

# *Empowering Activities* To Help You Now



Have you ever felt like you were missing something in your life? Looking for people, places and things outside of you to help you feel better. Over this next month together you are going to learn tools and tips to go within and find the answers for YOU. Only you have the answers you need for your happiness.

I always knew how I should feel and what I should be doing but for some reason I just didn't feel that way. I struggled with my body, body image, foods and confidence. I live in a world of perceived happiness but the truth was I was internally beating myself up. I played the victim role really well and I was just so uncomfortable in my body. It wasn't until I began to make changes in my belief systems that I was able to live a life of FREEDOM. I had struggled with body image and weight for 25 years. Feeling lost in my life I turned to food and other people's problems to help me deal or not deal with my own problems and emotions. Most days I struggled with internal battles over everything but pretended and appeared to be happy. I lived in the world of "shoulds." Often asking myself "should I eat this or that, should I sleep or stay awake, should I exercise or not, should I work or be a stay at home mom, and the list goes on from there. After a major transformation many years ago, I was able to improve my life in all areas: health, wealth, spirituality, relationships and financially. I am truly happy with lots of love and abundance in my life now. I released 6 dress sizes in less than a year and have been the same size since. I realized living with your inner wisdom and strength enables you to live in true happiness, love and abundance. I am so passionate about helping others realize their truth. I developed a ten week program, Fear to Freedom, to help you stop feeling lost in your body, stop having poor body image, and stop struggling with your weight or wanting to find their inner peace and love and live in the NOW. My mission is to help you turn your struggles into miracles. It is my calling to share tools that helped me go from FEAR to FREEDOM.

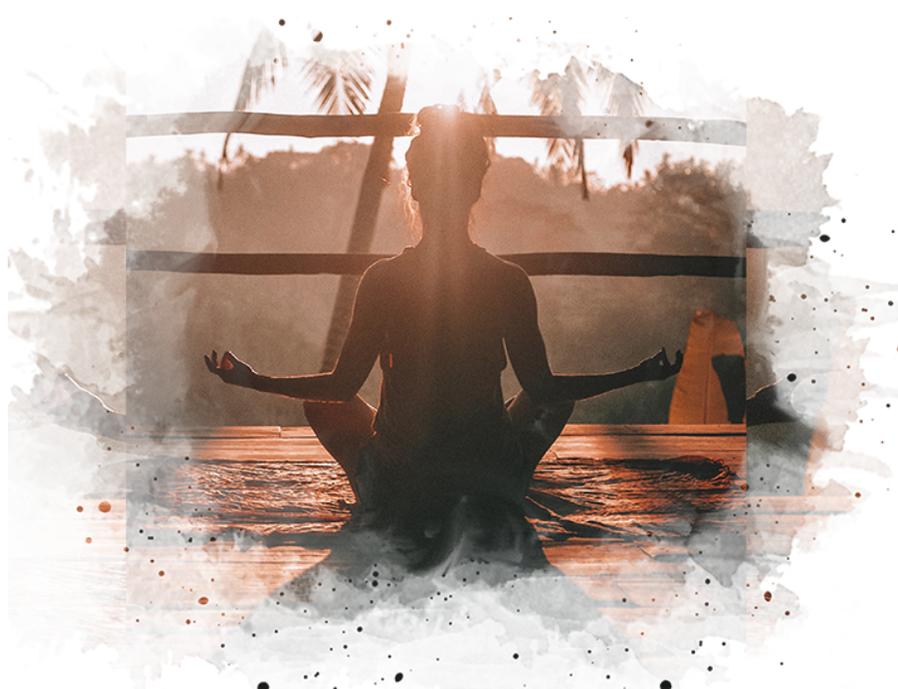


“All the answers you are looking for already exist within you!” Brenda Kiss

It is your job to take this information and implement it into your daily life to make significant change in your life.

Self-love and self-care is a practice. Did you know it takes twenty positive statements to counter balance one negative statement? How many negative things are you saying to yourself or others? Well creating a positive loving attitude takes practice and exercise. Just like building a muscle in your arm take multiple repetitions through days, months and years of practice. And what happens when you stop working out that muscle, it begins to weaken. Creating daily rituals to take care of you is so important and a must to have continued success. You may think you don't have the time or that you don't need to take time for you every day. The truth is you find time for things that matter to you. Most successful people in life have daily practices or rituals that they do every day to take care of themselves. Now is your time to create your daily commitments to yourself. Each day you will be provided a new activity to use for the day. Your job is to determine which ones of these activities you want to incorporate every day into your life. Most of these activities you can do in less than a minute each. I recommend have a couple of favorites that you use every day and then use this book as a resource when you need some additional tools to feel even better or want new ideas to add to daily practice. These short yet powerful practices can absolutely improve and empower your life. Take advantage of all these tools now. Live in your heart space, feel and be your absolute best.

And a KISS to you (a FREE gift) is 5 FREE powerful meditations to go with your 30 days of daily commitments. Simply go to [www.brendakiss.com/mediations](http://www.brendakiss.com/mediations) to begin receiving your meditations today.



1. Upon rising in the morning place both your hands in your heart center and take three deep breaths. As you breath really connect with your breath as it is LIFE. As you feel the energy of the universe fill up your body you can immediately feel you heart open to all the good within you and around you.



2. Start and end your day with feeling gratitude. I mean really feel grateful. Finding one or more things that you can truly feel appreciation and love for in your life. Spend at least 3 minutes in your space of gratitude and appreciation. As you do this daily you will begin to see things with more love in your heart taking notice of wonderful things in your life.



3. Start today by setting your intention on how you want to feel and how you want your day to be like. By putting your intention out to the universe you absolutely receive that energy back. Keep your eyes open for all of signs and gifts throughout the day.



4. Positive self-talk is one do the best ways to live in your heart space. See the words we use out loud or internally either come from ego or love. Today is the day to let love talk to you. Tell you self with affirmation all that you want and be in your life. Start with “I am.....”.



5. Expressing love and living in your heart space begins with you. Today express love to yourself with nurturing yourself with food. Commit to giving your life and nutrients by the food you eat today. Indulge in lots of green foods as they support your heart!



6. One of the best ways to live in your heart space is by giving yourself the gift to slow down. Take a few moments to meditate. This will allow your mind, body and soul to slow down and for you to really connect with you - your heart.



7. Music! Your job today is to develop a play list of music that really makes you feel happy. Music is a great way to be in the moment allowing you to be present which is living in your heart space.



8. Your challenge today is to be in nature of at least 15 minutes. Nature brings you peace and grounding. Giving you a chance to connect with your soul, your heart.



9. Exercise is a great way to express self-love and as you express self-love you receive even more love in your life. Today exercise any way you like, find a way to move that feels good to you because that is the best form of exercise!



10. Dress up! Put on clothes today that make you feel confident and strong. Take notice how you feel through the day. Also notice how people and your experiences show up even more empowering.



## Words from Rosemary who invested in herself and takes actions



*Rosemary - At the time I was feeling lost, I felt like I needed something more. I just didn't feel like myself. Brenda helped me to find my inner voice. I built even more confidence and certainty. BKISS helped me in many areas of my life. What I really like about BKISS is that this organization really creates a whole community. "You would do yourself a huge favor by taking this course is truly transformational."*

<https://drive.google.com/file/d/1CfLU1HvIvCvIV1Q1ZQkdBiw5W4UKL4vn/view?usp=sharing>

11. Stand tall with your shoulders back! This will allow you to stand in your own personal power. Standing in your power allows your heart to sing!



12. Colors are powerful energies. Experiment with wearing different colors. For today wear heart centering colors which are pink or green. As you wear these colors take notice how feel.



13. Wow today focus on what I call my Acts of Kindness list. This list is personal and for you to create for yourself. Your Acts of Kindness list is a list of things to do for yourself to express love and kindness. As you show kindness to you as show even more kindness to you!



14. Communication is key to living in your heart space. Learning to fully express yourself and feelings is imperative to live in your heart space. Today practice sharing your honest feelings with others.



15. Perspective is key. Learning to see things for other perspectives takes you out of ego and into spirit. Today be curious as to how other people see things or experience things. Ask questions to yourself to help shift perspectives.



16. Creativity is a marvelous way to be in alignment with your heart. Pick one new way to be creative today and feel the joy it brings you.



17. Expressing yourself through journaling is a powerful way share and open your heart. Writing allows you another to express yourself



18. Release Judgment. You may find yourself judging yourself or others. In that moment of judgement ask yourself “what is it I am supposed to be leaning?” As you judge others it is really a message to you to go inward and see what is it about yourself that you need to heal to stop judging yourself.



19. Today your goal is to be vulnerable. This is one of the best ways to really let go of fear/ego and step into Love. Being vulnerable allows you to grow and expand even more.



20. Being in your heart space is the truth of who you are. Keeping your commitments are important to stay in your truth, your heart. Today make a new commitment and then follow through. Notice how good your feel staying in your truth.



Another woman who decided to invest in herself and take action.



*Jen - I needed a change in my life and I've seen what this work has done for other people and I needed that. I'm living in the present I was letting the time pass by previous to this course and now I'm living my life trusting myself and believing in myself. I loved everything about working with Brenda she so kind, you don't feel judged, I just felt love and empowerment.*

*Another KISS to you (a free gift) a short and very powerful video that takes your from Fear to Freedom. Go NOW to [www.brendakiss.com/fearthofreedom](http://www.brendakiss.com/fearthofreedom) to receive your free gift NOW.*

[https://drive.google.com/open?id=1YAcmQ-lyVCA\\_QpppfcJ7ND3RVkSJe7S](https://drive.google.com/open?id=1YAcmQ-lyVCA_QpppfcJ7ND3RVkSJe7S)

21. Words are powerful, the way you say them and the actual words you use. Speaking kindly is key to live in your heart space. Today use kind words and speak kindly to yourself and others. Observe how well you feel to as you speak nicely about you.



22. Your body is a tool to letting you know how you are feel and whether or not you are living in love or ego. Today tune into your body through meditation or mindfulness and as yourself “if my body could talk what would it say”. This is a great activity to know where to focus your energy. Whether you pull out your acts of kind list, meditate, eat some nutritional foods and or and not limited exercising.



23. In any given moment a question you can ask to be in your heart space is “What would love do?” Your tool today is to ask yourself that question whenever something appears to be “wrong” or when you decide to feel a negative emotion.



24. One of the best ways to live in your heart space is to really fall in love with yourself. A great tool to do that is mirror work. Your goal today is to look in a mirror and tell yourself how much you love and appreciate yourself.



25. Hugs are an amazing way to open your heart and feel love. Your mission today is to give and receive 10 hugs! Notice what it is like to really give yourself and others hugs.



26. Living in your heart is all about expressing love. Today find 10 things or people (make sure you are one of the 10) to say “I love you! “



27. Smile. Smiling actually releases hormones to make you feel even happier. Feeling happy brings you into your heart space. Smile often today to bring yourself and others joy.



28. Water! Water and more water! Drinking water shows your body how much you love yourself. Water is essential to your body and actually helps you feel better and think clearer. It is essential to living in your heart! Today drink more water than you normally do!



29. Find a mentor or someone who you believe lives in his or her heart space. Connect with them, follow them. This will help you to continue to grow, expand and be enlightened.



30. Create, find or connect with a community that expresses Love. A key to success in anything is being around like minded people. Find and or connect with your tribe. People that are living in their heart space!



Words from someone who is implementing and taking action. Take action YOURSELF, register NOW for your meditations, your free FEAR to FREEDOM video and your FREE Awareness to Change Call.



*Tiffany - I wanted to do better for myself, better for my sons, better for my relationships. And I just wanted to be a better person all over. My life has changed, I don't get as upset, I don't hold things in, I have learned to let them go, learned to surrender and that so huge. I am living in the now, not worrying about what happened yesterday and really what is about to happen in the future. I recommend anybody who is not happy in their life and they feel unfulfilled whether it's their job, whether it's their relationship, any struggles that you're not happy with like you feel like you need to succeed more. "Where you need to succeed is inside yourself."*

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*One more KISS from me to you (FREE gift). Go to [www.brendakiss.com/freecall](http://www.brendakiss.com/freecall) and sign up for a FREE Awareness to Change call to create even more transformation in your life now (valued at over \$175).*

These activities are powerful ones that when you implement them you will open up to your heart space. My suggestion to you is to begin implementing a couple activities daily and then add more and more and more. Honestly all 30 activities can be done daily in a short time. Make sure you take action now and receive all of my KISSes (aka FREE gifts).