



Presented by:
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Living in Love
Keynote Series

What If Every Day Was Your Birthday?



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Speaker

**How to Stop Carrying So Much Pressure
and Start Enjoying Your Success**

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Celebrate your success
- no matter how small

You are a gift

Celebrating Birthdays, Enjoying Your Success

Why?

Because without them, we wouldn't be here

Do you celebrate yours?

Drop a "yes" or "no" (or kind of/not really) in the chat

How can every day be your birthday?

By tapping into the feelings and energy of the special day

Carve out time for you, even just for a
few moments a day.

Self-Love





Shifting Mindset

Building Lasting Confidence

We Expect Good Things

What you expect shapes what you experience. When you choose to expect good things, you open the door to possibility, hope, and self-trust.

Instead of bracing for disappointment, begin to lean into the belief that life is working in your favour.

Positive expectation is not naivety, it is a radical act of self-love and courage.

Love Action - Best Case Scenario Game

Self-Love Practice
Positive Expectation

Live in Love





Your Time Belongs to You

Choose What Serves You

Give Yourself Permission

Giving yourself permission to do something you love each day isn't selfish. It's how you remind yourself that your needs matter too.

Small moments of joy, creativity, rest, or play help calm the nervous system, replenish your energy, and create a life that feels good to live, not just one that gets through the day.

Love Action - Luscious Luxurious Love Moment (LLLM)

Honour Your
Boundaries

Empowered
Choices





No need to add extra
burdens

Internal pressure is a choice

Drop the Pressure

Pressure doesn't always come from the world around us. Sometimes it comes from the expectations, timelines, and standards we quietly place on ourselves.

Learning to recognise the difference helps us respond with more choice, compassion, and self-trust instead of automatically carrying the weight.

When we recognise which pressures are ours to carry and which are ours to release, *we create space to appreciate how far we've come and celebrate our successes instead of constantly chasing the next thing.*

Love Action - Drop the Weight

Ask yourself: Would I expect this of someone I care about?

I Matter





Celebrate yourself daily

Love Actions build self-trust

Every Day Is Your Birthday

When you expect good things, you begin to notice more possibilities.

When you give yourself permission to choose joy, you remind yourself that you matter too.

When you release unnecessary pressure, you create space to appreciate your progress instead of constantly chasing the next thing.

Together, the simple Love Actions help you build more confidence, quiet self-doubt, increase self-trust and enjoy the success you've already created.

Confidence grows when we
celebrate ourselves

Capability can be
a choice





Living in Love Dataversity Deals

- Living in Love Lifestyle Series
 - 3 60-min sessions that bring clarity, quiet the inner critic, and calm the nervous system
- Living in Love: The Embodiment Journey
 - 8-week signature programme that builds unshakeable self-trust, increases lasting peace and bliss, and creates ease at work and within

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Thank you

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