



## 10 Tips to overcome vulnerability: Away from the home.

- Join a new class or group. Make it something you've been wanting to do or try and get booked.
- Take yourself out for lunch / Dinner. Take a book or a journal and just get comfortable in your OWN company.
- Learn a new skill. Whether it's for fun, an interest or professionally, education is extremely empowering.
- Treat yourself to a spa day. Be pampered, relax, eat, drink and just focus on you.
- Take YOURSELF on a date. Make sure it's a nice one too.
- Get to know a stranger. The next time you are out walking, shopping etc, spark up a conversation with a stranger.
- Take yourself on a weekend away in your home country. Explore the area, meet the locals....THEN
- If you didn't hate it, take yourself abroad, trust me it's exhilarating. You will want to go again.
- Treat yourself to a boudoir photoshoot. Claim your beauty and then hang it for the world to see.
- Join me on my show & share your journey to inspire others.



*Lindsay Ann*