

Live a more joyful
and connected life!



Created By Amanda JP Brown

Hello From Amanda

Thank you for being a part of Beautiful Knockout. I am so excited to be sharing this creation with you. Before we start let me share a little bit about myself and my journey.

I wasn't always confident and sure of myself. I suffered some hard things in life, moving at a young age, bullying, and abandonment from my father which eventually led to using drugs, dropping out of school and bad relationships. When my dad left our family, I struggled incredibly because I was daddy's little girl, his mini me. I was heart broken and started looking for ways to numb the pain. After I stopped using drugs, my confidence was at an all time low and I didn't trust myself at all. I was scared and felt like I didn't deserve to be treated well. In fact in ways, I felt like I should be punished for all the bad things I did, which led me to stay in my first marriage as long as I did. I eventually was able to get out of that relationship. It taught me many lessons which I have been able to grow and learn from. (Read more about my story by clicking --> [How My Drug Use Led to Increased Self Confidence](#))

It wasn't until I stopped looking outside for confirmation of my worthiness, that I began to heal. I started to understand that the answer comes from inside and it isn't about becoming someone, it's really about becoming comfortable with the person you are. I had a hard time accepting my past and what it was, I would hide it from people because of the shame I felt. However, no one really was ever as cruel and rejecting to me as I was toward myself. My journey started with a bikini competition and has led to some pretty enlightening shit, all which brought me back to who I have always been and truly am.

Today you can find me writing, spending time with my husband, son and 3 dogs or even hanging out with friends. I love music, dancing, camping, lifting weights, knitting or crocheting, cooking, reading and being a home body. If you want to connect with me more please do via email at amanda@beautifulknockout.com



Stay connected with me on via Facebook and my website at BeautifulKnockout.com

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Journey Introduction & Welcome Letter

Hello you Beautiful Knockout,

Thank you for securing your copy of *The Beautiful Knockout Way in 7 Days*. Over the next 7 days we will be on a journey together as I share the foundations to living a Beautiful Knockout Life. You will have opportunity to journal and participate in daily activities that will enhance your experience. Yes the information and wisdom I will be sharing is important, however, I have found that we all have deep inner wisdom that needs to be accessed in order for us to truly blossom and thrive in life.

I was so overwhelmed with information from all directions, that it was hard to hear what I really needed. It wasn't until I finally created space for myself, with less noise, that I was able to start living a Beautiful Knockout Life. This led to experiencing joy in the moment, regardless of my past, my gray hair, my weight, my wrinkles, whether I followed my diet and workout plan just right or whatever standard I was expecting myself to live up to.

You see comparison is the death of living a joyful life. Seeing how you match up to standards and expectations you have created for yourself or someone else created is just going to make you fucking crazy. If you are anything like me, you know what I am talking about and maybe even said, I just can't do X because it's impossible for me. Now there may be people who say this is a cop-out however there is something to be said about trying to live up to impossible standards all the time. We are human, well at least I am (you could be a bionic robot) and being human means I make mistakes, and shocker but I am not even perfect (and that is okay). In fact, I am so far from it, yet one thing I know is, that if I continue to bet myself up for the mistakes I made or how my teeth are different lengths, how I am heavy then I was 4 years ago, or whatever, I feel bad and that just continues my self loathing and leads to more self sabotage. However if on the other hand, I take the approach that I will do the best that I can and accept that my best will be different every day, I feel stronger, better about myself and I am less likely to compare myself to others or even my former self.

I have done a lot of introspection and all of it has been completely necessary to get to where I am right now. In fact, everything you have ever done, or not done, has also prepared you for this and brought you to this moment. The truth is that you really need to hear the sound of your own voice and learn to trust what it says and believe that it will not steer you in the wrong direction like some of us have believed about ourselves (well at least this was one of my lessons).



Over the next 7 days I will take you through your own personal journey to uncover that deep inner voice inside you, your Beautiful Knockout. She is the HERO within you and for too long she has laid dormant, just waiting until you were ready for her to show you your power. You see, we all have a personal power that is our own and it is our journey in life to uncover it whether or not we are aware of it. Yes, you have power.

If you are looking for a diet plan, a “do this, not that” to experience this result, a mindset overhaul that tells you what you “should” be doing to live a happy life, you will be gravely disappointed because I do not have the answers you seek. You already have the answers and wisdom you seek. My role here is to simply provide the structure where you can hear your own thoughts and reflect on your own experiences, where you can decide what is right for you and your life.

As you begin, I only ask 3 things of you:

- 1) Be open to hearing whatever comes up, even if it scares you or you don't want to believe it is true or one of your truths. Sometimes, we don't want to hear our own wisdom because we “think” we know better. A fundamental key to this process is staying open-minded and just wondering..... what could this mean..... what could it mean that I don't want to hear that..... I wonder what it means that I am not hearing what I expected to hear..... I wonder....
- 2) Set the intention to do your best everyday with this process and honor the fact that your best will be different every day. If you stay within this space and use wondering as a tool when you feel like your best isn't good enough, you will be doing it right. Being intentional about this process is important however you get to decide what your best is everyday. Just be kind and gentle with yourself.
- 3) Commit to the whole 7 days. Many of these activities will take 30-60 minutes however they can easily take more, if you allow yourself the space. So allow yourself the time and space you need as you commit to this process, because you are deserving of your time. The key to making the commitment is to remember and believe you are worth your time. YES YOU ARE!!!

As we begin, I have created space within this handbook to do all the activities however feel free to go out and find a beautiful journal, one that just makes you feel safe and comfortable. It should feel warm and inviting, encouraging you to open it and write your deepest wisdom and knowledge in it. You may not realize it yet but you are one of the wisest people you already know, because you know all the deep stuff about yourself, even the stuff that you don't want to acknowledge. You will know exactly what to write and what not too, remember you are in complete control at all times. And as you stay in a space of wonderment, you will more easily be able to bring things up that you might not have wanted to deal with or acknowledge. This has been my experience. Remember through this process, you will learn to trust yourself which will ultimately lead you to living your Beautiful Knockout Life.



As you get ready to begin, you may want to get a few supplies for yourself. There are several things I like to have for myself when I am journaling, watercolors, color pencils, markers, crayons, paint, stickers, old magazines, and glue. Feel free to get them if you want. There will be lots of opportunities for you to use them throughout the next 7 days, if you choose.

Don't worry you DO NOT need to be artsy or creative to participate in this project. With that said, there are some activities that are going to tap into those aspects of you and YES you have them..... I promise you do. If this is starting to cause you some anxiety remember, I said, YOU ARE IN CONTROL of what you do during the next 7 days (and everyday you choose to be in your life). Remember, all you have to do is agree to be open-minded about the exercises, do your best and commit to the process with intention. I want to remind you to also be patient and understanding of yourself, beating yourself up will not help this process.

One last thing, I will not wasting any of your time, so I am getting down to the nitty gritty of this process rather quickly, I mean we only have 7 Days right? (WRONG, you have as long as you want to explore this and to revisit it whenever you want). However, It might feel like we just went skydiving and I pushed you out, but remember you have your parachute so you are good. Now it's time for you to start your jump into the Beautiful Knockout Way!

Again thanks for taking this on and I am so proud of you for committing to yourself!!!

Much Love an Support Always!

Amanda oxox



DAY ONE: Prioritizing Yourself

One of the things that I can attest to with some certainty is that, many women struggle with prioritizing themselves especially within their relationships with their spouse and children. I know this, because I have struggled with it for years and so much that it made it hard to tell who I really was, because I was prioritizing everyone else. I didn't even acknowledge who I was and what I liked out of fear of making my partner unhappy. I did things for them first and didn't take care of myself. This led to burnout of my energy.

For me, not prioritizing my wants and needs in a past relationship was something I unintentionally did. I remember how stunned I was the day I realized I didn't know who the hell I was or what I liked, because I had given up so much of myself to make the toxic relationship work, which of course it didn't and thank goodness for that ending. However from that experience, I have been able to grow in new ways, and was able to see how by not prioritizing myself I was left feeling confused and lost. Now I am not saying that I have everything figured out all the time, and that is okay, however what I am saying is that, prioritizing yourself is the key to growth.

So as you begin this next 7 days, I want you to start by exploring how you are at prioritizing yourself and what might be holding you back if you are:

Rate yourself on a scale from 1-10, about how good you are about prioritizing your needs before trying to meet others:

If your score is under 7, can you identify where you may have picked up this - from your parents, somewhere else, don't know?

How do you feel about prioritizing your needs over your spouse's or child's needs?



How do you feel about prioritizing your needs over your spouse's or child's needs?

Where did you learn what you wrote for questions 3?

Are you willing to make a commitment to prioritize yourself for the next 7 days?

Why or why not?

What struggles do you expect to have?

What is your worst fear about prioritizing yourself?

What is the probability of your worst fear "actually" happening on a scale from 1-10? Could you survive if it did?

Are you willing to make the commitment to prioritize yourself for the next 7 days, regardless of your perception of what "might possibly" happen? Why or why not?



DAY TWO: Exploring Your Beliefs

Let's delve into exploring your beliefs and how those might be getting in the way of you experiencing a joyful and connected life. Now as you may have noticed, I refrained from using the word "achieve" and instead used the word "experience" and I want to take a few minutes to talk about this before we go further because I think it is something that will help in the long run.

Often we think about "achieving" something and, at times, that can seem to be a little elusive, something that we are constantly striving to get. However when we switch from achieve and use the word experience, it takes on a different connotation because it moves from something maybe intangible to something more tangible. Achievement is good but that feeling doesn't always last long, however experiencing is a state of being and something that can happen right now if you make a few switches.

So let's get to it! What gets in the way of you experiencing a joyful and connected life? Maybe you have a few ideas and maybe you have no freaking clue or maybe you already know but aren't quite sure what to do about it or maybe you know but haven't been ready to do something about it. All are perfectly fine places to be.

As you probably already know, we have beliefs that encourage us and discourage us from doing and even trying new things. Sometimes they are picked up from our family, friends or the media, other times they are picked up from experiences we have had and how we interpret them based on our socialization. Beliefs whether limiting or not, might be something we learned as a child either by a parent or caregiver saying something directly to us or by just observing our world. In fact, much of what we learn about who we are and what is expected of us is through observational learning. Sometimes we don't even know where we learned something, we just do it that way because that is the way we just know to do it.

For example, which shoe do you tie first, the right or the left? Do you always put on that shoe first? If so why? Do you know where you learned it? This is just a quick example of learning by observation of our environment. Some things are never told or intentionally taught to us, they are learned through example, through observation and assessment.

Whatever the reason you learned what you did, there is a way to make changes to our beliefs, so that we can be more encouraging and supportive to ourselves. It all starts with adjusting the beliefs that are holding you back (those dreaded limiting beliefs), as you do this, you will automatically feel more joyful, connected and even empowered to make changes or try new things. Limiting beliefs get in the way of our success and the life that we want to live. They cause us to doubt our ability and question whether what we want is possible for us to achieve in life.



So how do you know if you are creating or engaging in limiting beliefs? Well if you are saying any of the following you are engaging in limiting beliefs:

"I can't because....." or even "I'd like to be able to but..."

Example: I'd like to live a healthy lifestyle but I don't have time to make my own food and/or I am addicted to processed/bad/junk food.

Every time you find yourself using one of the above statements around your goals with the words "I want to but" or "I can't because" you have just found one of your limiting beliefs. Another way you will know when you found a limiting belief is that you feel some negative feelings around the statement. Don't freak out too much though if you find that you have a lot of limiting beliefs popping up, since it is a belief and a thought, there are things you can do to change them. It will take time, along with effort and conscious awareness on your part to identify when it is happening, but with a tenacious and curious spirit you will be able to nix your limiting beliefs when they arise.

Today's Activity: Identify 3-10 limiting beliefs that you believe, or however many you can. Here are some examples of limiting beliefs that you might believe:

- 1) I have no understanding of math, or I am not good at math.
- 2) You have to be skinny to be accepted.
- 3) Nothing I do is good enough.
- 4) I can't.....
- 5) No matter how hard I try, it never works.
- 6) Everyone is better than me.
- 7) I am damaged because.....
- 8) Something is wrong with me because.....
- 9) I don't deserve to have good things happen to me.
- 10) I deserve to be treated like shit.

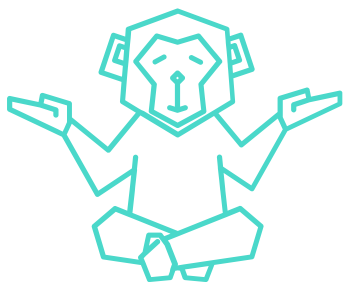
The list I could write could take up pages of limiting beliefs I held about myself and abilities, and maybe you can too. Take a few minutes and identify a few of these limiting beliefs. Try to get to the ones that are holding very strong onto you and write them below or in your journal:



Now using the limiting beliefs you identified above:

"Gently acknowledge that they are what they are. Then accept that they constitute what you've believed until now, and that you can transform them into beliefs that allow you to fully express who you really are." - Sue Patton Thoele

You begin to do this by exploring them one by one without judgment and just accepting them as something you have thought until now, and now you have a choice to continue to believe them, or work on creating a new belief to be true, one that empowers and encourages you.. Reflect below or in your journal:



Mantra: My beliefs guide and direct the actions I take.
I am will to start exploring my beliefs and thoughts
without judgement to create new possibly in my life.



DAY THREE: Your Environment

One of my favorite analogies when it comes to people and how their environment impacts them is by examining the growth of a tree.

For a tree to grow big and strong it needs several things. It needs:

- 1) Fertile soil that provides nutrients for growth and development.
- 2) Rain to provide additional nutrients so I can grow deep roots.
- 3) Sunlight to help it grow strong and tall.



Different environments create different trees. Trees are unique in nature and no two trees are exactly the same, even if they are growing in the same soil.

Trees have to be strong and steady yet flexible in order to endure what Mother Nature puts it through. Strong winds inevitably come which can cause the tree to lose leaves or even branches. If trees do not have an effective balance between strength and flexible, they risk being uprooted. Even if a tree can weather all the outside elements, if a tree doesn't get the right kind of nutrients from the soil through its roots, it will wither and die, from the inside out.

You are like a tree. You were planted and have grown into who you are. The soil that surrounds you comes from your mindset and your past experiences. The quality of your soil comes from your thoughts, beliefs, perceptions, self-talk and even the company you keep. Your soil absorbs and hold onto emotional and physical baggage and unresolved trauma experiences that can become toxic and damaging to you, if left untreated. How you treat your soil directly impacts your self-image, personal confidence and all your relationships. If you nurture your soil with love and compassion you will exhibit those qualities. However if not, you may be left wanting and find yourself in a battle of "if-onlys, shouldas and couldas" which contribute to low self esteem and give your permission to accept being abused and mistreated by yourself and others.

In order to keep your tree healthy not only do you have to nurture your soil, you have to be willing to prune the old limiting beliefs and thoughts that no longer serve you. Pruning can be a scary experience but it is an extremely important process for growth. When you prune the dead and dying branches, you allow the nutrients to feed the healthy branches, instead of trying to keep something alive that is harmful. If you don't prune, you risk losing the whole tree.



When I think of a tree I think of a Bonsai Tree because they are so beautiful and symbolize growth and prosperity for me. They need to be tended to, nurtured and pruned in order to grow in the direction you want them to. This is the same for you and your journey. Nurturing your soil with things that help you grow in new ways is important, while paying attention to and carefully pruning the things that are holding you back. These are not only thoughts and beliefs, but may also be relationships and personal or cultural values, among other things.

As you embark further into your journey through the Beautiful Knockout Way, I want you to really reflect on your experiences and frequently come back to this metaphor, you are like a tree. To help you through this first day, I have an activity for you.

Today's Activity:

Do one of these three things: Draw a picture of a tree, Google a picture of a tree and find one you like, or use the one I have provided, and place it in your journal or just complete the questions in the space below.

Next ask yourself,

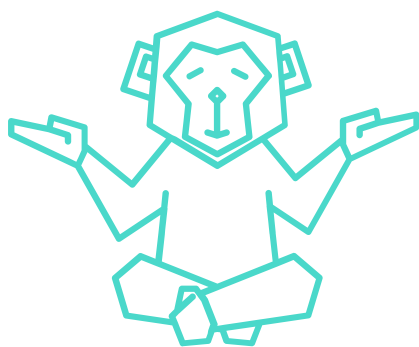
1) What things are nurturing my soil right now?



2) What may be making my soil toxic (past trauma, negative self-talk, negative view of your body/self)?

3) Are there things that need to be pruned from my tree? If so, am I willing to prune them yet at the core or do I need to trim a little at a time? (This is definitely not an all or nothing activity, remember it's about growth, which takes time. This means you may only prune a little at a time, if you want.)

4) How do I want my tree to grow? This is about developing your vision for this journey, what kind of life you want to live and experience. This needs to be something more than I want to lose fat or weight. Those are superficial reasons and don't get to the root of what you really want. Dig deep and find out what really gets you motivated and how you want to grow - what do you want your life to look like in 5, 10 or 20 years. It may not have anything to do with the goal you think you want, when you start to look at things from this perspective.



Mantra: Growth is happening everyday all around me and I am part of the process. My focus is my reality, so I focus on what I want.

P.S. This is something that you may want to come back to frequently and check in to see if you have more to add or not. Follow up questions can be: How is your tree? Is it getting what it needs? If not, what does it need? Remember this is a process and a journey, and this journey is a way of being not a means to an end.

Transformation and change is part of life and all living things experience this, so taking your time for self reflection and inquiry will provide you with some juicy stuff to explore.



DAY FOUR: Perception of Beauty

So let's just be honest, we didn't waste any time delving in deep on day one and that is the beauty of taking a leap off the cliff, you delve pretty deep into the water. Hopefully, you experience brought some new insights and awareness up for you. You may still be wondering and exploring all the questions and that is okay.

Today I want to shift gears just a little and have you to take time to think about and explore these three questions:

- 1) What does it mean to be a beautiful and strong woman?
- 2) What does it NOT mean to be a beautiful and strong woman?
- 3) Can women be, Beautiful and strong? Why or why not, explore your answer

Whether we want to acknowledge it or not, we all have preconceived notations of what it means to be strong and beautiful and what it does not. Let's be honest we have been raised by a culture that is constantly looking for beauty and the fountain of youth. Woman are hacking up their bodies and faces, spending hours restricting their food or working out or both, and obsessing about god knows what, all in the name of beauty so they can feel better about themselves. Women have put themselves through some pretty painful things in the pursuit of perfection and many times still not feeling like they did enough.

It is time to let go of all that nonsense but this is easier said than done. In order to be able to do this, you/we have to be able to explore our own personal concepts of beauty and strength.



Today's Exercise will take you on not only a journey with your words through answering the three questions I asked you to explore above however, will challenge you to delve deeper into the concepts of beauty and strength from a non-verbal place.

Today I want you to create two collages.

The first collage will be a reflection of what it means to you to be beautiful and strong purely through pictures. The second and even more challenging is to create a collage of the messages you received about how to become beautiful and strong.

Take your time with this exercise. It is one to spark a lot of juicy thoughts and feelings. Once you are finished, take some time to reflect on your two collages and what they mean to you. Use the space below to journal about each of them.



DAY FIVE: Process/Reflection

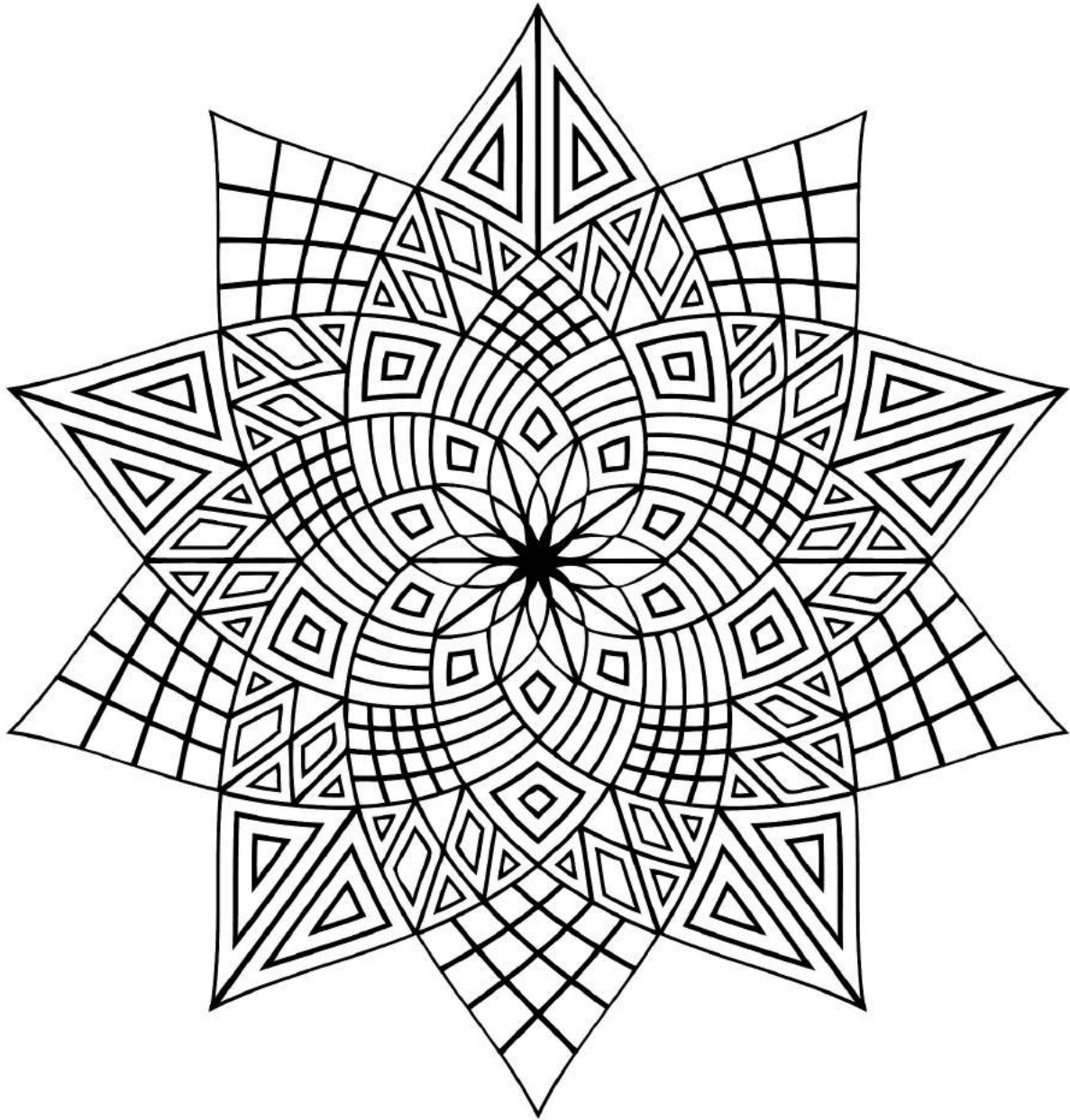
Take some time to reflect on what you have learned and/or experienced the last four days. Journal below before moving on.

As with life there are ebbs and flows to intense introspective work. I have found that we need to practice self-care when we get vulnerable with ourselves. You are working on some deep stuff and stress can begin to bubble up if we are not aware of it. So today is all about taking care of yourself and just allowing everything you have explored the last four days, to really set it. If you rush the process you miss some of the most valuable pieces because you are so busy just trying to get through it.

In addition to either taking some time to do some deep breathing, meditation, or simply a bath to zone out a little, I have a special and fun activity for you right now.



Exercise - Color this mandala -



Mandalas have therapeutic properties and can be used as part of a meditation. So if you feel inspired to do so, once you are done coloring just stare into the middle of this mandala and meditate for 5-10 minutes.

If you enjoyed this activity and like coloring there are lots of FREE mandala coloring pages. Here is the link to where I secured the one above: <http://www.coloring-pages-adults.com/coloring-mandalas/>



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DAY 6: Honoring FLOW

Over the past five days, you have opened up a lot of things within you and some of it may seem a little RAW and while it might make you feel inspired, it might also have you asking more questions or even make you feel vulnerable and exposed. This is completely normal and a sign that you are ready and exactly where you need to be. This also could have brought up a lot of blocks, a lot of natural blocks and maybe even some disbelief. This is also completely normal and a sign that you are hitting something you have taken great care to protect. Whatever is happening right now on day 6 is perfectly okay.

Over the years I have learned the importance of honoring where we are at with ourselves and our journey. It is really hard for us to make it go faster or slower. When we disrupt the natural flow, we experience pain in one way or another. Sometime we do this by wishing we were farther along, however we can only be as far as we are. If we fight against ourselves and our flow, we often experience setbacks, and even self-sabotage. Maybe you have experienced this yourself? And when we wish things were different then they are, we are not only not honoring ourselves and our journey however we are in the arms of comparison and it is quite literally squeezing the joy and connection out of us.

I won't tell you that honoring the flow is easy, because it isn't. It is actually some of the hardest shit you will ever do, because it goes against everything you have been socialized to believe when it comes to pursuing your goals, especially if you have health and fitness goals. Many of the motivational sayings have a hint of personal weakness in them. For example "When you feel like quitting think about why you started" or "The only difference between want and need is self-control" or "just do it" or "go hard or go home" or "no pain no gain" or even "if you're tired of starting over, stop giving up." Now to some people these are motivating and if they are to you great, however if you really look at them, they are not necessarily honoring the flow or where you may be at in your journey. Sometimes we have to quit, change direction, go soft, don't do it, lack self-control, go home, not experience pain and even start over, well maybe it's not really starting over, maybe it's just changing a direction.

The point is, that the most important thing for you to learn is to honor the flow and trust that you know what you need. This is one of the hardest things for me to practice, and it is a daily practice. It is a challenge mentally to honor yourself and your needs and to go with the flow, because it requires you to let go of what you have been told by other people you need to do. Every day will be different and your goal is to just appreciate and honor it for what it is. Stop comparing it to yesterday or tomorrow, just appreciate and honor where you are at right now. So much easier said than done. Let me just say this, I can promise you that, by learning to trust and honor yourself and the flow, you to experience a more joyful and connected life, because you will be truly tuned into yourself.



Today Activity is a journal challenge.

When I read the following quote, it literally blew my mind, because it goes against much of what we are hearing within conventional motivation, however this is my opinion and I will share no more of my reaction because I don't want to influence you one way or another. Your challenge is to sit with this quote and ponder what it means to you, whether or not you agree or disagree. Write what thoughts come up as you read it, think about it, wonder with it. What could it mean for your life, does it have any place in your life? Just explore this... no matter what comes up for you, it is perfect.

"Trying to fix ourselves is not helpful. It implies struggle and self-denigration. Trying to change ourselves doesn't work in the long run because we are resisting our own energy. Self-improvement can have temporary results, but lasting transformation occurs only when we honor ourselves as a source of wisdom and compassion." - Pema Chodron, *The Places that Scare You*

Journal your reactions and thoughts below or in your journal:



DAY 7: Exercising Patience & Self-Care

Two key things that I have learned through my own journey are:

1) It takes time, nothing happens overnight, there will be lots of unexpected twists and turns and things that present themselves that I may not be ready for, but I am because they appeared.

2) If I don't take care of myself no one else will.

These may seem like simple concepts however they may assure you (and maybe you even know from personal experience) that they are complex. Developing and practicing patience in a world that is all about instant gratification can be not only a challenge but can make you feel like you are going fucking crazy. Yes I said, and I won't apologize because it is true!

Patience may be a virtue, but it is not something American culture values at this time. This can make practicing it feel like nails on a chalkboard. However as you are settling into understanding that every day is a new day to practice, to honor your flow, and commit to yourself, you will learn to become patient with the process. Your life isn't a race, so don't rush through it. It's not really better to burn out or fade away, it's better to stay fully engaged, joyful and connected. (okay so now you are seeing my little rock n roll girl coming out).

As for self-care, this is one thing we don't always practice well, in part because as women we are taught that it can be selfish, make you conceited or even appear to others that you are vain and self-absorbed, none of which many of us want to be perceived as by others and especially by ourselves. Maybe you heard messages about taking care of others first, well let me just tell you that is bullshit. It just simply is. No one is going to take care of you and in fact, how you take care of yourself will directly model to others how they should treat you. So ask yourself, what message do I want to send? One that says I should be treated with kindness, compassion and respect or one that says "it's okay if you shit on me"? I choose the former although this did not always come easy to me and when I am stressed or overwhelmed, I can forget to take care of myself and practice self care.

There are lots of ways to practice self-care and no one is better than the other per say, however some have profound effects on your body and brain in ways others don't. Regardless, the most important thing you do for yourself, is something that works for you, something that honors who you are and shows yourself that you are worthy of love, more than good enough and deserve to experience a joyful and connected life.



Today's Activity:

1) Identify the ways that you currently practice self-care:

2) On a scale from 1-10, how good are you at practicing self-care?

3) What thoughts or beliefs or things get in the way of you practicing self-care?

4) If those thoughts are not supportive to you, are you willing to practice self-care regardless? Why or why not?

5) What is one thing that you can do today that will make you feel better about yourself and less stressed?



Beautiful Knockout Super Challenge

Go out and buy a love card, one that you would send to someone special in your life, telling them how wonderful they are and how they have changed your life. Then write a note in it to yourself from yourself. You can say something like:

"Amanda, my love, I wanted you to know, that I appreciate you and all you have done for me. I know I haven't always been easy to be around and sometimes I am incredibly cruel and mean to you. I don't always know why I do it and I am working on that. You are beautiful and sometimes I don't believe that a person as beautiful as you loves me. Thank you, thank you for being with me always, and never giving up on me even when I want to give up on myself. You amazing me and inspire me to become a kinder, more compassionate, loving, trusting, connected and joyful person. I love you.

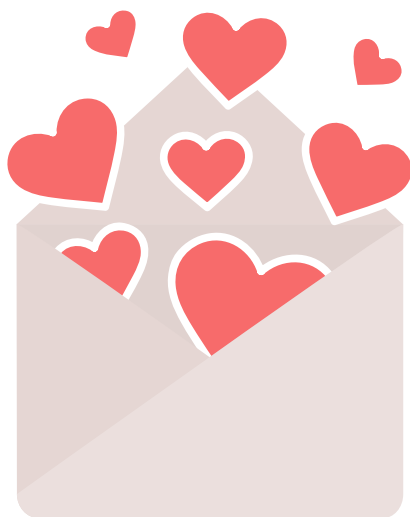
With all my love, your best friend Amanda.

P.S. I love growing with you and thank you for accepting me as I am, beautiful flaws and all. xoxox"

Obviously you will replace Amanda with your name. Even if you don't believe it 100% that is okay, write it to yourself anyways. Then immediately seal it up and address it to yourself from yourself. Then you can do one of three things:

- 1) Send it to yourself (Wait a 2-3 months)
- 2) Ask a trusted friend or family member to mail it to you in a month or two
- 3) Mail it to me and I will mail it back to you when I feel you need it. (I believe in the power of the universe and will tune into your energy through the universe and know when you need to receive it.

The choice is yours. In fact you have three choices, whether or not to participate in this challenge, what to write and how to receive it.



What's Next & Thank You

I know I provided you a lot of information and growing activities over the past week, some you may have been ready for and others maybe not, either way, thank you for making the commitment to yourself and at least trying your best. That is all we can do, just our best everyday, which might not be the same as the day before or the day ahead.

So what's next you might ask?

Well if you want to continue this conversation and exploration for yourself and are interested in continuing to have me facilitate thought provoking activities to help you live a more joyful and connected life, you might consider joining a women's group on Facebook that I co-facilitate with one of my good friends, Dr. Amber Goshlani, called REAL Women. We have partnered to create a group for women who want to get REAL about their lives. This group isn't for the faint at heart, but is open to any woman who struggles with issues around confidence, self-worth, self-acceptance, self-trust and self/body acceptance. REAL is about Raw, Exploration, Acceptance and Love. We are providing a safe, supportive and non-judgmental environment to explore your deepest stuff.

If you are interested in joining, click this link and request to be added

<https://www.facebook.com/groups/WomenREAL/> Either myself or Amber will approve your request so you can see what it is about. To get the scoop on this group make sure you review the pinned post. In this group, we get deeper into some of the things you have just experienced in The Beautiful Knockout Way over the last 7 days. Even if you join, you get to decide what and how you share, what conversations and exploration points you participate in. You do need to have a Facebook account to join. It's FREE and 1000% Confidential.

Thank you again for committing to yourself and being brave enough to take a look inward at yourself, so you experience a more joyful and connected life. Again, if you are interested in the Facebook Group: REAL Women, please go to <https://www.facebook.com/groups/WomenREAL/> and request to become part of this amazingly fierce and brave group of women, who are like you in many ways, and not in others. Together by sharing our stories and bearing witness to each other, we promote growth, acceptance and love.

Much love and Support Always,

Amanda JP Brown

P.S. Let me leave you with one last thought to embrace as you journey ahead.

"I'm not afraid of my truth anymore, and I will not omit pieces of myself to make you more comfortable." - Alex Elle

