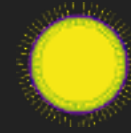


TRANSFORM YOUR BUSINESS WITH SELF LOVE A HEART CENTRED APPROACH TO SUCCESS



VISIBLE BREAKTHROUGH COACHING
Where women step into their natural power

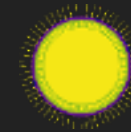
Visible Success Series



an E Book by Sally Bonnie

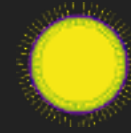
I have created a beautiful song list for Heart Centred Leaders on Spotify.

Click on the Mandala below to take you to my list .



This E Book introduces you to one of the simple techniques I use in my Visible Success Series; tools that I have used in my own business, that has brought visible success in many ways. I am delighted that I can share them here with you. Please let me know how it works for you on our Social Media Pages. **Welcome to the adventure!** *with love Sally xxx*

Visible Success Series



We are experiencing a revolution of belonging that is more women centred as women all around the world are rising, calling for a different concept of power based on trust, that is more balanced, more inclusive, more feminine.

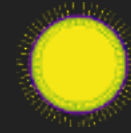
#becomingvisible #womenrising #feminine power

I believe this is an awakening time for many women around the world. As we awaken and look within we become more connected to our hearts, more conscious of our own wisdom.

Living from your heart, from the now enables you to see that you create your own experiences in life, that moments can be filled with hope, happiness and love. This is so incredibly important for Heart Centred Leaders.

"As women re-discover their gifts, their uniqueness, their passion and purpose every part of their lives change".

Visible Success Series



VISIBLE SUCCESS RECIPE - TRANSFORM YOUR BUSINESS WITH SELF LOVE

Perhaps you are feeling like your Super Powers left the building some time ago, along with your confidence! Or maybe you are in search of them? Self love is so important; it boosts your confidence, makes you invincible, you love and embrace every part of you, you feel completely in your power, you feel beautiful and everyone around you feels that amazing energy, that shines from every part of you.

Leading a Heart Centred Business and self love are essential to both you and your customers/clients.

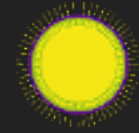
Self love is one of the essential ingredients to living the very best version of you. From self love you can dream and wonder, you can create beautiful ideas, amazing plans, transforming yourself and those who you work with. **Your Business will thrive and you will become unstoppable! Self love is like a magic potion that releases your Super Powers.** Nothing can stop you, you step beautifully into your natural power, breaking through any limiting beliefs. You will feel free, free to learn, free to grow, free to adventure.

Self love and wellbeing are essential for Heart Centred Leaders; in fact I would go as far to say that without them it is impossible to lead from the heart. Facilitating spaces from where people grow means you have to turn up authentic; in your beautiful natural power. **That is why self love is at the heart of our Visible Success Series.** Everything I share in this series I have tried and tested myself - so I walk my talk! That is so important to me. So it doesn't matter where you are on your Heart Centred Leader journey ... a beginner or a seasoned traveller. Living from your heart, practicing self love is the greatest gift you will ever gift yourself and those whose lives you go on to touch.

So let me share with you my Visible Success Recipe: **TRANSFORM YOUR BUSINESS WITH SELF LOVE**

YOU will learn how to cultivate more SELF LOVE in your life, **starting now!**

Visible Success Series



#womenrising
#changemakers

@bonnie_sally



*leadership based on humility-kindness-
collaboration and empowerment has the
capacity to change our world*

TABLE OF CONTENTS: **Visible Success** Series

Click on the mandala to take you to the page



The 5 Principles



Self Love



A close-up, slightly blurred photograph of a person's hand holding a blue pen, writing on a document. The person is wearing a grey, textured sweater. In the background, a white mug sits on a wooden desk. The scene is softly lit, creating a warm and focused atmosphere.

THE 5 PRINCIPLES



VISIBLE HEART CENTRED LEADERS

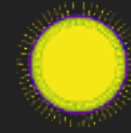
THE FIVE PRINCIPLES

Heart Centred Leaders are people who have a desire to improve the world in some way, who want to help make a difference, and have a devotion and a passion to better the lives of others.

Heart Centered Leadership comes from your passion, your purpose and values, from all of those things that lay deep within you. There is no set path, no destination, no prescribed list of actions. Instead it is a labyrinth of multiple paths that always brings you back to the centre, to reflect on your learning before you begin your next journey. So I see the journey of evolution as a practice, just like meditation and mindfulness. When we shift our focus away from things, and bring ourselves back to a heart centred space we create an opening, a shift in focus from the "absence of" to a space of joy. It begins with conscious connection and encompasses **5 Core Principles**

HEART LISTENING	APPRECIATING	JOY	PURPOSE	LOVE
I AM LISTENING FROM MY HEART	I AM APPRECIATING EVERYTHING I HAVE IN MY LIFE	I AM DOING SOMETHING THAT BRINGS ME JOY	I AM LIVING MY PURPOSE AND HAVING FUN	I AM LOVING WHO I AM
I AM MY BEST CHEARLEADER	I AM TRANSCENDING JUDGEMENT	I AM EXCITED ABOUT LIFE	I AM LOVING MY LIFE	I AM ALLOWING LOVE TO BE A MOTIVATING FORCE IN MY LIFE

Visible Success Series



FOLLOWING THE 5 CORE PRINCIPLES

Principle One:

Listening from your heart-"I speak to my heart and she answers softly"-as we awaken and look within we become more connected, more conscious of our own wisdom. Years of self doubt, lost in our thoughts of the past and worrying about the moments yet to come, descends our consciousness. We begin to inhabit spaces where we despair, where we experience emptiness and lose our feelings of self love.

We look for things outside of ourselves to block these feelings, not living our truth. Living from your heart, from the now enables you to see that you create your own experiences in life, that moments can be filled with hope, happiness and love. This is so incredibly important for Heart Centred Leaders. There will be many twists and turns as you progress your journey towards your purpose and passion.

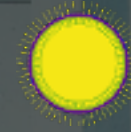
Principle two:

Appreciating everything in your life- transcending judgment and the habit of judgment. There is no good v bad, no opposites, just absence; everything in your life, your journey has relevance. It was in my biggest challenges, my disappointing moments, that I learnt the most from - about me, my values, my courage, my passion and determination.

It is so hard in the moments where we struggle to not judge; this is a journey I continue to take, being kind to myself when I find my mind in judgment mode.

Gratitude is a frame of mind; it improves self-care and leads to much more sustainable forms of happiness. As everyday passes you will find yourself demonstrating greater gratitude for what's occurring in your life.

Visible Success Series

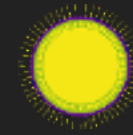


"**Oprah Winfrey** is one of my heroines, I adore her and the work she does to help women. This is a transcript from a speech she made on living your truth.

Oprah Winfrey, Wellesley, 1997

"Live your life from truth and you will survive everything, everything, I believe even death. You will survive everything if you can live your life from the point of view of truth. That took me a while to get, pretending to be something I wasn't, wanting to be somebody I couldn't, but understanding deep inside myself when I was willing to listen, that my own truth and only my own truth could set me free. Turn your wounds into wisdom. You will be wounded many times in your life. You'll make mistakes. Some people will call them failures, **but I have learned that failure is really God's way of saying, 'Excuse me, you're moving in the wrong direction.'**"

Visible Success Series



FOLLOWING THE 5 CORE PRINCIPLES

Principles Three and Four:

Doing something that brings you joy and Living your purpose are closely linked.

When we live our purpose, we are excited about our life and feel joy.

Living your purpose with humility and kindness will change your life, and means that you are doing something that brings you joy, that you love, and that gives you a sense of fulfillment. You will feel fulfilled every day; love your life and the opportunity to make a meaningful impact on the lives of others.

You will become unstoppable and an inspiration to others. You may even create a legacy that will impact on people/families in years to come. Living your purpose is about recognising and valuing your gifts, your passion whilst helping to make a difference in the world.

Principle Five:

Self love-this principle is a must for Heart Centred Leaders.

Working from a place where your mind is kind to your body and soul, being your own very best friend, is a daily routine that underpins everything you do as a Heart Centred Leader.

I believe this has been one of my biggest life lessons, learning to truly love who I am, every part of me. From this space I believe we discover our gifts, our authenticity, our integrity, and are able to give and receive love, receiving easily because we know we deserve it.

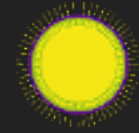
In this space we also learn the value of giving, and the beautiful balance of both giving and receiving.



Heart Centred Leaders

SELF LOVE

Visible Success Series



Things I have brought into my life to support self love:

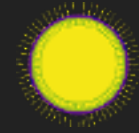
Affirmations- I am - what comes after can change your life for the better when you choose uplifting, positive language- our thoughts; our words precede our emotion and behaviour. I also use positive self talk and mentally ask myself "who I am being", in the moments where my ego mind and chatter takes over.

Gratitude Journal- I write the things I have been grateful for that day; the strengths I noticed in myself, the moments of courage and inspiration etc. I love reading these moments back; I am always amazed.

Gratitude meditations/Goodnight- I practice compassion meditations, and say thank you mentally before I sleep, for the great things that happened that day ,and for the opportunities to learn from the things that tested me.



Visible Success Series

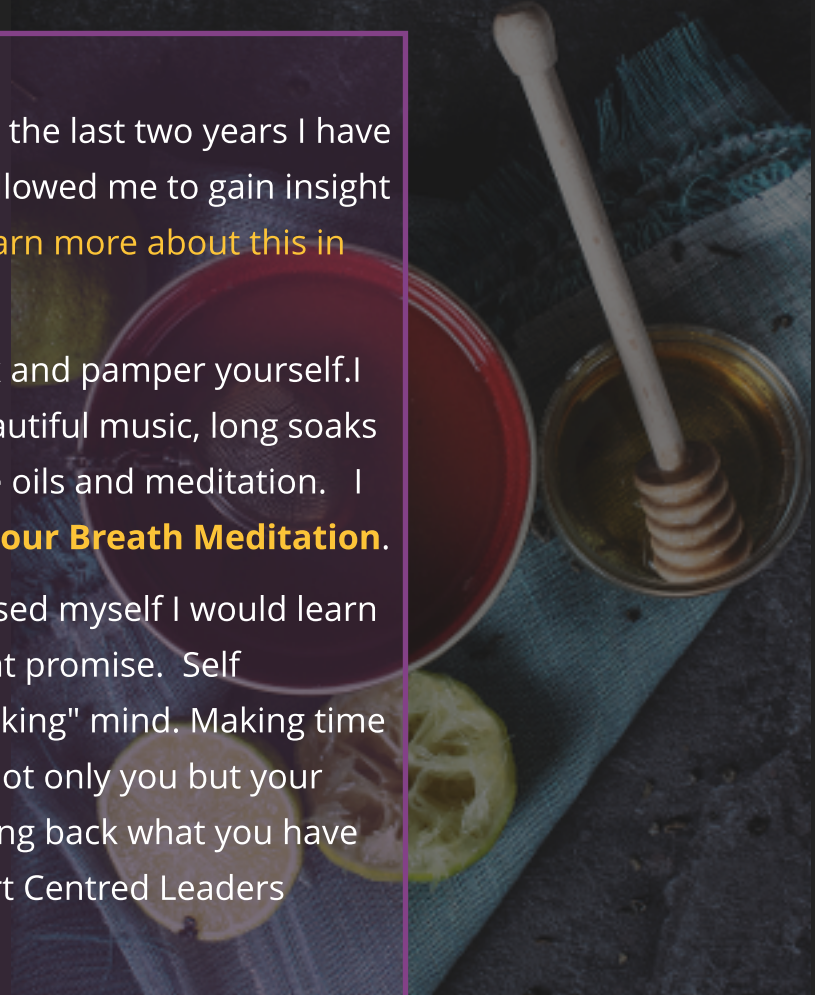


Things I have brought into my life to support self love:

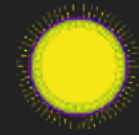
I prepare "Rainbow Food". Meals that I love to make and love to eat. In the last two years I have developed a different relationship with food. My self- love journey has allowed me to gain insight into the negative relationship I had about food and my body. [You can learn more about this in our Visible Infusions Products.](#)

Self- Massage- Aromatherapy- create a space in your schedule to relax and pamper yourself. I love to create Home Spas, blending oils, lighting candles, listening to beautiful music, long soaks in Epson salts, followed by an affirmation self massage, with homemade oils and meditation. I also love to listen to guided relaxation meditations - [click here to go to our Breath Meditation.](#)

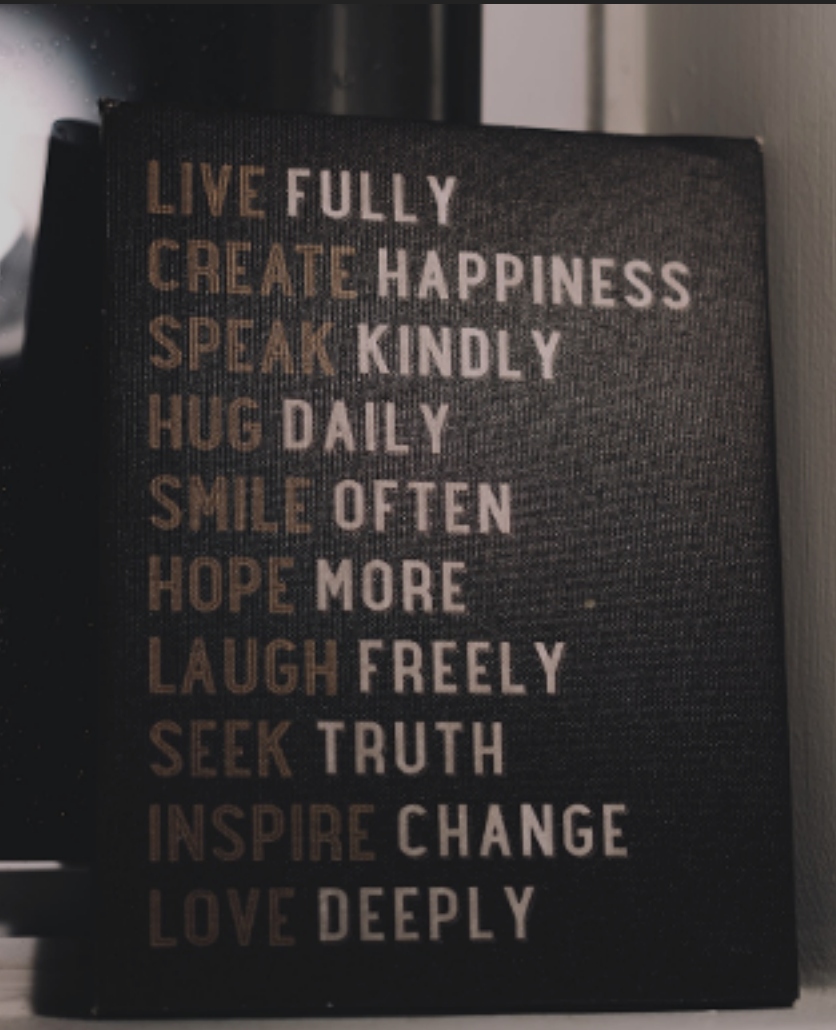
Learning and adventuring- when I was 30 (ooh long time ago), I promised myself I would learn something new every year and start exploring. I thankfully have kept that promise. Self development is so important, and helps you to expand beyond the "thinking" mind. Making time for you, going to places on your own to learn, investing in you benefits not only you but your Heart Centred Practice, and clients too. I love the phrase " Leave and bring back what you have learnt!" I truly believe adventuring and returning are all part of the Heart Centred Leaders journey.



Visible Success Series



Things I have brought into my life to support self love:

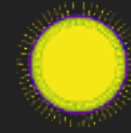


Buy what I love- I only have things in my home and work that I love, and that inspire me; no clutter (well honestly maybe some!), the main thing here is we get attached so much to "things". So having a regular clear out can help to de-clutter your life too. I love to make aroma sprays for my home, natural body products, and clean with natural sprays like peppermint and sage. The house always feels so light afterwards, and I always feel amazing after being surrounded by beautiful uplifting smells!

You can find beautiful [aroma recipes](#) , [tips](#) and [Home Spa recipes](#) on our [website](#).

A Loving schedule- many years ago I would have a schedule that gave no time for joy, and was completely out of rhythm with my body! Although I am busy these days; it's a different kind of busy. I am the keeper of my schedule and it is so much kinder. I have time for walking, and sometimes meditate after lunch, or book time to have a massage or my nails done. Heart Centred Leaders have to nurture themselves in order to give to others.

Visible Success Series



The Journey to Self-Love takes lots of practice and dedication. Being kind to you when your schedule may have lost its way and a daily practice of reflection can both help.

When mastered it is a beautiful sight, you will show physical signs to those you connect with; it will shine out of you. Love becomes a self motivating force in your life.

I believe as a Heart Centred leader it is your devotion that is felt, people sense it, and your ability to hold that message is what attracts others to join you. Those connections are incredibly special and are the very fabric of your journey helping to build reputation and value.

Maintaining the 5 Principles as a Heart Centred leader will enable heart centred wellbeing and ethical practices, with kindness, humility and compassion at the heart. When we do not lead in a heart centred way, when we allow our mind, our thoughts and emotions to

dominate we become focused on the parts that do not give us a sense of life, a sense of joy, a sense of love etc.

Change comes from within. Changing how we react gives us the opportunity for something totally new.....

in fact just change the way you think, one thought, one feeling, and it will begin to change your life. It is really that easy!



Visible Success Series

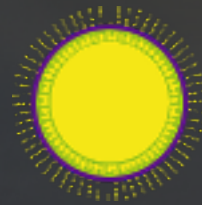


*When we remove
labels we create a
space where women
can rediscover their
voice and let their
inner goddess dance*

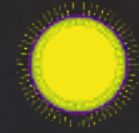
Visible Success Series- SURPRISE BONUS!



JOURNEY TO THE HEART MEDITATION



Visible Success Series

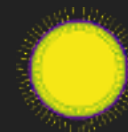


"Connecting women across the world who moment by moment are breaking through their limiting beliefs, reclaiming their natural power, becoming visible"



VISIBLE BREAKTHROUGH COACHING
Where women step into their natural power

Visible Success Series



P © Visible Breakthrough Coaching Ltd ©Visible Success Series : all rights reserved
Please do not copy , re-distribute or publish this document without first seeking permission