



OUR HOLISTIC ROADMAP IN 66 DAYS

WEEK 8

Welcome to week 8 of The FeelGoodX workshop.

Let's recap what we focus last week

- We were able to discuss the importance of having a right mindset to your overall health
- How a positive mindset can help you succeed in life.
- By having a right mindset you can change your behaviors and habits.
- We have discussed how our mindsets shape our lives.
- How to challenge a negative mindset and turn into positive thoughts.

This is the last week of our journey. We hope that you've enjoy every single week we have travelled together. We cannot have a fulfilled life we don't have a progressive relationship in our life increases our sense of purpose and meaning. Positive relationships are important because they help you to develop self-esteem and well-being. It's nice to feel that you're secured, feeling confident and trust your own decision as adults.

The last elements: Relationship



The most important single ingredient in the formula of success is knowing how to get along with people.
– Theodore Roosevelt



One of the most exciting experience we have in our lives is the connection we have with others. When we are in a positive and caring relationship we feel healthier, happier and more satisfied with our lives. Yes, having a relationship with other people is important, but you should also consider having a positive relationship with yourself – self relationship is the center of everything else about you – one’s relationship is a crucial part of your growth as an individual. Being able to focus on oneself can significantly affect how to relate or blend with others, what is good and what is bad – what may please them and what they don’t like. Relationship with oneself shapes the relationship with others.

Building a positive relationship with yourself and to others help develop self-esteem and well-being. You will feel confident, secure and able to trust any relationship in turn learning to trust your own decisions.

Yes, I know, you’ve heard this a million times before, but it’s true building a positive relationship with yourself and to others is important. Because when you love yourself, you can do everything and not only you can love yourself more, but you can also build positive relationships and create love to those around you. And we can definitely can help the world be a better and happier place while working on yourself.

Building Positive Relationship Yourself

A healthy relationship with ourselves is also complicated, just like any relationship with anyone. Just like any relationship, there are special ingredients to build a loving compassionate partnership. According Stephanie Kang (life coach and counselor) a healthy relationship with yourself is composed of making space for all your qualities including your imperfections and insecurities. A “sense of wholeness and the feeling that you’re free to be yourself.”

What Does A Healthy And Positive Relationship With Yourself Means?

It means being vulnerable letting your worries be a learning .

It means allowing ourselves to be truly seen for who you are.

It means not trying to change the way you live your lives for other people pleasure.

It means letting go of feeling that you have to be someone that you're not.

Powerful Steps To Self-Love

Self-love is a way not to harm yourself involving punishing or judging yourself for every failure or mistake you make. Loving yourself is essential to living well. It influences who you want to be, a reflection of you in your work, and how you cope with life problems. It is so important to your overall welfare that I want you to bring more into your life.

1. **Be mindful** - Individuals who have more self-love tend to know what they feel, think and want in life. They are always mindful of their actions.
2. **Challenge your negative story** – If you're not compassionate with yourself, you don't not love yourself. Notice your negative story in the past and find a way to challenge with a positive interpretation.
3. **Forgive yourself** – We cannot be too hard on ourselves. Punishing ourselves too much from our mistakes will not a sign of self-love. Practice being less hard on yourself when you fail or make a mistake. Instead, learn from your mistakes and improve yourself from your failures in life.
4. **Think about how everybody messes up sometimes** – Everyone else also messes up, the old saying goes "I'm not perfect." Think how doctors or politicians make mistakes. Messing up sometimes doesn't not reflect your accomplishments and success. Rather, think that you can always improve.
5. **Set your boundaries** - know your limitations this will divide the comfortable with uncomfortable things you should not be doing.
6. **Practice good self-care** – When you take care of yourself in different life areas , together with your basic needs. Individuals who practice self-care, nourish themselves like exercising, proper sleeping and healthy social interactions.

Love Yourself First, To Love Others

Sometimes it seems easier to love other people than to love yourself, but building a positive relationship with yourself is an important part of developing healthy relationship with others. With a little patience and little practice you can learn to love yourself too.

List your positive qualities and reflect on them each day – This can be difficult for you if you habitually think negatively about yourself, but try to find one positive thing about yourself and add to the list. At the end of each day, reflect on your entire list. Make your list very specific instead using general adjectives to describe you self.

- I'm good at singing
- I don't judge people by their appearance
- I am a good listener

My qualities	Compliments I have received
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____

Things that make me exceptional	What I value the most
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____

Go-Giver

By adding value and positive relationship to others in a way help them significantly while at the same time increase your own sense of happiness and improves your health and personal life. Shifting yourself from go-getter to go-giver constantly adding value to the lives of others – is not only a nice way to share and live your life but a very fulfilling way as well. There are several reasons why go-givers are the kind and successful people. Yes. . . . It is essential to focus on yourself, but focusing to other make other people feel good about you and makes them recognize the value you bring to their lives. When you share a positive feedback other people are much happier and excited about adding importance to their life.

Are You Giving Your 100 Percent?

In our relationships, we all want an equal distribution.

When our generosity for love, care and respect comes from a pure heart, both giver and receiver are beneficiaries This is referred to as 100/100. It takes some of amount of efforts and sacrifices to give up the numbers and become less conditional in our giving. But when both parties give 100/100 everyone is happy and satisfied.

If you recall the Avengers: End Game movie Tony Stark (Ironman) daughter told her “ I love you 3,000”, in any relationship we must give our 1,000, 2000, 3000, 4,000 and so on. We must provide a sense of security and love that will last. Well, there are no guarantees regarding the outcomes, it's worth the risk.

Negativity Plan



Negativity is the enemy of creativity.
– David Lynch



You can always develop a plan for dealing with negativity – Notice what hinders you from self-love and from creating a positive environment - decide how to deal with those things. Realize that you cannot control the words and actions of other “we cannot please everyone” but you can always control your responses and reactions towards these setbacks. All of us encounter a negative comment from a particular person this can be your friend, mom, father, sister, teacher and your

boss. If you experience this, try to identify why this happens. Decide how you will deal with negative thoughts. You may need to give yourself a time to breath or meditate (you can go back to week three) Acknowledge your feeling and change your negative reactions with positive.

My negative thoughts	How I will deal with it
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Positive Words

Today I listen to my feelings, and I am gentle with myself. I know that all of my feelings are my friends.
– Louise Hay

Create your positive affirmations for others daily will create a positive connection with others – this positive thoughts can help you feel good, and you can repeat them daily. Just a single sentence or words will cause positive thoughts to others A good example of positive affirmation to promote a positive relationship with yourself is: “I believe in you, I love and show love and respect for everyone.

<p>Monday</p> <p>“ YOUR POSITIVE AFFIRMATION TO OTHERS ”</p> <hr/>	<p>Tuesday</p> <p>“ YOUR POSITIVE AFFIRMATION TO OTHER ”</p> <hr/>
<p>Wednesday</p> <p>“ YOUR POSITIVE AFFIRMATION TO OTHERS ”</p> <hr/>	<p>Thursday</p> <p>“ YOUR POSITIVE AFFIRMATION TO OTHER ”</p> <hr/>
<p>Friday</p> <p>“ YOUR POSITIVE AFFIRMATION TO OTHERS ”</p> <hr/>	<p>Saturday</p> <p>“ YOUR POSITIVE AFFIRMATION TO OTHER ”</p> <hr/>
<p>Sunday</p> <p>“ YOUR POSITIVE AFFIRMATION TO OTHERS ”</p> <hr/>	

Do The Things That Make You Feel Good

Imagine you always feel good emotionally, physically, financially, and spiritually. Do what make you feel good; it may require meditation, moving your body, keeping a positive journal and eating the right food/ Find that feels good and do it daily.

Spend some time alone doing activities you love, or even take yourself on a hike in the nature, go out watch movies. Don't forget to take advantage of alone time and use it to motivate you and encourage you to find your purpose and passion in life.

My activities I love to do	How will give my time for this activity
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
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_____	_____
_____	_____

Building A Positive Relationship

Remember that the happiest people are not those getting more, but those giving more.
– H. Jackson Brown Jr.

We human are naturally social beings. It is all about the relationship we build. The more positive the relationships, the happier and productive you will be. When you have good relationships, everything you do will be more pleasurable. When your relationship is working, everyone feels good. When you respect and value other ideas they value yours. Working together, you can develop a solution on your wisdom and creativity.

Refresh, Reconnect And Unplug

When you are busy, you should be able to have a time with yourself once in a while with. This can seem hard to demand of work, school, family and other life. But it's also important to your well-being. No matter how busy you are, it is important to take time and build an environment which you will grow. Some consequences of technology are that it continues to make roadblocks into areas of our lives. Where it offers distraction and harm than advantages.

Here's how you can spend some quality time and getting to know the most important person in your life and yourself, too.

- Read a Book
- Go for a walk alone
- Mediate
- Maintain a tech-free bedroom and no phone at the dinner table.
- Tech fasting - refrain from checking Instagram, Facebook, LinkedIn, and communication apps like LINE most of the time to stay present in to my in-person life.
- Track the time on how much time spend on your phone.

Talk And Connect

People who feel connected to others are more likely to be healthy and have an improved mental well-being. Why? Because it can lower rates of anxiety and depression. According to current studies that people with high self-esteem are more trusting, empathic and cooperative, and as a result people also show the same qualities to them. Therefore, social connections can produce positive feedback of social, emotional and physical well-being.

Make a personal connection with someone you would not normally with it could be your high school friend, coworkers, maintenance and security personnel or even with your boss. Try to connect with them by:

- Smiling and make eye contact
- Have open body language
- Make the person feel special
- Ask questions
- Be a great listener
- Create a good small talk

To whom I got connected To the Mailman who deliver my newspaper daily	Gestures/actions that I made to be connected Smile and say thank you
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Showing Kindness

Do your little bit of good where you are; it's those little of good put together that overwhelm the world.
 – Desmond Tutu

Showing kindness in different ways has many benefits such as increased happiness and a healthy heart. It improves relationships and social connections, which directly boost our overall health – it can also slow the aging process, you don't need to buy creams because you found the fountain of youth.

Kind people are the best people in the whole-wide, world – those who take an extra effort to brighten up a stranger, friend or family’s day and expect nothing in return. It is our responsibility to show a little kindness to someone else.

Here are some tips you can do to show kindness to others:

- Use your facial muscles – smile
- Hold the door open
- Compliment others
- Be generous
- Call your friends and families check them out
- Be kind to someone you haven’t often been with, or you dislike

Act of Kindness	What it feels like?
<p>Date:</p> <p>Where:</p> <p>Who:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Work-life Balance is out, it’s about work-life harmony

harmonyToday, we can say that a better way to become a well-rounded person is achieving work-life harmony. Rather than we strive to achieve some false things to balance our lives. Achieving work-life harmony you’re arranging your life in a different aspect of life in harmony.

Ways to create a better work-life harmony

Make conscious choices

If you want to achieve work-life harmony in your life you must make a conscious choices. You must have a map if you want to go somewhere else. It is true that we cannot predict the future, but it doesn't mean you should not plan. If you want to have harmony in your life, reflect and ask yourself what you want out of your life.

Work with passion

The most important ways to achieve work-life harmony is do what you love for a living. Yes, it is not easy to find a work that is align with your passion, but that doesn't mean it's impossible. Take time to find the things you're passionate about and the things you enjoy the most.

Prioritize working with people you like

Surround yourself with people that Inspired, motivate open minded, passionate and grateful. It is true that there are difficult people in every job. But, people are an import part of your life. They can also help you to grow.

The Thank You 7 Day Challenge

How a simple "thank you" can change the world – saying thank you to others not only makes them feel good, but practicing gratitude has been proven to significantly improve day-to-day happiness and fulfillment for the person receiving the compliment.

By intentionally expressing your appreciation for 7 days you will create a habit of "gratitude" Every day, try to spend at least a few minutes thinking through the people and things you are thankful. This week is the perfect time to remind you to slow down and show gratitude to the people and things you often take for granted.

Over the next 7 days, how many times you can show your appreciation by saying "thank you" and also how many times you receive. The "Show that love" exercise above is interconnected with this exercise which receive complements by doing an act of kindness. After a week count the most you receive and reflect are you a go-giver or go getter? What to do feel about the numbers.

Day 1	Day 2
How many times you say "thank you" _____ _____ _____	How many times you say "thank you" _____ _____ _____
How many times you receive _____	How many times you receive _____

Day 3

How many times you say “thank you”

How many times you receive _____

Day 4

How many times you say “thank you”

How many times you receive _____

Day 5

How many times you say “thank you”

How many times you receive _____

Day 6

How many times you say “thank you”

How many times you receive _____

Day 7

How many times you say “thank you”

How many times you receive _____

Total you received:

Total you’ve said thank you:

Unhealthy Relationship

Unhealthy relationship is often caused by conflicts, violence, misunderstanding and contributed by negative emotions and unhealthy behaviors that can lead to stress and anxiety. Toxic relationship can disturb sleeping pattern to add stress and increase risk of heart and other health related problems.

Resolving Conflicts

Every one don’t always get along because of our beliefs, behavior, culture and ideology. Some conflict is normal, but it is important to know how to properly handle these conflicts. Otherwise, unwanted feelings may affect you, your relationships and other persons in a negative way. Learning the skills needed to resolve will make it easier to manage.

Identifying which certain situations might cause the conflict and imagining yourself dealing with it in a suitable way will help you to prepare for these conflicts. In the circles below, write down what you think is the most effective response to conflict.

Being ready for conflicts will help you deal and handle them and keep your relationship positive and healthy. Practicing effective responses to conflict will help you feel and learn about how confidently response to them.

Think or describe a situation when you experienced an unhealthy relationship or conflict with your friends, family member, or co-workers. What causes the conflict? What made it an unhealthy relationship?

How did you handle the situation?

How would you handle the same situation now? Is there any change?

How To Keep Work-Life Harmony And Avoid Burnout For Freelance Workers

When we feel physical, emotional or mental stress these can be a cause of burnout. Many people experience burnout because too tired and exhausted of professional and life pressure. This tiredness accompanied by feelings of guilt, doubt about the ability to perform and values they bring to an organization. In addition, burnout can have a significant impact on a person’s overall health.

Stay healthy

People who eat healthy and exercising regularly are more confident and they can handle the stressful situations in their work and home life and were less likely to be stressed out at work

Remember to switch off

It is not too difficult to give yourself a break once a while, especially when you feel everything is stressing you out. And constant working will only lead to burnout. Sometimes, you’ve got to prioritize the things you love to do, your love ones and especially yourself.

Say no more often

If someone requested at work to fill his/her shift, it will be tough to say no. Naturally, you want you to please your managers or co-workers to avoid conflicts between you and people around the office. Learn to say no often help you to establish healthy boundaries with others.

Find Routine

Create your routine. If you have a routine, it can help you not to overlook other responsibilities and focus on a particular task.

Do you have a good work-life harmony?

Do you regularly work over your contractual hours? If so, is it because you are expected to?

Is there a culture of presenteeism?

What are your relationships like with your co-workers, boss?

Do you like the company culture in general?

How do you feel at the end of the working day? Tired, thirsty, hungry, frustrated, unfulfilled?

Write down your own incantation for this week's theme

This winding road is your guide each week. In the space below write down your own intention and three words what you are excited for this week.

WEEK 8
BUILD A HEALTHY RELATIONSHIP

WEEK 7
FIND YOUR CALM THROUGH MEDITATION

WEEK 6
CARE FOR YOUR HOME & ENVIRONMENT

WEEK 5
SET YOUR FINANCIAL GOALS

WEEK 4
WATCH WHAT YOU PUT IN YOUR BODY

WEEK 3
KEEP MOVING

WEEK 2
TAKE CARE OF YOUR EMOTIONAL HEALTH

WEEK 1
FIND YOUR PASSION

WEEK 0
KNOW YOURSELF BETTER

Here's a quick summary of what you have learned this week:

- Healthy relationship can help you to be happy and contented.
- Building a positive relationship helps us to acquire healthier behaviors.
- Positive relationship with others help us to find our greater sense of purpose.
- It's important to create safe spaces for everyone.
- It is important to have a work-life harmony
- Extremely important to acknowledge how to connect with others.