

The Glow Guides

SHANI JAY

Hi, beautiful!

Welcome to your *Glow Getter* Workbook :)

This contains a full collection of the handy Glow Guides you'll find in the book, along with a little extra rainbow sprinkle of surprises. If you haven't yet checked out *Glow Getter*, this workbook will make a lot more sense once you do. Click [here](#) to get the first two chapters free!

I've designed this workbook to be kept next to you as you're making your way through the book, so you can gain the most from the ideas and teachings presented. Think of this as your very own bible to document your journey from where you are right now to the woman you dream of becoming.

Between the book and your Glow Guides, you'll be well on your way to transforming your life and inviting an infinite amount of more happiness, fulfillment, and passion into it.

Use these pages to journal your thoughts and heartbeats as you work your way through the many obstacles along your path, and confront and overcome those challenges and fears.

Always remember—nothing in this life can hold you back from reaching your higher self, unless you allow it to.

Enjoy your workbook, and I'll speak to you soon, beautiful!

Love,
Shani

#GlowGetterTribe

1. Find Your Why and Never Let It Go

WHY do I want to transform my life?

The power of affirmations

An affirmation is simply an embellished word for a positive thought that you repeat out loud which describes your goal in its already completed state. I like to think of them as a workout for your *mind*. They're central to The Law Of Attraction (the idea that what you think about is what you end up magnetically attracting into your life) and creating the life of your dreams, and can have profound effects in reshaping your inner beliefs and attitudes that may have been holding you back from your goals all this time.

Many people use affirmations as a way to stay focused on their goals and to navigate through any obstacles that arise along the way. What I love most about them is they help to create higher vibrations of happiness, gratitude, joy, bliss, and love, which in turn helps you to attract people, resources, and opportunities into your life that will help you reach your goals and live your dream life.

How to create your own affirmations

1. Choose a negative thought you often find yourself thinking, e.g. "*My life sucks.*"
2. Write down that negative thought on a piece of paper, then tear it up and throw it away!
3. Find a more *positive* opposite to that thought. Instead of replacing "*My life sucks,*" with "*My life doesn't suck,*" you will say, "*I am so grateful to be living a beautiful and abundant life.*"
1. Repeat that affirmation ten to twenty times in one sitting daily, or throughout your day, so that positive thought becomes embedded in your mind.

A couple things to remember:

- ♥ Always start with the powerful words “*I am.*”
- ♥ Use the present tense.
- ♥ Keep it positive—state what you want, not what you don’t want.
- ♥ Keep it brief but get really specific.
- ♥ Include an action word ending with –ing.
- ♥ Affirmations are personal and only work for you, not others, so allow yourself to be self-indulgent and keep it about you.

Your mission today: Light a candle, find a sacred space of calm, pick out your favourite pen and a pretty piece of paper or a journal (or the pink page I’ve included for you at the end of this section!), and create three of your very own affirmations. Make sure these affirm your achievements of your three most important goals or dreams, and then commit to a time each day when you’ll practice these.

A sticky note on the fridge or a reminder on your phone will ensure you don’t forget, even on days when you’re rushed off your feet.

Use the space below to journal your thoughts.



I am...

1.

2.

3.



2. Bullshit, You Aren't Living

In what parts of your life do you think you're settling today?



Find your passion

Write a list of all the things you love doing—y'know, the things that make time go by super fast and fuel you with energy and passion.



Your dream life in pictures

In January 2016, I decided to make the very first vision board for myself for the year ahead. If you haven't heard of it, a vision board is simply a beautiful collection of images, words, and maybe even objects that are meaningful to you, and what you hope to accomplish in your year ahead.

Regardless what time of year it is, it's always the perfect time to start a new vision! It's super fun too—you get to rifle through gorgeous magazines and tear out images and quotes that inspire you, and have a good old Pinterest scroll too. You could even do your own doodles and drawings, and make sure to include your affirmations.

Your mission today: Create your own vision board that fills you with love the moment you set eyes upon it. I like to put a happy playlist on and set a whole evening aside to do this because it's so enjoyable! Get yourself a large pinboard or piece of cardboard, and go to town on it! Fill it with images and words that light you up, what you're dreaming of manifesting in your life, and anything that your heart is magnetically drawn to.

Be sure to place it somewhere you know you'll see it every single day so you can be inspired by the life you're in the midst of creating for yourself. Surrounding yourself

with your dreams and goals serves as a wonderful reminder of what you're trying to accomplish; it helps to keep you motivated and pushes you closer towards a happier and healthier you.

What do you want to achieve in the coming year?

(This can be related to your career, relationships, money, your home life, passion projects, etc.)

Dream - Believe - Achieve

I've created some vision board printables to get you going which you can include on your vision board!

Check them out on the next page. (I've left the reverse side blank so you can tear it out!)

I'd love to see what you create! Once you've completed your vision board, take a photo of it and share it on Instagram—tag me @shanijaywriter #GlowGetterTribe

VISION BOARD PRINTABLES



3. Mindset Is Everything

Inhale sunshine and rainbows, exhale the bullshit

The moment I found meditation, I fell head over heels for it. Don't be afraid of it if you've never tried it before; it's not the weird, hippy dippy, religious chanting ritual you might think it is! Meditating is simply the art of sitting peacefully in a chair, or cross-legged on the floor, and doing nothing but breathing deeply. Even if you only dedicate five minutes a day to it, it can work wonders for your mind, body, and soul. I find I'm always instantly calmed, energised, and more positive after meditating. There are some great apps like Calm and Headspace to help you if you're a total beginner.

When you breathe in, imagine yourself inhaling positive energy, good thoughts, and loving kindness. And when you breathe out, release all of the pain, anger, resentment, jealousy, and feelings of unworthiness that plague your mind and body.

Journal your thoughts on how you feel after doing this exercise.



Make a list of all the things you love about yourself
(Don't stop until you've got at least 10!)

I love...

If you want more love in your life...

Head to shanijay.com/glowgetter to take part in the self-love sanctuary—a fun 7-day challenge—for free today! 😊

4. Your Biggest Adventure Yet

Retreat yo'self!

Like I mentioned in this chapter, I think we do our very best thinking when we give ourselves time and space away from our everyday lives.

What better way is there to do that than taking yourself on a mini-retreat?!

Depending on the time you have and what you can afford, I want you to plan some solo time away for yourself. You could stay in your home country or travel 5,000 miles across the world; take a few days or take a few weeks—it's completely up to you!

You could book into a yoga or meditation retreat, take a spa weekend, a short city break, or spend the entire time chilling and surfing on the beach—whatever will bring you the most joy.

Be sure to take a journal with you and make time (an hour or so each morning and evening) to sit and think alone and write all your thoughts, ideas, challenges, struggles, fears, and dreams down in it every day.

I think you'll surprise yourself with the breakthroughs you end up having!

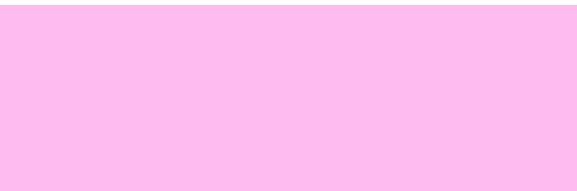
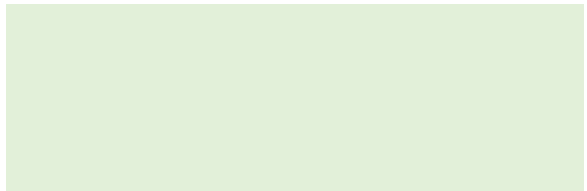
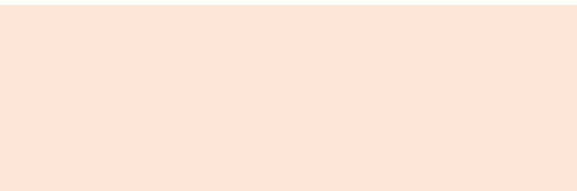
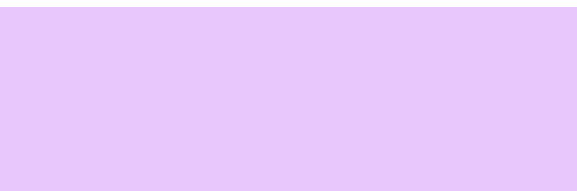
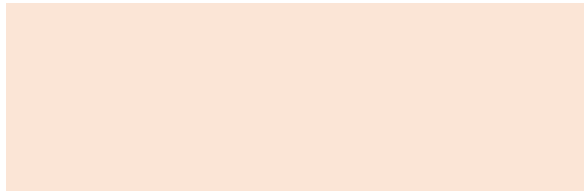
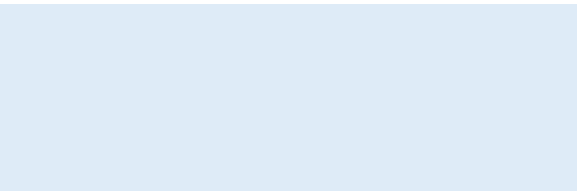
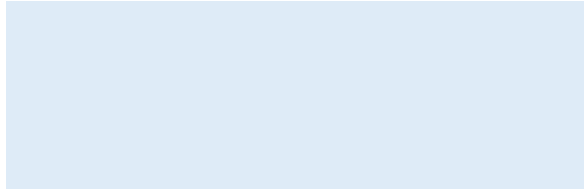
Where will I go?

Start a dream jar

A dream jar is a small-ish sized jar that you fill with all of your BIGGEST dreams—everything you want to see happen in your life and everything you're prepared to work for until you finally achieve it.

Your mission: Get a stack of scrap pieces of colourful paper, sticky notes, or use the rectangles opposite to get started. Write down all of your biggest and boldest dreams separately, fold each one up, and pop it in your dream jar. Make a point of picking them out randomly now and then and read them to yourself as a reminder of what you're working towards. And once you make a dream come true, take it out of the jar and pin it up somewhere as a reminder of what you've achieved.

FYI, it doesn't have to be a *jar*—it can be any kind of pot, mug, or holder as long as it holds your dreams and is pretty to look at (you don't wanna clutter your space with anything that doesn't make you feel good when you look at it).



5. Step into Your New Story

How do you currently spend your free time?



Make a list of all the things you've always wanted to do, but never thought you have time for:

(e.g. writing a book, learning a new language, training for a marathon)



Think about what you could do less of in order to make time for these:



Decoding your habits

Did you know that every single one of your current habits—good or bad—follows a three-step pattern? And lasting change is the result of those daily habits?

Yes, it's true. Professor BJ Fogg and author Charles Duhigg (*The Power of Habit*) discuss the process of habit formation deeply in their work, so if you want to learn more, go check them out!

Here are the three steps, which form a neat little habit loop:

- 1. Reminder - the trigger that initiates the behaviour.**

e.g. your body tells you its hungry

- 2. Routine - the behaviour.**

e.g. you eat something—either a healthy dish of brown rice, vegetables and pulses—or a takeaway pizza.

- 3. Reward - the benefit (or punishment) resulting from the behaviour.**

e.g. you feel great and your body feels energised because you ate something substantial and nourishing, or you feel sluggish and bloated because you ate something greasy and high in fat and dairy.

This same habit loop applies to all of your habits, not just your eating ones. Whether you want to start working out, writing a book, or creating art, you've got to set up a new system for yourself that makes it easy to start.

If you were trying to make it easier for yourself to start writing in the morning, you might leave your laptop open and ready waiting for you on your desk, along with a pen and paper for your notes.

To make this a natural habit first thing in the morning, you might go and sit down at your desk as soon as you've made yourself a cup of tea or coffee—so the hot drink will be your new reminder to start writing.

Once you've finished practicing your new habit, it's important to reward yourself. You'll feel good anyway because you've succeeded in doing something new that you set out to, but go a bit further and tell yourself, "Great work!" or "I've kicked ass today," so that you feel even more pumped!

Write your first new habit loop below—make sure it's a habit that's important to **you**, and you're not doing it to please somebody else.

Reminder - the trigger that initiates the behaviour.

Routine - the behaviour.

Reward - the benefit (or punishment) resulting from the behaviour.

What does your dream daily routine look like?

If time wasn't holding you back, what would you do? Fill your day with all the things you love as well as all the things you've always wanted to do but never found time to? I love to include things that are focused on self-development and nourishing my soul.

Your mission: Plan out your day (include time slots and allow for your day job and other responsibilities), and implement it gradually. Tomorrow, pick one new thing to do, the following day add something else, and keep going until your day mirrors that of your dreams.

My dream routine

6. Show up for Yourself

Goal setting for glow-getters

Without goals, you'll lack focus and direction, and the *way* you set them will have an impact on the likelihood of you achieving them.

Here are the 10 golden rules when it comes to goal setting:

- 1. Brainstorm** - Make a list of all the wonderful things you'd like to do in your life, anything that sounds fun and lights you up when you think of it, and then choose the ones that stand out most to you from the list.
- 2. Find your WHY** - As you already know, getting clear on why you want to achieve your goals is powerful because it will help provide purpose, clarity, and all the motivation you need to see it through to the end.
- 3. Pick ONE goal to focus on at a time** - It's hard to focus on more than one goal at a time, and it is also likely to overwhelm you. Having one thing to focus on means you can throw all of your energy into making it happen.
- 4. Write it down** - Writing anything down signifies you stating your intention and putting things in motion. It also helps to have your goal somewhere you can see it every day and be reminded of what you're working towards.
- 5. Break it down into steps** - Define the very last thing you'll need to do in order to achieve your goal, then the step before that, and the step before that one, and keep going until you get to the very first step you need to take in getting started.
- 6. Set yourself a timeline** - Set a "by when" date for your goal—when you want to achieve it by—as well as dates for all the mini-steps too.
- 7. Find someone to hold you accountable** - It's hard keeping yourself motivated all the way on your journey, and it can really help to have a friend, mentor, or coach to hold you accountable to your goals and even provide feedback along the way. As soon as you tell someone about your plans, they become real.
- 8. Take action on that first step TODAY** - Whatever that very first step on your goal breakdown was, start on it today. Don't put things off—commit to this journey *today*. The sooner you start, the sooner you'll get there!
- 9. Review them frequently** - It's up to you how often you review your goals (daily, weekly, or monthly), but make sure they inspire and populate your daily to-do lists. Every time you review your goal, look at how far you've come and think about the next step you need to take to move forward.

10. Keep going - Don't allow yourself to forget your goal or be distracted from it. Always keep it in sight, remain focused, and put all your energy into achieving what you set out to. You'll thank yourself when you finally get there.

Plan out your BIGGEST goal below, using the steps above.

My goal:

The final step I will take: _____



The very first step I will take (today!): _____

Tick-box trick

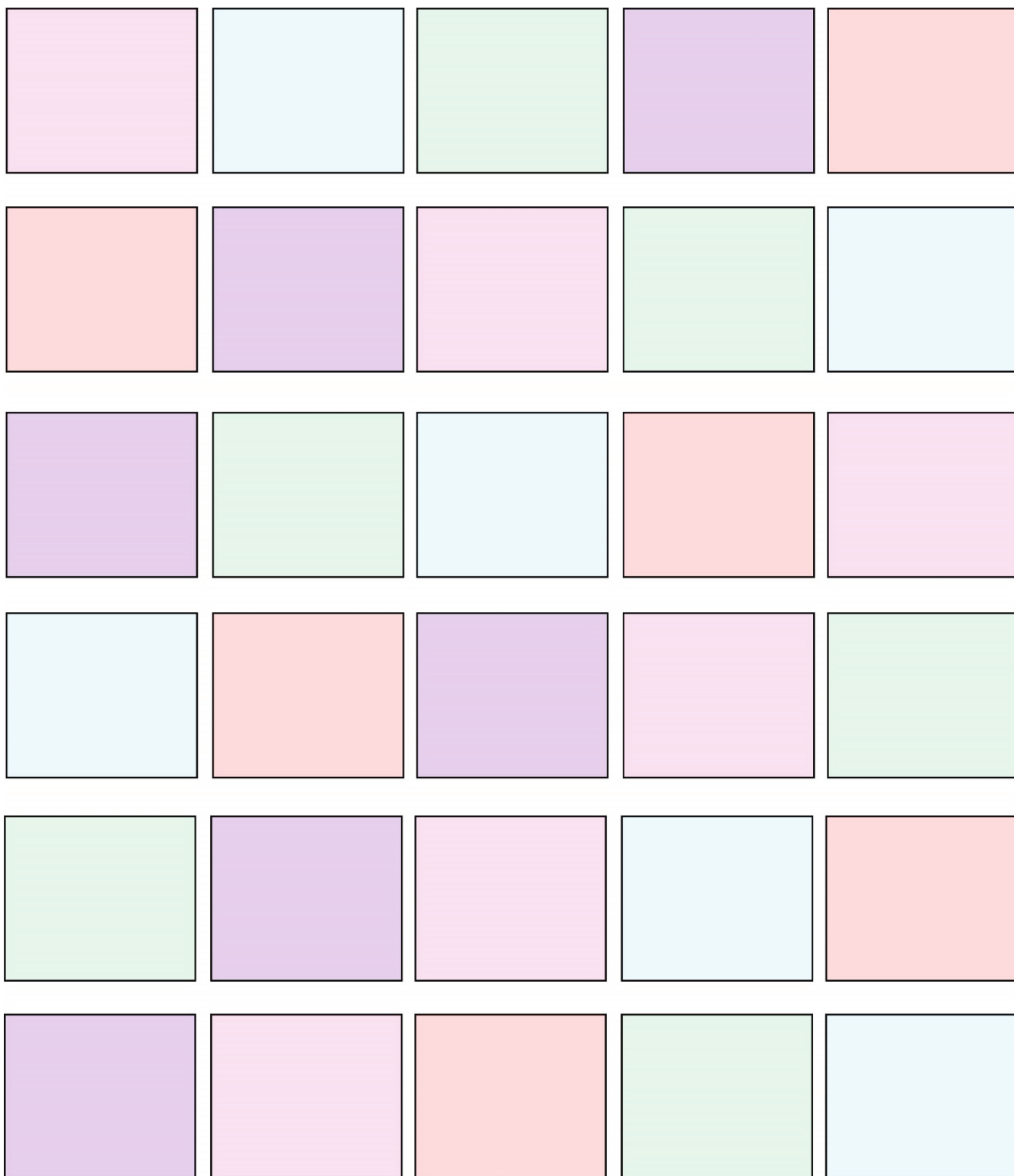
Every time I've been working on a new project or big challenge, I've found the tick-box method to be incredibly effective in keeping my motivation levels high and pushing me forward, even when I'm feeling sluggish.

Your mission: Draw up a simple table with a series of equal-sized boxes to represent the number of days you want to continue a new habit or work towards a specific goal (e.g. going for a run, writing in your journal, eating clean). Each day you successfully complete your task, you get to put a big tick in the box, and if you don't manage to stick to it, you have to leave the box blank.

I find this simple exercise helps to keep you on track because it's human nature to want to see a full page of ticks—we like winning!

I've created a tick box table for you on the next page, ready to use today. Add your challenge or goal that you want to practice each day, and start checking off those boxes, glow getter!

My challenge:



7. Find Your Tribe

Who in your life is currently not supportive of your transformation journey?

How do you feel when you're with them?

How would you like to feel instead?

What are the qualities you're looking for in a soul sister?
(Support, mentorship, positive energy, kindness, etc.)

Places you can connect with like-minded women:

- ♥ Facebook groups
- ♥ Instagram
- ♥ Local networking events
- ♥ Mentor sites
- ♥ Female orientated support groups (business and general ones)

Get some GLOW

The [Glow Getter Tribe](#) was created for women who want to attract more love and happiness into their lives, build their self-confidence, and realise their worth.

It's free to join, and as soon as you do, you'll be sent a free 7-day self-love challenge where you'll learn:

- ♥ How to bring positive vibes into your life
- ♥ How to change the way you see yourself
- ♥ Your own Goddess ritual
- ♥ How to practice gratitude and feel more thankful
- ♥ To love who you are, from the inside out
- ♥ A clear sense of self-worth
- ♥ And most importantly—that you are *enough*.

You'll also get weekly Love Letters from me filled with inspiration, kindness, and a generous sprinkle of sparkle!

Relax, grab a glass of pink, come on in, and [join our tribe](#).

8. It's Always Darkest Before the Dawn

Facing fears—the “what if” technique

To get over your fears, first you have to confront them.

Your mission:

1. Write down your deepest fears (one by one). Next, list the worst possible outcomes that could happen if you faced your fear, what you could do to prevent each of these from happening, and then what you could do to solve these hypothetical problems if they *did* happen.
2. Write down all the potential benefits you can imagine of trying or succeeding to overcome your fear.
3. Ask yourself the cost of burying these fears and doing nothing. If you were to continue to avoid this fear and allow it to influence your future decisions, what will your life look like in six months' time, one year, or even three years?

Go deep with this one, and think about the ramifications emotionally, physically, financially, and spiritually too.

Doing this regularly will help you to evaluate and rationalise your fears, as well as take action towards overcoming them.

Have a go at facing your fears on the next page!

Celebrate your wins!

If you want to do this digitally, create a new folder or find an app like Evernote where you can write down and save screenshots of all of your accomplishments. You might decide to organise this by month, so you have a clearer picture of your progress.

If you want to create a physical WIN-board, get yourself a cork board or a large sheet of cardboard—anything that has enough space for you to pin all your future achievements on. Use this as rocket fuel for whenever you're feeling down or in need of a little confidence boost. Always cheer yourself on, glow getter!

My fears

Worst
outcome

How to
prevent/solve

Benefits of
succeeding

Cost of doing
nothing

Start writing done lists

I always need a to-do list to keep me on track for the day, but the trouble is we tend to overload ourselves with multiple tasks and then feel overwhelmed before we even get going. I try to have just *one* main priority each day and two to three smaller tasks that are less important.

At the end of the day, instead of berating myself for what I haven't done, I always make a point of writing down everything I *have* accomplished in that day—you can do this in your journal or in a separate notebook. It's a wonderful feeling listing all of the things you've achieved, and more often than not, you'll read it back to yourself and realise you had an awesome day filled with plenty of success! That in itself is great motivation to spur you on and keep you feeling positive and energised on your journey.

Here's a done list I've made especially for you!

Everything I achieved today



P.S. You're awesome!

9. Haters Gonna Hate

What's one hurtful thing someone has said to you that still plays on your mind?

Why does it hurt you?

Why do you value the opinion of the person who said it?

6 simple steps for dealing with haters

1. Remember, it's really about *them*.

Behind anger, rests fear. When people attack you, it's usually because they themselves are afraid of something happening to them, or they're currently experiencing something difficult or painful in their own life. Be mindful of this the next time you receive a hurtful or negative comment.

2. Don't take anything personally.

If you take what they're saying to heart, it means you think they might be right or you're agreeing with what they're saying. Don't take it personally—this will stop you from causing yourself even more pain.

3. Take a step back.

Leave it for 24 hours—don't do anything, and it will go away. The moment you respond, the hate continues to spread and grow.

4. You do you.

People will either love you, hate you, or won't care—so you should keep doing what you love and always do your best regardless of what anybody has to say about it. This is your life; you're not living it for anyone else.

5. DELETE them (if you can).

If it's a written comment, delete it where possible, and block any trolls. If it's someone in real life, don't engage with them and avoid them altogether if possible.

6. Hate only fuels more hate.

When you get angry at someone else's actions or words, that anger rests inside you as negative energy which only harms you and can sometimes end up consuming you. It's easier said than done, but by only sending love and compassion to everyone, you're ending the cycle and turning negative vibes into something positive.

10. Fall down Seven Times, Stand up Eight

Take a moment to think of all the times you've made a mistake or failed at something.

What did you learn?

What can you improve on next time?

Learning to love your imperfections

As soon as you realise that perfection is an illusion, the easier you'll find it to move on from your mistakes and failures. None of us are perfect, and why would you want to be anyway? Perfection is boring!

Your mission today: Write yourself a letter of forgiveness.

Today is the day you stop allowing your mistakes to make you.

Forgive yourself in this letter for all of the mistakes, setbacks, and failures you continue to carry around with you. Let any guilt or suffering pour out of you as you put pen to paper. Now, burn the letter, or rip it up into shreds. Let this signify that those mistakes are in your past and don't belong here in the future you're creating.

Focus on how you can better learn to deal with mistakes and failures from today. The very next time you mess up (however big or small it might seem), remind yourself that you are only human, and look at this as an opportunity to grow and become wiser. And don't forget to thank the universe for this valuable lesson!

Write your letter to yourself below ☺

Dear _____

11. Raise the Bar

How does it feel to have succeeded in sticking to and reaching your goal?

What do you know now that you didn't know before you set out on this journey?

How has this achievement contributed to becoming the woman you want to be and designing the life you want to live?


Tips for CELEBRATING like you mean it!

I've put together a few fun ideas of what you can do to mark the occasion of finally reaching one of your goals and congratulate yourself like you truly mean it (I hope you do!):

- ♥ Pop a bottle of pink bubbly (or your drink of choice) and toast to your fabulousness!
- ♥ Dine at a restaurant that has been on your to-visit list forever.
- ♥ Treat yourself to a small gift to mark the occasion (it doesn't have to be anything expensive!).
- ♥ Spend an entire day doing whatever you want to do, and don't feel guilty for a second.
- ♥ Bake yourself one of those fancy rainbow-layered unicorn cakes, invite your besties over to share it with you, and devour as much of it as you wish!
- ♥ Book a fancy massage or retreat to unwind from any stress or tension that has built up in the process.
- ♥ Call your best friend and tell her how amazing you are (you ARE!).
- ♥ Buy a confetti gun and sprinkle that rainbow like you mean it!
- ♥ Write a list of everything you learned from this experience.
- ♥ Put on your favourite song and just DANCE.
- ♥ Text/email/call all your loved ones to tell them the good news, so they can shower you with compliments (and maybe gifts too).
- ♥ Write down what you've achieved, and pin it up somewhere you'll see it every day and be reminded of how far you've come.
- ♥ Stock up on all your favourite snacks, sit back, and watch your favourite movie.
- ♥ Write a handwritten letter (using your prettiest stationery) of gratitude to someone who helped you on your journey.
- ♥ Take a day off from work (no explanation needed).
- ♥ Throw a party (this is a great one for those BIG goals!).
- ♥ Take a selfie so you can remember yourself on this fabulous day in years to come.
- ♥ Spread the love, reach out to a fellow glow getter, and give her the best piece of advice you'd give your old self today.

Now it's time to raise the bar: What will your next goal be?

Think BIGGER than you did last time, and make sure it excites you enough to keep on working for it!



*Hope you enjoyed your
Glow Guide!*

Love, Shani xo

**P.S If you enjoyed this workbook,
I'd love for you to pass it on to another glow getter!**

Send her to shanijay.com/glowguide

Wanna connect with me?

Website and blog: shanijay.com

Instagram: [@shanijaywriter](https://www.instagram.com/shanijaywriter)

Facebook: [Shani Jay Writer](https://www.facebook.com/ShaniJayWriter)