


TOOLS FOR SELF DEVELOPMENT



# THE INNER GLOW UP

This book holds the tools and questions that helped me find myself again, heal my emotional wounds, work through mental blocks that no longer served me, and gave me the ability to find true inner peace and happiness. Inner work is no small feat, it takes time and it is an unpredictable journey, but it is so worth it.





"Inner Glow Up" comes from the glow your eyes, smile, and soul will give off when you **do the inner work to let your true authentic and expressive Self shine.**

I believe the most honorable thing we can do during our life time is to do this inner work and discover, uncover, and remember our true selves.

I believe we are all here to learn specific soul lessons. Lessons that can be really, really hard. They are hard because they are important and meaningful, but they also dull our shine and make us forget our ourselves.

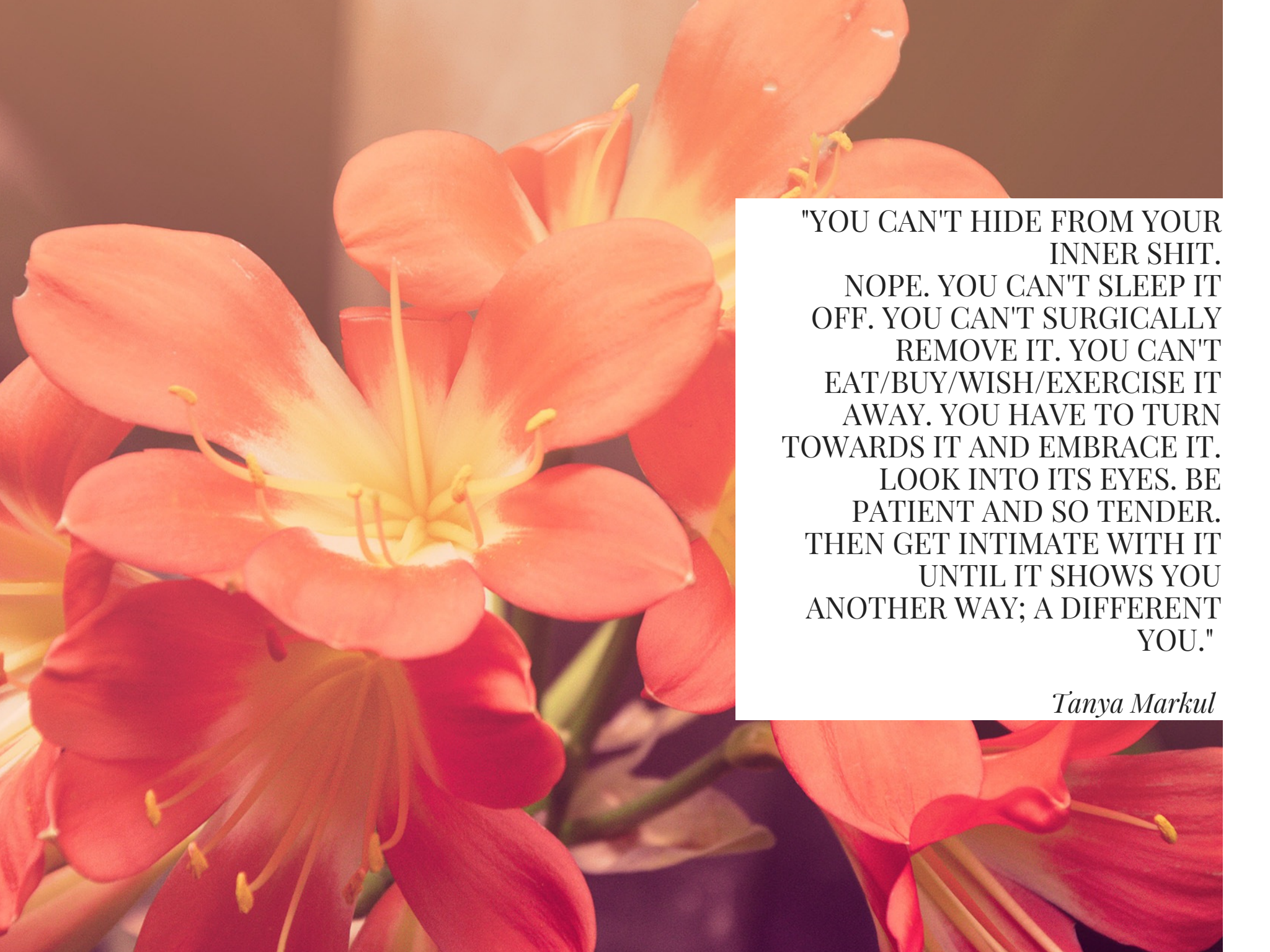
I made this book to share the things that helped me work through hard lessons and find my self again after a period of severe anxiety, depression, and addiction.

Use what resonates. We all have a different path and will need different methods of healing. Ultimately, you know best what your mind, body, heart, and soul need.

**You are all powerful in your capabilities of doing this soul work. You are the ultimate divine Creator and Decider of your life and yourself.**

Embrace your soul lessons. Embrace your experiences, your humanly desires, your downfalls, your personal story. The vibrations of your inner work spread farther than you can imagine.

*love from,  
Calliope*



"YOU CAN'T HIDE FROM YOUR  
INNER SHIT.  
NOPE. YOU CAN'T SLEEP IT  
OFF. YOU CAN'T SURGICALLY  
REMOVE IT. YOU CAN'T  
EAT/BUY/WISH/EXERCISE IT  
AWAY. YOU HAVE TO TURN  
TOWARDS IT AND EMBRACE IT.  
LOOK INTO ITS EYES. BE  
PATIENT AND SO TENDER.  
THEN GET INTIMATE WITH IT  
UNTIL IT SHOWS YOU  
ANOTHER WAY; A DIFFERENT  
YOU."

*Tanya Markul*

# HAVE YOU EVER LOST YOURSELF?

Not for a moment, but for weeks, months, maybe years? What does it feel like to look in the mirror at a self you don't recognize? To live inside a stranger?

Loss of identity happens during chronic illness, after trauma, from addiction, during the shift from adolescence into adulthood, or when merging into certain unhealthy relationships. Loss of self can result in feeling empty, isolated, anxious, depressed, social avoidance, and having low self esteem, self confidence and self worth.

So, how do YOU find yourself again?

## THE STEPS:

- 1 - Grieve for who you once were. Take time to say goodbye, honor, and lay to rest your old identity.
- 2 - Understand the external world does not determine your identity- you do and it starts with your thoughts.
- 3 - Seek support. You are never alone in this journey, even if it may feel that way at times.
- 4 - Baby steps. Know that each step you start taking is changing your energy towards the person you are becoming, even if you are not sure who that will be.



# BE MINDFUL WITH YOUR THOUGHTS

Your thoughts are powerful. They become your reality. Whatever you think about most is given the most power and energy.

What content do you consume daily? What kind of movies, tv, books, news, images or words do you fill your head with?

What would happen if you only filled your mind with inspirational, positive, and wholesome words and images?

What would happen if you transform thoughts of worry into positive prayers? Or thoughts of self doubt into positive mantras?





# EXAMINE YOUR INTERNAL MONOLOGUE

How do you speak to yourself? Are they the same words you would use towards a beloved? Do you scold or nurture? Do you encourage or tear down?

What if negative self talk became pep talks?

What happens when: "I am going to fail at this" changes to "I am going to do my best." Or when "why do I even try, I am a failure" changes to "I am succeeding BECAUSE I am trying."

It will be hard at first, but the more you actively shape a positive internal monologue, the more naturally it will come.



# "I AM" STATEMENTS HAVE THE POWER TO CHANGE YOUR LIFE.

*"I am \_\_\_\_\_"*

What will you fill the blank with?

Do you fill the blank with negatives (I am lame, I am lazy, I am bad) or do you fill the blank with positives (I am worthy, I am loved, I am talented)

When you use the statement "I am" you build up the vision of who you are and who you want to be.

"I am" statements are powerful mantras when used daily.





I am Divine.

I am Loved.

I am Expressive.

I am Strong.

I am Safe.

I am Grounded.

I am Evolving.

**GET A NOTEBOOK  
OUT AND WRITE  
DOWN YOUR**

**"I AM"**

**STATEMENTS.**

**READ IT DAILY.  
UPDATE IT DAILY.**

A sunset over the ocean with waves crashing against rocks. The sky is filled with vibrant orange, yellow, and blue hues, with dark clouds catching the low light of the setting sun. The ocean is dark, and the rocks in the foreground are silhouetted against the bright horizon.

# HEALING COMES IN WAVES

*and maybe today the wave hits the rocks... but that's ok darling,  
you are still healing  
you are still healing*

- Ijeoma Umebinyuo



# EXPLORE YOUR INTERNAL WORLD

What gives you a strong emotional reaction?

What are your emotions trying to point out to you?

What are your dreams trying to tell you?

Do you have reoccurring themes in your dreams?

What do you day dream about?

What synchronicity do you keep noticing but may not have explored yet?

What's the voice in your mind keep trying to tell you?



# LISTEN TO YOUR EMOTIONS. THEY ARE THE KEY.

*bitterness shows where you need to heal*

*anger shows what you're passionate about and where your boundaries are*

*sadness shows your depth of feeling*

*anxiety shows you are stuck in the past and living in fear of the future*

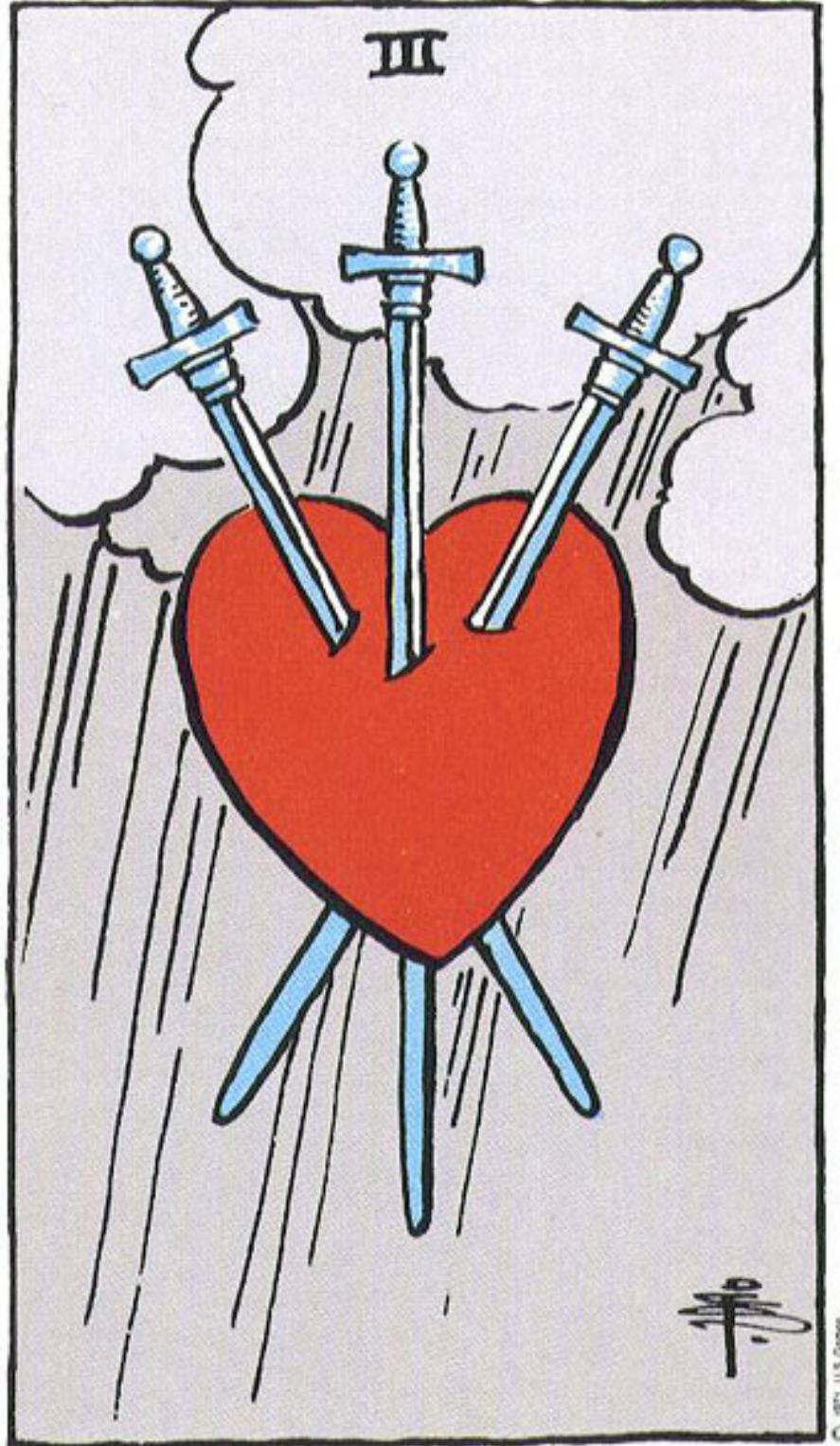
*guilt shows you're living life from others expectations*

*shame shows you're internalizing other peoples beliefs about who you should be*

*disappointment shows you care*

*discomfort shows you where you need to pay attention, its an opportunity to change*

*resentment shows you're living in the past*



# IDENTIFY EMOTIONAL WOUNDS

Getting hurt emotionally is like having a sword stuck inside you. Removing the sword is painful but necessary. It is going to hurt to take it out, just as it hurts when we work through emotional turmoil. Once the sword is gone, the wound has an opportunity to heal. To notice where you may have swords inside, notice what triggers you: what gives you a strong emotional reaction? Start there. Do your best to be detached and observe the sword in you. The sword can be removed through active observation, self study, and cognitive exercises that retrain brain pathways. It takes time to heal the wound, but ignoring the sword will make it impossible to fully heal.

## *Coping with Anxiety*

1. Distract your mind: sudoku, movies, vlogs, glitter jars, crystals, coloring, a shower, a nap, guided meditation tracks, ASMR or nature sounds
2. Have a safe space to retreat to, even if that means closing your eyes to visualize it
3. Physical activity can release excess energy and tension
4. Know what supplements, meds, and safe substances work to ease your anxiety
5. Know your personal signs and symptoms for when anxiety is starting. Begin self care ASAP when you notice the symptoms start
6. Don't fight the emotions, see if you can be aware of them and not engage with them
7. Focus on one of your senses: taste, touch, smell, sight, or hearing and do a meditation using one of those as your anchor to reality
8. Remove yourself from people, environments, and situations that are increasing your anxiety
9. Do not engage in your thoughts while the anxiety is already happening
10. Exhaling produces a calming response in your nervous system- so focus on having a longer exhale than inhale while breathing





*shower meditation : close your eyes in the shower and focus on the sensations of the water*

*drinking meditation : focus on the sensations of a cold or hot beverage as you slowly sip it*

*music meditation : turn up the music and lose yourself in the rhythms and vibrations*

*dancing meditation : with no restraints just move the way your body wants to move*

*animal meditation : stare or touch an animal, focus on everything about them*

*walking meditation : focus on each step you take*

*earth meditation: feel the soil with your hands or trace your hands along the bark of a tree*

*water meditation : focus on the sensation of water touching your body (lake, ocean, pool)*

*fire meditation : stare at a flame, watch it's movements*

*breath meditation: focus and listen to your breathing without forcing it to be any specific way*

*heartbeat meditation : focus on how your heartbeat feels and sounds*

## GROUNDING .

Grounding is helpful when you feel overwhelmed, too "open" or out of touch with reality. It can ease anxiety attacks when they are occurring, but it is best to maintain conscious grounding through out the day to help prevent anxiety attacks from getting out of control.

☆☆ pet an animal ☆☆ stare at flowers and trees ☆☆ pray ☆☆ repeat an affirmative mantra ("I am here.") ☆☆ meditate on one of your five sense (what do you hear, smell, taste, see, feel) ☆☆ eliminate excess stimulation of your senses (eye mask, dark/quiet room) ☆☆ yoga or exercise ☆☆ walk barefoot on the earth ☆☆ touch the earth ☆☆ sip water ☆☆ hug a loved one ☆☆ lay your full body down on the ground, face up or face down, and rest ☆☆ massage your feet ☆☆ focus on the sound of your breath ☆☆ focus on making your exhalations longer than inhalations ☆☆ count numbers ☆☆ tap meridian points ☆☆ do a headstand ☆☆ write down the thoughts ☆☆ take a shower or bath ☆☆ go to the beach or in the ocean ☆☆ have a trusted loved one to contact or sit near ☆☆ cuddle with a blanket, stuffed animal, pet, person, or pillow ☆☆ visualize yourself in a safe and comforting place



## *Release Stuck Emotions*

- notice where the emotion is stored in your physical body (I felt heart break in my chest and anxiety in my stomach) and invite breath, vibration, and movement into that space
- go full throttle with crying, screaming, laughing, and physical activity
- talk out loud, or even go on a rant to someone who will listen
- free write it out
- create art without restriction
- meditate
- do physical activity like hiking, running or yoga

# THE LESSON REPEATS UNTIL YOU LEARN IT

Karma shows up in our lives as repeated scenarios until the lesson is learned and integrated. To identify your karmic lessons: notice the patterns and cycles in your life and in your dreams.

Karma is all about cause and effect. If you can identify your repeating actions, it gives you a chance to break from the cycle/pattern.

For example, If you want to break a cycle of negative self-talk, you will have to actively practice positive self-talk. You will have to identify when your mind wanders and redirected it to a new thought. This actually creates new pathways in your brain. With every redirected choice, the new pathways are engrained deeper. This means one day the choice will come naturally and effortlessly.

Some karma is very deep and comes from our past lives and our families. Alcoholism is a very identifiable karmic cycle that gets stuck in generations of a family. The person who breaks it is not only stepping out of their cycle, they also alter the course of their blood line.



## WHAT KARMIC CYCLES ARE YOU IN CURRENTLY?

Examples of karmic cycles showing and what they could mean:

1. Repeatedly going into relationships with abusive power dynamics: needs to be a reconciling of boundaries, control, and self worth.
2. Reoccurring dreams of drowning and frequent crying episodes: need to reconcile emotional wounds
3. Unable to speak in a group of people and dreaming of not being able to find a bathroom: need to work on vulnerability and self expression

4. Chronically being overburdened by tasks and dreaming of losing your teeth: need to reclaim your personal power and learn to stand up for yourself.

5. Overeating and bingeing until you feel sick: need for more sustainable comfort and pleasure in your life

6. Addiction to substances like drugs or booze: need to figure out what you are escaping from in your life



Pay attention to others in your life, they will be the mirror that helps you see something inside yourself.

If you find yourself having a strong emotional reaction to someone, take a step back and see *what piece of you* they are reflecting. You know that quote, "takes one to know one"? It applies here.

So if someone seems like an intolerable manipulate asshole- they are probably shining a light at your own tendencies. Same goes for if you see someone as an artistic muse of wonder- there's a piece of you that holds that magic too.

Using others as a mirror to our self is empowering because it shows us where we need more inner work and self love.



*Healing myself  
Has been like searching  
For a mirror  
buried deep in the earth.  
I had to dig  
Through all the layers  
And wipe away the grime  
To see my true reflection  
Once again*



# WHY DOES THE SNAKE SHED HIS SKIN?

There is no other way to grow.

To allow for further growth, and to remove parasites that have attached to their old skin, they must shed 2-4 times per year. This goes on for their whole lives. Baby snakes shed every 2 weeks. When the skin sheds, even the lens of their eyes come with the rest of the skin.

That's truly a transformation to get inspired over.

What are you becoming?

What is seeking you?

What are you seeking for yourself in your next journey?

Where do you need more healing? (Hint-- notice your triggers, the things that get you anxious, riled up, or reactive.)

What can you let go?

Like a snake sheds it's skin-- what have you out grown that you can liberate yourself by shedding?

A close-up photograph of several slices of orange. The orange segments are arranged in a fan-like pattern, and their surfaces are covered with numerous small, glistening water droplets. The lighting is warm, highlighting the vibrant orange color and the texture of the fruit.

## *Eliminate What Doesn't Help You Evolve*

- delete songs on your playlists that make you feel sad, unmotivated, or negative
- stop eating foods that make you feel sluggish, sick, or disagree with your body
- let go of substances that make you sick, or act differently than your real self would
- cut off relationships that make you feel worse about yourself
- eliminate any words from your speech that are unkind to yourself or others
- let go of any thoughts that make you feel heavy or burdened

## REFLECTION QUESTIONS

Who are your role models? What about them attracts you to them?

What are you worshipping?

What are your beliefs?

What traditions do you participate in?

What about your goals or life is based on what other people have told you to do, want or desire?

Are you behaving how others expect you to behave based on conditioning (what you are told to do/want/act/believe)?

Are you living based on our own true beliefs?

Are you are putting too much emphasis on "society rules" or other people's beliefs?

Are pushing yourself to reach someone else's standards or beliefs?

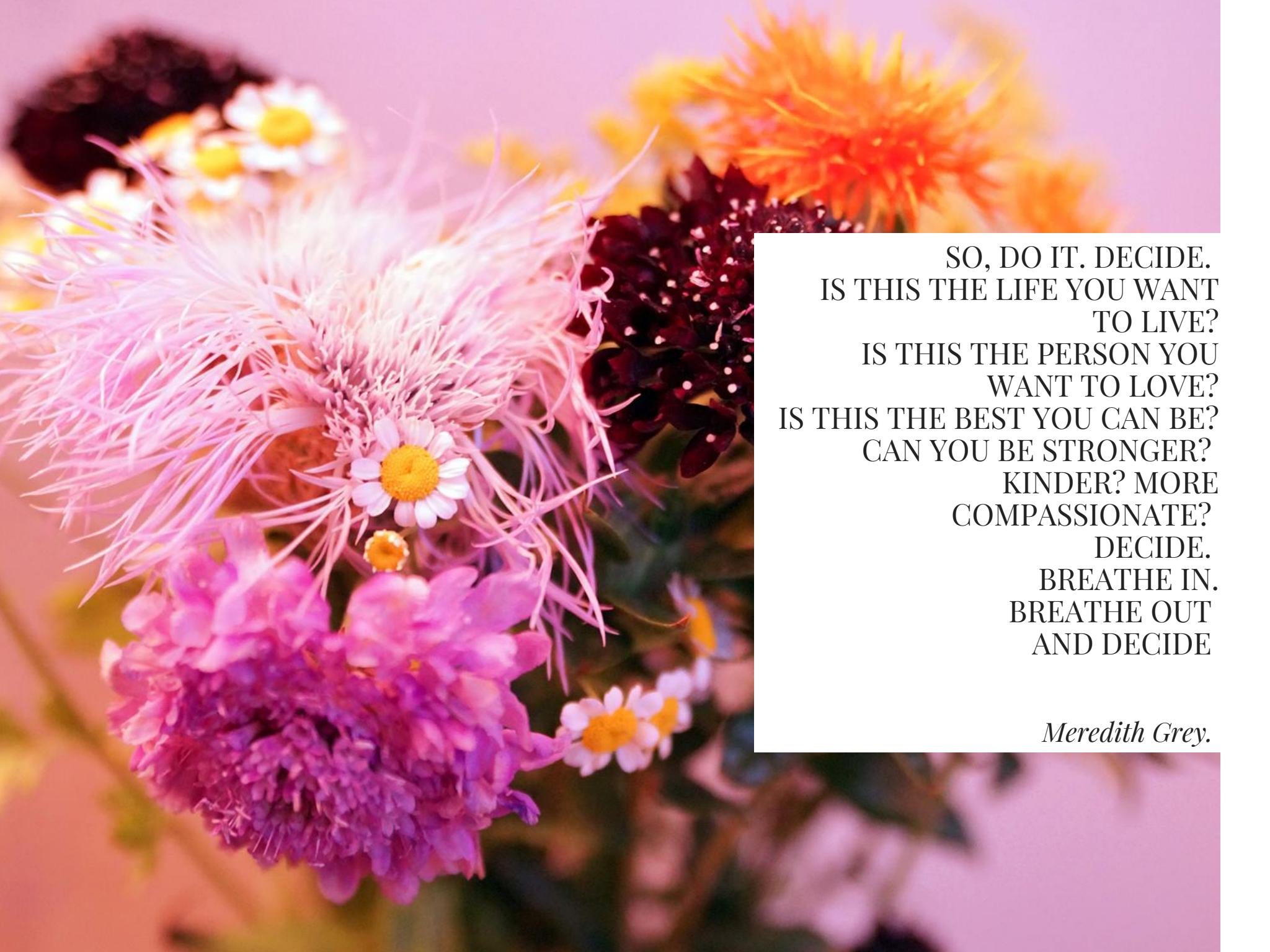
Were you taught something as a kid, or at school or in religion, that you still abide by but maybe doesn't actually resonate with you or bring you peace of mind?

Would you act differently if your current beliefs were not in place?

Do your beliefs oppress or liberate you? What about your job, home life, friends, partner, hobbies, diet, habits, rituals, or the things you take pleasure in?

Is there a role, a belief, an action, a way of living, or some ideal you are worshipping that is not actually meant for you? Maybe something that use to be true but you have outgrown?





SO, DO IT. DECIDE.  
IS THIS THE LIFE YOU WANT  
TO LIVE?  
IS THIS THE PERSON YOU  
WANT TO LOVE?  
IS THIS THE BEST YOU CAN BE?  
CAN YOU BE STRONGER?  
KINDER? MORE  
COMPASSIONATE?  
DECIDE.  
BREATHE IN.  
BREATHE OUT  
AND DECIDE

*Meredith Grey.*





## *Acts of Love*

- give yourself or someone else flowers or a gift
- give tender loving care to an animal
- really listen and pay attention to others
- really listen and pay attention to yourself
- treat your body to healthy food
- honor your boundaries
- give a helping hand to those in need
- be patient and kind with yourself
- eliminate speech that tears yourself or others down
- give genuine compliments frequently
- show affection with hugs, kisses, and cuddles





# DAILY ACTIONS

1. Take care of your body with proper sleep, nutrition, exercise, and hygiene.
2. Vividly visualize yourself living the life you want and reaching your goals.
3. Do acts of love for yourself and others.
4. Repeat an "I am" mantra.
5. Actively cultivate self awareness by paying attention to your thoughts and reactions.
6. Engage in a supporting community of people that share similar goals and values.
7. Journal your progress and observations and celebrate accordingly. No punishing allowed, only celebration.
8. Rest when you need to. Be gentle and patient with yourself. It's okay to go slow.





*reclaim  
every inch of your heart*

*self love  
is courageous*

*&*

*self compassion  
is contagious*

"If flowers can teach themselves  
how to bloom after winter passes,  
so can you."

*Noor Shirazie*





*i see you.*

*i am rooting for you.*

*love,*

*Calliope*