are experiencing now will only intensify when exploring your self-love journey. You had to dig deep and reflect upon experiences that were wonderful and painful, I know, but you persevered and the rewards are bountiful. Keep the thoughts and ideas you wrote during your readings and look back upon them when times and challenges get tough. This will be a wonderful resource for years to come.

I want you to look towards your future through the four E's of Empowerment as is your right to do:

Pursue your dreams and goal with **Enthusiasm**; the absorbing or controlling possession of the mind by any lively interest or pursuit.

Wake up each new day in your journey with **Excitement**; the state of being roused into action, or of having increased action; impulsion; agitation, and it is the excited state or condition.

Greet each new challenge along your journey with **Expectancy**; the condition of looking forward to something, especially with eagerness and anticipation.

But most of all live and embrace your fabulously lovable life with **Ecstasy**; a state of sudden, intense feeling and excessive, overmastering joy or enthusiasm. It is a state of emotion so intense that one is carried beyond rational thought and self-control.

I believe in you with the writing of this powerful book. Now it's your turn to believe in yourself by living each day with the four E's of Empowerment.

This book is just the tip of a fabulously wonderful adventure into self-loving. If you feel this taste of what a self-love journey can bring you has tantalized your taste buds for learning and experiencing more, then visit my website <http://.....> And see what else there is in store for you to becoming the most fabulously wonderful person you have the right to be.

“Life's challenges are not supposed to paralyze you; they're supposed to help you discover who you are.” - Bernice Johnson Reagon

Fabulously /fifty and Reflecting It! – *Discovering My Lovable Me* is now available on:

[Amazon.com](#) and [Amazon.ca](#)

[Amazon.com Kindle Version](#)

Sample Only



Tamara Elizabeth is a certified self-love and transformational coach and Master Motivator of women in transition. She empowers women to look into the mirror and reflect the fabulously lovable selves. She is the author of an inspirational book for women titled, "Fabulously Fifty and Reflecting It! – *Discovering My Lovable Me*. All women are invited to join her as a guest on her radio talk show – Talk To Tamara Today. This is a platform where women in transition and professionals coaching them have a chance to share their journeys and learn from others how to heal their wounds and jump back into the ring. She strives to find the humor in life and you will find your experience very positive – the ride of your life. Do you want to discover how to empower yourself, and reflect upon your own journey to self-love? You are welcome to download Tamara's free eBooks @ <http://moximize.me> Do yourself the favor - It is setting an intention towards your goal.