

Feeling Love by 3.15pm ♥

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21 Ways to Feel Love and Happiness
Right Now!

AMANDA STEADMAN



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Right Now

(No need for a partner but if you have one, great!)

Amanda Steadman
Connect to Success



1. Listen deeply to everyone you meet today.

When you are fully listening the other person will feel loved and valuable and it mirrors back to you. ♥



2. Put your hand on your own heart and listen to your breathing.

Tell your heart how much you love it and thank it for doing such great work. If you can do this without a smile on your face I'll be surprised! ♥



3. Send a Love Butterfly

Imagine that everywhere you go today – you have an unlimited supply of love butterflies to give away - even those people who annoy you! Send them a lovely love butterfly (choose your colour) who flies from you to the other person. Imagine it landing on them and the love spreads in the form of a golden light from - and smile. ♥



4. Pay it forward

Do something kind and loving for someone else today - even if you don't know them. Feel that self love warm up your tummy and heart!





5. Close your eyes and remember the last time you felt really loved or cared for.

Take that feeling and multiply it x 10. Feel it go down to your toes, back up to your head via your heart and around again. ♥



6. What song makes your heart sing and the love vibes vibrate?

Go onto iTunes or YouTube and listen to it now! Permission to swoon and sing very loudly granted! ♥



7. The Chocolate Factor

Even for those calorie calculating conscious peeps out there, that love their temple. It doesn't hurt to allow yourself one edible treat - chocolate, a small packet of sweets, sugar coated almonds...in moderation. Feel the love - dark chocolate is proven to raise ones immune system - flavonoids are cool so get some in! ♥



8. Say the words I LOVE ME

Self love (not the arrogant kind) is proven to make you feel good, prevent disease and attract most things you want in life. When you love you, life seems to follow suit, so SAY IT LOUD - I LOVE MYSELF, I LOVE ME...It may be uncomfortable at first but I promise you, you will see the results rather quickly if you attach total belief to it! ♥



9. Watch your favourite comedy film or TV show

'Friends' always does it for me, especially Joey. I can see elements of myself in all the characters - which one are you? Almost everyone loves a good laugh that comes right from your belly, raising your vibe and making it much easier to feel the happy love! Even better if you are snuggled up to your nearest and dearest. ♥



10. Give an unexpected present.

Giving is a great way to feel the love going out and back to you. Who could you surprise, who loves you, who may need a love boost themselves? It doesn't have to be big, it could be home made. It is the INTENTION that counts as your loving energy will be transferred with it! :) ♥



11. Fill up your love tank with people you love being with.

Usually you have a family member or friends, or loved one who makes you feel good. Schedule some time to hang out with them and fill up your love tank and refill theirs! ♥



12. Do a yoga session

The energy generated in a yoga session tells your body you love it, so book one in now. Even if you're not sporty, don't worry - it's for everyone (even 70 year old dudes in India!) ♥



13. Tell someone else you love them (be genuine!)

Let them know how much they mean to you; let them know how much you appreciate them. ♥



14. Smile at everyone you see today.

When you start getting confident with it, throw in a wink too! ♥



15. Get out your photo album/online pictures and find pictures of the times you had great fun and felt loved.

Schedule some dates to re-do, re-meet some of these events and people to fill up those love tanks! ♥



16. Take a 'gratitude' walk

Take a walk – in nature is always good! In your mind say a silent thank you to all those people who have helped you or loved you in some way. ♥



17. Go into nature today.

Even if it's just for a few minutes. Stop and study a bird, get to a beach if there is one near you or a forest. Detach from the hustle and bustle and feel the connection with the powerful energy that surrounds you, binds us together and is based on love! ♥



18. Clear out the clutter

Are you blocking out receiving more love or abundance? Release any items, possessions, thoughts anything that is not serving you or adding value to you right now. Package it all up (the physical stuff) and give it to charity! Feel the goodness! For the mental and emotional clutter - imagine they all jump into a space rocket firework - close the door tightly. Light the fuse and watch it all explode in the sky. Goodbye clutter, welcome the love and abundance;) ♥



19. Buy a colourful, groovy book for a journal

Choose a lovely journal and write as many things as you can in it that make you feel loved and happy until your hand stops! Then from today onwards write one thing a day and observe the changes that miraculously start to occur! ♥



20. Get an external make over

Most of us know now that real authentic success comes from the inside. However sometime it's still effective to take time out to make our bodies feel good too. So book in a facial (yes guys they specialise in these for men now too - go for it) or a pedicure, or a session with a personal shopper. Or find one item, perhaps an Ipod or a necklace and when you are experiencing these events say to yourself 'I DESERVE THIS' BECAUSE YOU DO! ♥



21. THE MOST IMPORTANT PART OF THIS BOOK SO PAY ATTENTION:

GET AN INTERNAL MAKE OVER by MEDITATING/BEING STILL..

Whether you know how to meditate or not, it doesn't matter. You need to start somewhere. Start with sitting in silence for one minute. Let the thoughts go in and out and build up from there. If you find this difficult, use instrumental music or a guided meditation. Everyone thinks you have to THINK of nothing. As humans it is not so easy to think of NOTHING. But the more you spend time in silence with JUST yourself, the more you will see what an awesome, beautiful, amazing, talented and loveable

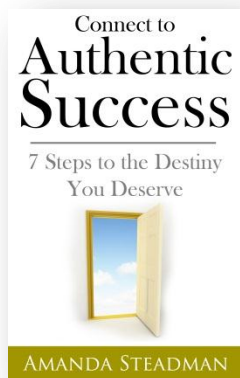
person you are! You deserve infinite love! The answer to LOVE is WITHIN.♥

Enjoy these 21 steps and to your health, wealth and authentic success.

Amanda Steadman is a transformational leader, mentor, author and speaker.

She inspires thousands of people across various continents and is about to launch a new book:

"Connect to Authentic Success: 7 Steps to the Destiny You Deserve"



Launches on **13th March 2013** with a **FREE** accompanying **MIND PROGRAMME!**

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