

TFGG

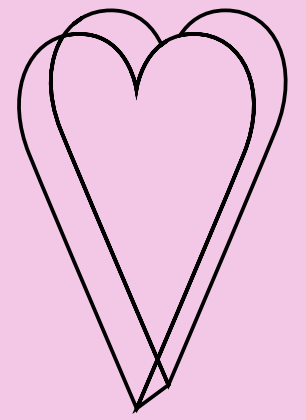
the fit girl gang

**The
Self Love
Project**
PART 3



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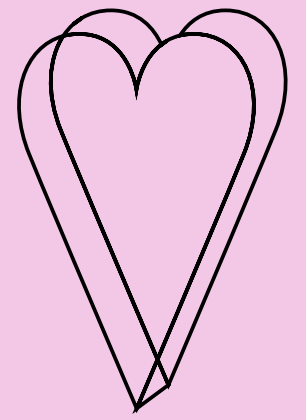


Part 3: The “Skinny Tea Detox”

WATCH THE PART 3 VIDEO FIRST

Okay, we’ve all seen the ridiculous ads and I hope you’re able to find me at least a little humorous on this one. What do those bullshit “detoxes” do that the IG models forget to tell us? They make you shit your brains out. In fact, they COMPLETELY empty you, and that is exactly what we’re going to be doing (only we’ll be dumping & detoxing negativity instead... not taking an actual... you get it).

This Part of the SLP is all about eliminating the negative influences in our real lives, and on our social media. We all have women in our lives that bring out the worst in us. We can’t blame them for it, but we need to realize when we are behaving like the versions of ourselves we aren’t proud of and actually do something about it. It’s time to take control over the voice in our own head, and the people in our lives that we allow to influence it.



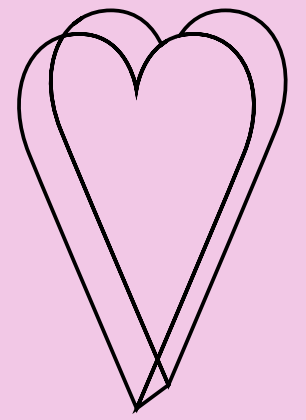
Actionables

1. IG Detox

It's time to take a good hard look and who we are taking good hard looks at. It's time to go through your following list on Instagram and start to eliminate anyone who brings out the worst in you. Ever find yourself longingly staring at some girls body hoping and praying that you'll wake up with her abs? Ever hate another girl because her life looks so "easy" and she always seems to be away on a tropical vacay? Do you save photos of girl's bodies as "inspo" to force yourself into working out?

Whether you are judging someone for being somehow sickeningly aspirational, or comparing your life to hers in any kind of unhealthy way, you need to realize that it is never going to bring you any happiness, fulfillment or joy. We can't blame someone on social media for putting us in a negative headspace, IT ISN'T THEIR FAULT! But we do need to realize what it's doing to us and remove anyone who brings us closer to our Darkness Cycle from our feed.

The truth of the matter is, it doesn't matter if we are being judgemental and cruel towards ourself, or toward another woman. When we judge and compare there is no winner, only negativity and poor mental health.



Actionables

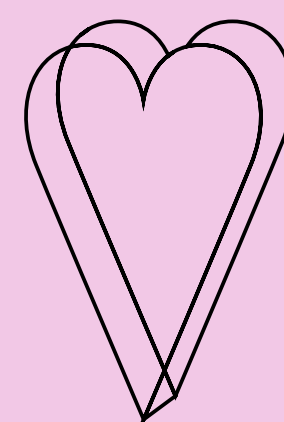
2. Audit your circle.

We have been taught to believe that time is the most important factor in a friendship or relationship, but that truly isn't the case. You deserve to be surrounding yourself with people who LIFT YOU UP and bring you closer to the best possible version of yourself. This step isn't about harshly "cutting" anyone out of your life, but it is about becoming aware of anyone who doesn't make you feel good.

A few helpful questions to ask yourself after social interactions are:

- Do I feel better right now than I did before we spent time together?
- Was the conversation gossipy or judgemental toward anyone?
- Do I feel uplifted, happy, and light after spending time together?

This step might make you think about a few of your relationships differently, and that's a good thing! Just because your BFF might be more negative and judgemental of a person than you, does NOT make her a bad person. It just means that you might want to spend time talking with her about how you can both work to be more kind and positive people!



Actionables

3. Grow your circle of influence.

Like we talk about in the video, we truly do become more like the 5 people we spend the most time with. A few things to ask yourself are:

- Who is someone that I have met in person who inspires me, makes me feel GOOD and I would like to spend more time around?
- Who is someone I have never met in person who inspires me, makes me feel GOOD, and I would like to allow into my life more?
- What are the qualities people have that I find attractive? How can I embody more of these qualities in order to help draw in more positive and uplifting people into my life?

Making a new friend IRL is HARD, especially as an adult. But please remember that that's what TFGG was literally created for! Reach out to someone who inspires you in the fam, and ask if they might want to hang. I know it's a little intimidating, but you never know the impact you might both make on each other's lives.

Adding positive influence in your life can be as easy as finding a friend or role model through a podcast. You all know that I basically live my life with Gary Vee in my ear at all times, and I can't even begin to tell you what a positive impact it's made on me! Spend some time searching for positive influences that you can give your passive time to. If you're driving, cooking, doing your make-up, etc it is always the perfect time to learn and be influenced by someone who truly uplifts you.

Move on to Part 4 when:

Move on to the next part once you have completed a full IG cleanse, done an audit of the people in your life and are truly aware of their influences on your mindset and behaviour, and have taken actionable steps toward adding positive influences into your life (IRL and through podcasts!)