

Why Choose

be my Real SELF

With more than 20 years of experience in Empowerment and Wellbeing, Sharon has positively impacted the lives of thousands, ensuring you can trust her expertise. **be my Real SELF** is here for you as Sharon possesses the skills to help you cultivate a lifestyle that you will love waking up to!



KATHY D - USA



You have given me many "tools" to work with. I'm finally okay with being able to shine brightly and now will not only be seen but heard! I know you have the capability to really make a difference in people's lives, just like you have in mine. Thank you, Sharon.



Maintain your Real Self: with my 3 Proven Tips from the 4 Elements of SELF

Self-Care ~ Empowerment ~ Lifestyle ~ Fun

Becoming your Real Self is about feeling and being empowered in all areas of your life. Embracing the 4 Elements of SELF can help you discover and empower your Real Self for today and all of your tomorrows in every area of your life.

Isn't it time to start feeling great about being your Real Self?

Are you ready?

Inside you will find 3 proven tips from each Element to guide you daily.

With 'be my Real SELF' as your Powerful Ally and these tips, you will be well on your way to maintaining the life you love waking up to!

Want to embrace being your Real Self & feel great being you everywhere you go? You certainly can!

I have got you!

Book the - New to 'be my Real SELF' Starter Pack on-line right now to begin your journey and save money at the same time.

Your new you & lifestyle awaits!



Let's Chat!

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Self-Care ~ Empowerment ~ Lifestyle ~ Fun



These SELF Tips have been proven time and time again throughout my 20+ year business journey and the results are remarkable! See for yourself...

Self-Care

- **Nourish Your Body:** Eat good foods that make you feel energized and healthy, without guilt.
- **Treat Yourself:** Relax your body, mind, and soul with home treatments like relax in a candlelit bath, or a comfy chair with a good book or create your own body care rituals.
- **Surround Yourself with Support:** Spend time with people who accept and uplift you.



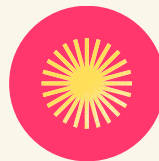
Lifestyle

- **Declutter Your Space:** Create a physical environment that reflects your Real Self by letting go of what no longer serves you.
- **Start a Daily Mindfulness Practice:** Spend time each day being present, whether through meditation, yoga, walking, breathing exercises, or simply observing your surroundings.
- **Redefine Your Style:** Wear clothes or accessories that make you feel like the best version of yourself.



Empowerment

- **Identify Core Values:** Reflect on what matters most to you and make choices that align with those values.
- **Release Perfectionism:** Strive for progress, not perfection. Embrace mistakes as lessons.
- **Practice Gratitude for Self:** Acknowledge your unique qualities and gifts.



Fun

- **Laugh with Friends:** Catch up with friends who make you laugh.
- **Create a Celebration Ritual:** Celebrate small wins with a personal dance or favourite treat.
- **Try Something New:** Experiment with new places or hobbies like pottery, cooking classes, or paint & sip classes, at least once a month.



*“What I do today creates my tomorrow.
I am creating the life I love waking up to!”*

~ affirmation for you by Sharon Mitchell

