

# GOOD MORNING BEAUTIFUL!

## Here's the thing..

**YOU** are an extraordinary, fascinating  
human being  
and  
this day is **ALL YOURS** to live.

Ya, it's scary & exciting, all at the same time,  
to give yourself space & permission to  
choose **YOURSELF first**, but  
you are worth it > you deserve it.

JUST DO IT!  
and tell that *Nasty Bitch* in your head to  
shut the fuck up!  
You know the one > she uses every opportunity  
she can to screw you over with guilt.  
But you're going to show her who the hell is  
**BOSS!**

No more putting yourself on hold.  
Now is the perfect time to start!  
Here's **One Small Thing a Day** to inspire you.

So..  
What **nice thing** can you do today **FOR YOU**?  
What can you do to **love & celebrate YOU**?

Yup, it's gonna feel like an awkward stretch  
at first to figure this out,  
but it gets easier - I promise!

(and don't forget to let me know how you do!)  
**I'm cheering for you!**

# "1 SMALL THING" INSPO.

High 5 Yourself in the mirror

Sing out loud

Light a candle

Eat some chocolate

Step outside for 5 minutes & breathe

Look in the mirror & say "Hey Gorgeous!" (& really mean it)

Dance! for 3 minutes (try James Brown "I Feel Good" - bet you can't stand still!)

Tell someone a joke

Soak in a hot bath with salts or bubbles

Make yourself a nice cuppa your fave hot bevie

Call someone you miss

Spend the evening device-free

Notice 3 things that are beautiful (yes! you count)

Smile at a stranger

Close your eyes & just breathe for 3 minutes

Wear your favorite perfume

Compliment yourself out loud about 3 things (or more!)

Watch a sunrise or sunset

Compliment someone & watch their face light up

Treat yourself to something delicious

Watch some birds for a few minutes

Buy yourself flowers

Stretch for 3 minutes & breathe

Tell a friend something you appreciate about them

# MORE "1 SMALL THING" INSPO.

Write yourself a love note & put it in your makeup bag

Take an extra long shower

Use that special hand lotion you've been saving

Buy a new pair of socks & treat your feet

Throw on some lipstick & give that gorgeous babe in the mirror a big smooch!

Wear some fancy jewelry you love

Diffuse some essential oil

Curl up in a blanket for 15 minutes

Take a nap!

Doodle for 3 minutes

Try a drug store facial treatment

Read something inspiring

Browse your camera roll or pull out a photo album

Snuggle your favorite little (2 legged or 4)

Pet a dog

Create something artistic (or at least daydream & make a plan)

Text a friend "Just saying Hello cuz I'm thinking about you!"

Do something you loved doing as a kid (blanket fort anyone?!)

Go for a walk with a warm drink

Listen to the birds for a few minutes

Put on your favorite music & chill

**Let me know what YOU would add to this list!**



In case you haven't heard this yet today, let me be the first:  
**"You, my friend, are loved, you are strong, you are a frickin' ROCKSTAR! and I appreciate you SO much. Thank you for being part of my crew!"**



~ Deena Kordt ~

Your personal empowerment coach + cheerleader!

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[uglowgrl.com](http://uglowgrl.com)

**I can help you!  
Save. Share. Contact me.**

# Resources for you

## Get on the U.Glow\_GRL Insider's Crew\*



- Be the first to know all the latest *NEWS*
- Get *EXCLUSIVE* content, support & tips
- Have a *DIRECT* line to me to ask questions & share your wins
- And *FREEBIES!*

## Be a member of the U.Glow\_GRL Private Facebook Group



- Find *ENCOURAGEMENT* and *SUPPORT* in a community of incredible women
- *SHARE* your knowledge, experience & humor!
- Enjoy a *SAFE* environment free of judgement
- Build *FRIENDSHIPS* and *CONNECTIONS* that will change your life

Follow  
**u.glow\_grl**  
on social



\*Sign up at [uglowgrl.com](http://uglowgrl.com), follow the link in my IG bio or DM me



*Congratulations!*

On behalf of **your younger self**, I'm here to say, we're so **damn proud of you!**  
You're doing something to create the life of her dreams!

On behalf of **your future self**, I'm here to say, we're so **damn excited for you**  
to see your dreams become reality!

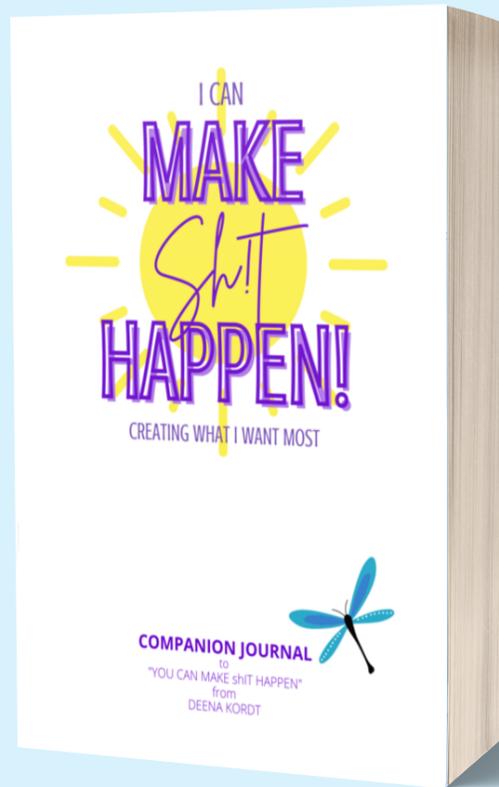
**This shit is real!** I know - because I'm living proof!  
Trust me, I wouldn't waste your time (or mine) unless I was confident  
**you can & will change your life.**

I am so honored that you are right here, right now - ready & willing to let me help you  
by showing you what I've learned so far about the power of mindset & manifesting.

DYK?! I created some books to help you find & create your best life. Don't give up on what you want most.  
If you don't already have a copy of the "You Can Make shIT Happen!" guidebook,  
grab one today so you get the most insight, support, and, well, *guidance!* for this  
adventure you're about to head out on.

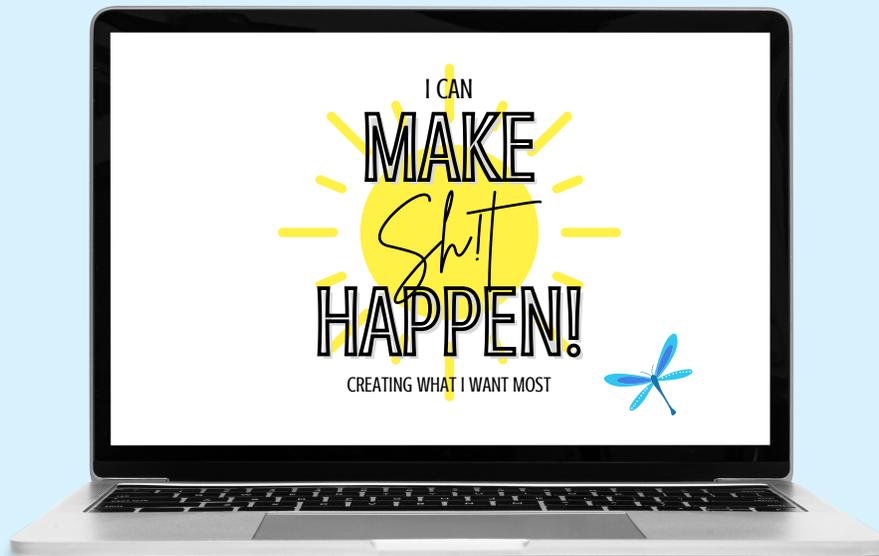
We're all rootin' for ya Sista! xo Deena

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**There's also a Companion Journal & Online Course available!**

Visit  
**[uglowgrl.com](http://uglowgrl.com)**  
for more information



Let's  
chat



How can I help you?

Do you have a question for me?

Care to share something (big or small) we can celebrate together?

Have a book recommendation for me or a favorite affirmation? (or recipe?!)

I would love to hear from you!

DM my socials or send an email. All the contact information is right here



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Get on the **Insider's List**, claim your **FREE gift** from me! & join our crew! :)  
Visit [uglowgrl.com](http://uglowgrl.com) to get started.

xo Deena



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my website  
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- testimonials
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## About Deena

Deena grew up with 3 younger brothers on a farm & ranch in Southern Saskatchewan. With only 2 channels on T.V., no such thing as the 'interweb' and all her friends on the other end of long-distance phone #'s, she spent most of her time riding horseback in the miles and miles of her 'backyard', experimenting in the kitchen or with her nose buried in a book.



Despite significant losses & potentially debilitating challenges, Deena recognizes, and practices using, the power of mindset & manifesting to heal, grow, and create abundance in her life. Helping others in their journey to find safety, freedom, and the infinite bounty available to them, is her mission.

Find downloadable freebies offered on her website [www.uglowgrl.com](http://www.uglowgrl.com) where she blogs when she's not baking.



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