



STEPHANIE BROWN

RECLAIM YOUR JOY AND UNLEASH YOUR POWER **COACHING**

BECOME A CELEBRATION *Celebrity*

PUT YOUR INNER CRITIC IN TIME OUT
BY CELEBRATING YOURSELF

BY, STEPHANIE BROWN, MD, CPC, ELI-MP

Certified Life Coach

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Celebrate YOURSELF WHEN YOU SILENCE YOUR INNER *Critic*

HOW DO YOU REACH **CELEBRATION CELEBRITY**
STATUS? WHEN YOU **CELEBRATE** YOURSELF MORE
TIMES IN A DAY THAN YOU **CRITICIZE** YOURSELF!
MY BOOK WILL TEACH YOU HOW TO KEEP YOUR
INNER CRITIC IN CHECK SO THAT YOU TOO CAN
LIVE YOUR BEST LIFE!

HOW DO YOU REACH CELEBRATION CELEBRITY STATUS?

YOU REACH CELEBRATION CELEBRITY STATUS WHEN YOU CELEBRATE YOURSELF MORE TIMES IN A DAY THAN YOU CRITICIZE YOURSELF.

ANOTHER WAY OF SAYING IT IS WHEN YOU HAVE SILENCED YOUR INNER CRITIC OR PUT HIM/HER IN TIME OUT BY CELEBRATING YOURSELF.

HAVE YOU EVER NOTICED HOW CELEBRITIES SEEM TO BE LIVING THEIR BEST LIVES ALL THE TIME? WELL, YES - MONEY AND FAME HELP - BUT WHAT MANY OF US ARE DRAWN TO WHEN WE ADMIRE OUR FAVORITE CELEBRITY IS HOW THEY CELEBRATE THEMSELVES. WE DON'T HAVE TO CELEBRATE OURSELVES WITH EXPENSIVE GIFTS AND TRIPS TO REACH CELEBRATION CELEBRITY STATUS, BUT WE MUST CELEBRATE OURSELVES OFTEN ENOUGH THAT IT KEEPS OUR INNER CRITIC IN CHECK SO THAT WE TOO CAN LIVE OUR BEST LIVES!

STEPHANIE BROWN, MD, CPC, ELI-MP



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Chapters

- YOUR INNER CRITIC
- CELEBRATING OURSELVES
- WHY CELEBRATING IS IMPORTANT
- HOW TO CELEBRATE YOURSELF
- CELEBRATION QUESTIONNAIRE
- SELF CELEBRATION LIST



Your Inner Critic

SO WHAT IS THE INNER CRITIC THAT GETS BLOGGED ABOUT AND TALKED ABOUT SO MUCH? I LIKE TO THINK OF THE INNER CRITIC AS THE BACKGROUND MUSIC TO THE MOVIE OF OUR LIVES. IT'S ALWAYS PLAYING IN THE BACKGROUND. IT'S THE STORIES WE TELL OURSELVES ABOUT WHY SOMETHING IS NOT GOING TO WORK OR WHY WE AREN'T GOOD ENOUGH. AND MOST OF THE TIMES, WE AREN'T EVEN AWARE THAT THE SOUNDTRACK IS PLAYING OR THAT WE ARE NARRATING THESE NEGATIVE STORIES.

THE INNER CRITIC IS THE NAGGING "VOICES," OR THOUGHTS, THAT MAKE UP OUR INTERNALIZED DIALOGUE THAT IS THE ROOT OF MUCH OF OUR SELF-DESTRUCTIVE BEHAVIOR THAT CAUSES US NOT TO SHOW UP IN THE WAY THAT WE WOULD LIKE. THESE NEGATIVE THOUGHTS AFFECT US BY UNDERMINING OUR POSITIVE FEELINGS ABOUT OURSELVES AND OTHERS AND FOSTERING SELF-CRITICISM, DISTRUST, SELF-DENIAL, ADDICTIONS AND A RETREAT FROM GOAL-DIRECTED ACTIVITIES.

SOME COMMON VOICES INCLUDE THOUGHTS LIKE "YOU'RE STUPID," "YOU'RE NOT ATTRACTIVE," OR "YOU'RE NOT GOOD ENOUGH."

WE ALL HAVE AN INNER CRITIC BUT PEOPLE WHO LEARN HOW TO TAME THE INNER CRITIC AND GET THE INNER CRITIC TO WORK FOR THEM (AND NOT AGAINST THEM) ARE THE ONES WHO ARE OUT THERE LIVING THEIR BEST LIVES. SO, WHAT BETTER WAY TO SILENCE THE INNER CRITIC THAN TO COMBAT THE NEGATIVITY WITH POSITIVITY? CELEBRATING YOURSELF IS ONE OF THE MOST FUN, VIBRANT AND EFFECTIVE WAYS TO DO JUST THAT!



Celebrating Ourselves

MANY PEOPLE HAVE NEVER HEARD OF CELEBRATING THEMSELVES. I HAD NEVER HEARD OF IT UNTIL I STARTED WORKING WITH A LIFE COACH A FEW YEARS AGO. ONCE PEOPLE ARE INTRODUCED TO THE CONCEPT, THEY OFTEN STILL HAVE A HARD TIME CELEBRATING THEMSELVES BECAUSE IT MAKES THEM FEEL UNCOMFORTABLE BECAUSE THEY PERCEIVE IT AS BEING SELFISH OR SELF-CENTERED. BUT, TO THE CONTRARY, CELEBRATING YOU IS ONE OF THE MOST SELFLESS ACTS YOU CAN DO BECAUSE IT IS AN ACT OF LOVE AND LOVE ALLOWS US TO TRANSCEND SELF AND EGO. WHEN WE HEAP LOVE ON OURSELVES IT CREATES A RIPPLE EFFECT AND FLOWS OUT FROM US TO OUR FAMILIES, FRIENDS, CO-WORKERS AND COMMUNITIES. AND LOVE IS EXACTLY WHAT THE INNER CRITIC IS LACKING, IT'S THE KRYPTONITE THAT SENDS HIM/HER RIGHT INTO THE TIMEOUT CORNER FOR A BREAK. AS A COACH, I SEE SOME OF THE MOST POWERFUL SHIFTS WHEN MY CLIENTS START CELEBRATING THEMSELVES.

Why It's Important

IT'S IMPORTANT BECAUSE IT IS A GREAT TOOL TO TAME YOUR INNER CRITIC AND PUT HIM OR HER IN TIME OUT SO THAT YOU CAN TAKE POSITIVE ACTION TOWARDS YOUR GOALS. THE REALITY IS THAT WE LIVE IN A FAST-PACED WORLD. WE ARE TAUGHT THAT "ACCOMPLISHMENT" MEANS GETTING AS MUCH DONE IN A DAY AS YOU POSSIBLY CAN. HOWEVER, TOO MANY OF US DON'T TAKE THE TIME TO REFLECT ON OUR ACCOMPLISHMENTS. WHEN WAS THE LAST TIME THAT YOU STOPPED AND TOOK A MOMENT TO CELEBRATE AND REWARD YOURSELF? IF YOU STRUGGLE WITH THIS NOTION, YOU AREN'T ALONE.



How To Celebrate Yourself



SO, HOW DO WE EVEN DO THIS? OUR DAYS ARE BUSY ENOUGH AS IT IS, SO HOW CAN WE ADD EVEN MORE STUFF INTO OUR DAYS? LOOK FOR OPPORTUNITIES TO CELEBRATE THE SMALL SUCCESSES ALONG THE WAY. CHANGING OUR BEHAVIOR IS NO SMALL FEAT, SO WE NEED TO CREATE MILESTONES AND RITUALS TO SUPPORT THESE TRANSITIONS.

CELEBRATIONS DON'T HAVE TO BE FLAMBOYANT OR COSTLY. IT CAN BE AS SIMPLE AS SAYING "I CELEBRATE MY COURAGE. I TOOK A BIG RISK AND PRESENTED A CONTROVERSIAL PROPOSAL." YOU CAN ASK YOURSELF, "HOW WOULD I LIKE TO CELEBRATE THIS IMPORTANT STEP?" I CELEBRATED MYSELF THE OTHER DAY WITH A COCONUT MILK LATTE. I DRAGGED MYSELF OUT OF BED AND MADE IT TO THE GYM, ALBEIT LATE WHILE MY INNER CRITIC SCREAMED AT ME THAT IT WOULDN'T BE WORTH IT AND THAT I WOULDN'T MAKE IT THROUGH THE CLASS. I NORMALLY DRINK COFFEE, BUT I ORDERED A SPECIAL LATTE AS A CELEBRATION OF MY ACCOMPLISHMENT. AFTER MY CELEBRATION, MY INNER CRITIC DID NOT STAND A CHANCE FOR THE REST OF THE DAY, BECAUSE THE FUNNY THING IS THAT I KEPT CELEBRATING MYSELF ALL DAY. I SPOKE AFFIRMATIONS TO MYSELF AND I HAD FUN WITH MYSELF. IT TURNED OUT TO BE AN AWESOME DAY AND MY INNER CRITIC WAS PUT INTO TIMEOUT FOR THE REST OF THE DAY WITH THE SIMPLE ACT OF CELEBRATING MYSELF.

Celebrate Yourself Everyday

COMMIT TO CELEBRATING WHO YOU ARE AND LOVING YOURSELF. MAKE THIS A HABIT EVERYDAY WITH THE THINGS YOU ACCOMPLISH. HOWEVER, YOU DON'T NEED A REASON OR SOMETHING YOU HAVE DONE TO CELEBRATE. INSTEAD, CELEBRATE YOU FOR BEING YOU.

DON'T WAIT UNTIL YOU'VE REACHED YOUR GOALS TO BE PROUD OF YOURSELF. CELEBRATE EVERY STEP ALONG THE WAY. ENTREPRENEUR GARY VAYNERCHUK ACKNOWLEDGES THAT HE HAS A HARD TIME CELEBRATING WINS BECAUSE HE "LOVES THE CLIMB." HOWEVER, IF YOU ARE ALWAYS FOCUSING ON 'WHAT IS NEXT', THEN YOU WILL FEEL DEPLETED. WHEN YOU CELEBRATE THE SMALL WINS THAT YOU MAKE, NO MATTER HOW TOUGH LIFE GETS, IT WILL CREATE THE CONFIDENCE AND MOMENTUM THAT YOU NEED TO KEEP GOING. ACCORDING TO AN ARTICLE IN THE HARVARD BUSINESS REVIEW, THERE IS POWER IN SMALL WINS, AND IT'S THE FULFILLMENT THAT COMES FROM MAKING PROGRESS ON MEANINGFUL GOALS.



- LOOK AT YOUR DAILY ACCOMPLISHMENTS
- FOCUS ON YOUR ACHIEVEMENTS
- BE GRATEFUL FOR EVERYTHING IN YOUR LIFE
- HAVE PHYSICAL REWARDS FOR THINGS YOU HAVE DONE WELL
- LOOK AT YOUR INNER STRENGTHS
- IDENTIFY WAYS YOU ARE ACCOMPLISHING YOUR PURPOSE
- FIND JOY WITH THE BEST MOMENTS OF YOUR DAY
- SEE WHAT GOALS YOU HAVE ACHIEVED

Become a Celebration Celebrity

YOUR CELEBRATION NEEDS TO BE MEANINGFUL TO YOU. IT WON'T WORK IF YOU TAKE SOMEONE ELSE'S LIST AND TRY TO MAKE IT YOUR OWN: YOU MAY NOT LIKE COCONUT MILK LATTES! BY COMING UP WITH A ROBUST LIST OF WAYS TO CELEBRATE YOURSELF, YOU WILL NEVER BE STUMPED BY THE QUESTION, "HOW DO I WANT TO CELEBRATE THIS ACCOMPLISHMENT?" AGAIN. YOU WILL HAVE MULTIPLE CELEBRATIONS TO CHOOSE FROM EVERY DAY. START OFF WITH ANSWERING THESE QUESTIONS. ONCE YOU HAVE ANSWERED THEM, IT WILL BE EASY TO COMPILE YOUR LIST OF CELEBRATIONS!

Celebration Questionnaire

- 1 WHAT AM I PASSIONATE ABOUT?
- 2 WHAT CAN I DO FOR HOURS AND NEVER NOTICE THE TIME?
- 3 WHAT GIFTS DO PEOPLE GIVE ME THAT MAKE ME FEEL APPRECIATED?
- 4 HOW DO I CELEBRATE MY FRIENDS?
- 5 WHAT IS MY LOVE LANGUAGE?
- 6 WHAT DO I WANT MORE OF IN MY LIFE?
- 7 HOW CAN I AFFIRM MYSELF WITH MY WORDS?
- 8 HOW CAN I AFFIRM MYSELF WITH MY ACTIONS?
- 9 HOW CAN I TREAT MYSELF WITHOUT SPENDING ANY MONEY?
- 10 WHAT MAKES ME SMILE?

Your Celebration List

NOW THAT YOU HAVE ANSWERED THE QUESTIONS, YOU ARE READY TO MAKE YOUR LIST. USE THIS WORKSHEET. MAKE IT NICE SO YOU CAN HANG IT UP SOMEWHERE THAT YOU WILL SEE IT OFTEN. CHALLENGE YOURSELF TO SEE HOW MANY OF THESE CELEBRATIONS YOU CAN DO IN A DAY. AND OF COURSE, CELEBRATE YOURSELF WHEN YOU SURPASS YOUR GOAL!

BASED ON THE ANSWERS TO THE QUESTIONNAIRE, LIST 20 THINGS YOU CAN DO DAILY TO CELEBRATE YOURSELF - AND DO THEM!

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____
- 13 _____
- 14 _____
- 15 _____



- 16 _____
- 17 _____
- 18 _____
- 19 _____
- 20 _____

Meet The Author



MY NAME IS STEPHANIE BROWN AND I'M PASSIONATE ABOUT HELPING WOMEN WHO WANT MORE OUT OF LIFE GET JUST THAT! I AM A CERTIFIED LIFE COACH AND FAMILY PHYSICIAN WITH OVER 23 YEARS OF CLINICAL EXPERIENCE. I LOVE HELPING PEOPLE TO HEAL AND THRIVE. AS A LIFE COACH, I WORK WITH PROFESSIONAL WOMEN AND PHYSICIANS WHO HAVE ACHIEVED SUCCESS IN MANY AREAS OF THEIR LIFE, BUT DON'T FEEL ALL THE JOY, PEACE AND FREEDOM THAT THEY WANT.

OUR SOCIETY IS ON 24/7. WE CAN BE WORKING ALL THE TIME AND WE OFTEN FEEL LIKE HUMANS DOING INSTEAD OF HUMAN BEINGS. MY CLIENTS GO FROM BUSYNESS AND OBLIGATION TO FREEDOM AND FLOW AND EXPERIENCE THE JOY THAT COMES FROM LIVING IN THE MOMENT. I HELP MY CLIENTS REDUCE STRESS, ANXIETY, FRUSTRATION AND INCREASE CONFIDENCE, SENSE OF PURPOSE AND POSITIVE ENERGY. AFTER WORKING WITH ME, THEY CAN VISUALIZE THE POSSIBILITIES AND USE THE TOOLS I TEACH THEM TO CREATE THE LIFE THEY DESERVE AND DESIRE.

AS YOUR COACH, I WILL HELP YOU IDENTIFY THE UNCONSCIOUS STORIES AND THOUGHTS THAT CONTROL YOUR FEELINGS AND ACTIONS SO THAT YOU CAN DECIDE IF THEY ARE HELPING YOU TO SHOW UP IN LIFE THE WAY YOU WANT. IF THEY ARE NOT, WE WORK ON REPLACING THOSE THOUGHTS WITH ONES THAT SERVE YOU BETTER, WHICH LEADS TO DIFFERENT FEELINGS AND ACTIONS. THIS TECHNIQUE ALLOWS YOU TO SHIFT YOUR ENERGY, SO YOU HAVE THE FUEL TO TAKE POSITIVE ACTION TOWARDS YOUR GOALS. WITH MY SIGNATURE PROGRAM, MY CLIENTS CAN REACH THEIR GOALS IN A FRACTION OF THE TIME AND TRANSFORM THEIR LIVES FROM THE INSIDE OUT. NOW IS THE TIME TO LIVE THE LIFE OF YOUR DREAMS! WHAT'S HOLDING YOU BACK FROM LIVING YOUR BEST LIFE?

STEPHANIE BROWN, MD, CPC, ELI-MP

Book your free consultation with me!

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TO SET UP A FREE 30-MINUTE CONSULTATION WITH ME, GO TO THE CONTACT PAGE AND CLICK ON THE "30-MINUTE COMPLIMENTARY SESSION" LINK BELOW THE WORD GIFT. YOU CAN ALSO EMAIL ME AT STEPHBROWNMD@GMAIL.COM. **LET'S POWER YOUR DREAMS!**



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