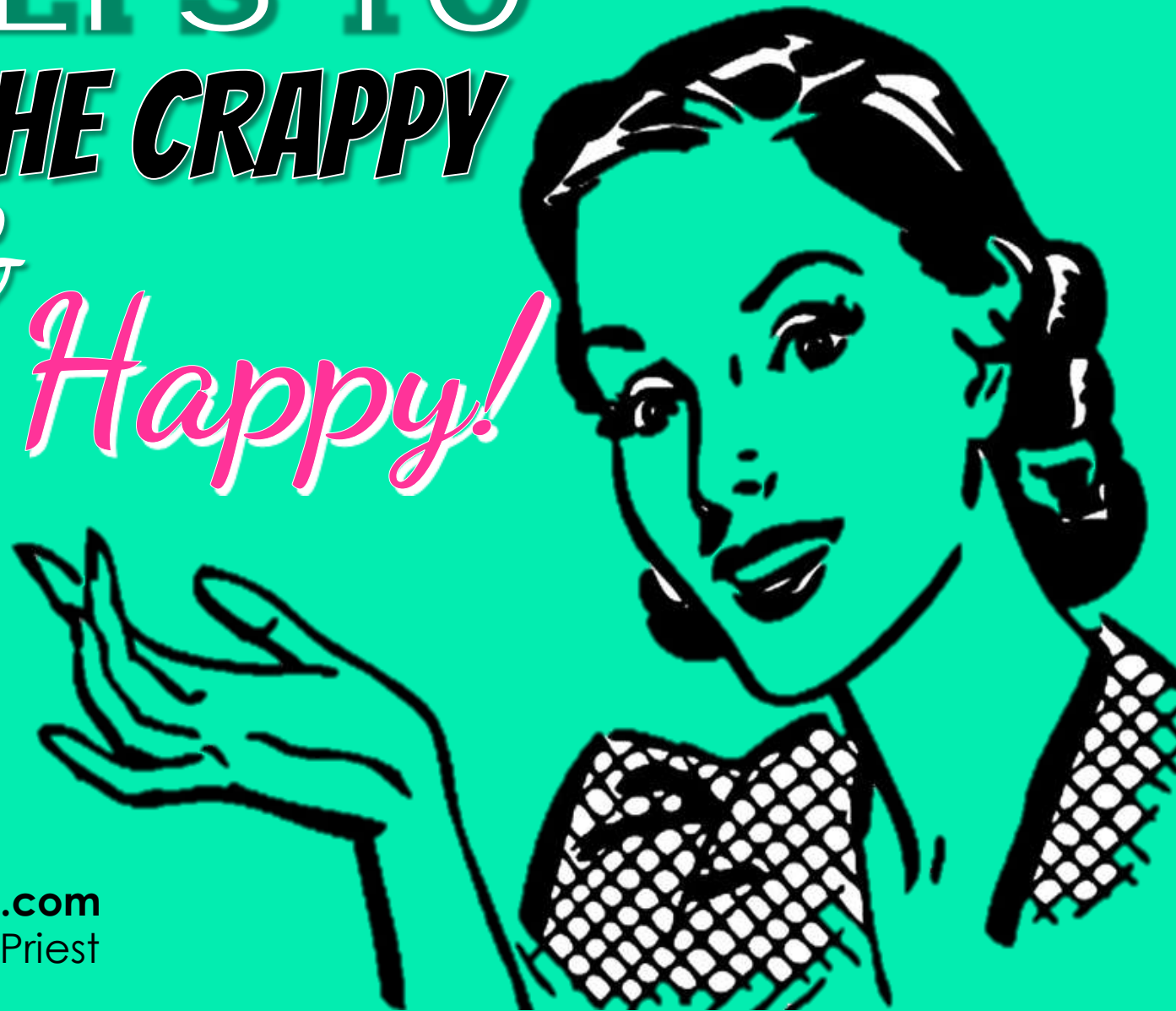


9 STEPS TO  
**CLEAR THE CRAPPY**  
&  
*Live Happy!*



*LooseKnickers.com*  
With Stephanie Priest

*Hello chickadee*



If you've already read my eBook ***LOOKING FOR love? GET IT HERE!*** ([Download it here](#)), you'll know that my **ethos** for a life of romance is built on 3 solid pillars:

**Love Yourself, Love LIFE, Love Others.**

This ethos drives the Loose Knickers (and my own) philosophy and mantra:

Live Happy, Date Wisely, Love Better.

As the saying goes "you can't live a positive life with a negative mind", if you're harbouring negative thoughts – doubt, guilt, worry, anger and fear etc. - then these things will weigh heavily on you and affect many, if not all aspects of your life, your love-life included!

You really don't want that do you?

OK, so this little formula is divided into 9 steps named after the globally acknowledged patron Saint of Love:

## **V.A.L.E.N.T.I.N.E**

Here's the thing, if you're waiting around for someone else to bestow all this love and romance ON YOU, well, you're missing out on a whole heap of lusciousness!

Let's clear out some crappy stuff and step forward with a lighter heart, open mind and a big smile on your face.

Stephanie

## **Step 1 - V is for Valentine, View & Verisimilitude!**

This Clear the Crappy, Live Happy formula is a way to help you feel good, to love (a nod to St Valentine there of course) yourself, every day any day.

V is also for 'view', a chance to step back and view your life without judgement, just to look at where you are and who you are now.

Are you happy with yourself, your life?

Do you have some issues niggling you?

Want to move forward but feel stuck?

Are there some things, aspects you'd like to change but finding it hard to do?

Well, this formula can help you make those changes to your life.

It does NOT offer a magic wand or a quick-fix pill but, it will offer some ways to help guide you, the rest is up to you.

This journey is not always an easy one but, usually a very worthwhile one.

# *Every great journey begins with a single step!*

That's all it takes, one step in the right direction, so this message is about 'viewing' with 'verisimilitude' (I can't even pronounce this word, but if you're unaware of its meaning, it's honesty, integrity, truth).

The scary thing about skeletons in closets, demons in the back of your mind, or general concerns and worries is that they weigh heavy on a person and often have a detrimental affect on you mentally, physically and emotionally, they are literally, biologically TOXIC!

The GREAT thing about these issues is that you can face them, yes you really can. Just identifying them is a BIG leap forward?

So, let's take the first step...

- You need some paper and pens.
- Somewhere quiet and where you can think and write uninterrupted for about an hour (30 minutes absolute minimum).
- Tissues, just in case it gets emotional.
- Access to a kettle (for the quintessentially English cup of life-saving tea!)
- A candle and something to light it with.
- An clean, empty food can (or other fire-proof container)
- Access to the outdoors.

When you have all this ready, carry on...

## Step 2 - A is for Action

This is it, this is where you face that negative thing. It might be a feeling of injustice, of being 'wronged', of frustration at work, a relationship or lack of...something

Also, it might be a feeling of guilt. Have you 'wronged' someone but never admitted it, not even to yourself? Or maybe acknowledging that there are 2 sides to every story...

Whatever the thing is that's bothering you, the nagging or niggling thing in your life that won't go away, that thing you feel sad, angry, frustrated, upset about...

Get that pen and pour it all out on a piece of paper.

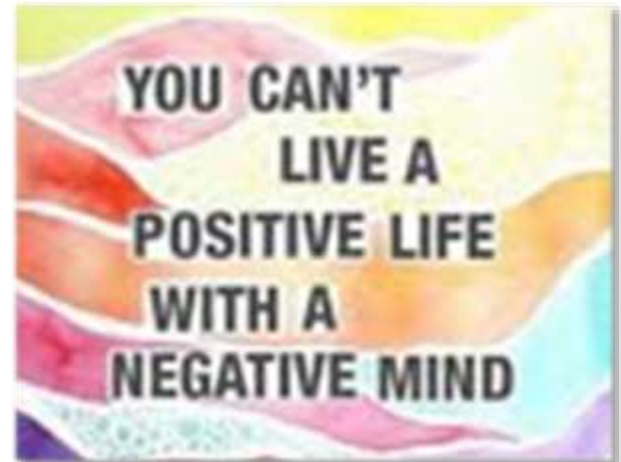
No holds barred, this is YOUR moment.

No judgments, no "can I write this?", you purge away, nobody will see it but you! Continue when you've done this.



1. And when you've finished writing, put your pen and paper down and...breathe. Breathe in deeply and visualise beautiful white light and breathe out all the negativity (you may see it as dark colours)
2. Get yourself a cuppa. Have 10 minutes or so to just 'be' in the moment.

You've done a brave thing, you've performed a sort of mental and emotional surgery on yourself!



# *You're OK*

I you feel very emotional at this point, it's all very natural and normal.

Or you may feel light or weird or nothing at all, it's all ok.

Ready for the next bit?

## Step3 - L is for Let Go

1. Place the can in a safe and stable place.
2. When you're ready, light the candle and let it burn for a minute or so and breathe deeply like before. Breathe in beautiful positive energy and breathe out any negativity.
3. Loosely roll up the paper, light it safely and quickly drop it in the can and now let all that anger, hurt and sadness burn away.
4. Watch the flames and repeat this:

*"I release all anger and I will not absorb others' negativity."*

*"I will speak my truth and strive to do my best."*

*"I am filled with love and light and I will be kind to myself and others."*

# *Well Done, Seriously!*

It's no mean feat to face your negativities and release them.

Sometimes, we unconsciously want to keep hold of them, it may not be nice but, at least it's familiar.



## **Step 4 - E is for Empathy (and positive Energy!)**

Be nice to yourself! I mean it, no room for martyrdom here! When you clear out some crappiness, it leaves a space just like clearing out a cupboard, what's the point of an empty cupboard, it's not it's purpose is it, it's for storing, holding things so, let's replace the negative energy with Positive Energy.

1. When you're ready, get a clean piece of paper and your pen.
2. Write down at least 3 positive things about yourself. If you're struggling, here are 2 to start with:

*"I've just faced a personal challenge. It was difficult, I was brave and dealt with it"*

*"I decided to make a change and took the first step today"*

## Keep Going

What are you good at, don't be coy, brag a bit.

This is not like being an arrogant bitch who boasts about what she owns, this is about YOU being as kind to yourself as you would be to a good friend who needs your support and encouragement right now.

*What are your values: **honesty, integrity, passion, determination...***

*What are your hobbies? What about an achievement – size is NOT the issue here!*

*What have you heard others say to you or about you – nice stuff obviously – **kind, thoughtful, generous, creative, intelligent, a good mum, hard-working, fun...***

**Go flex that empathy muscle girlfriend!**

Save the paper with the positives for later.

## **Step 5 - N is for New Thinking, New Choices & Now**

This is sometimes the very hardest part. When we feel we have been 'wronged' by someone or something it's easier to live with **blaming** them.

But what often happens is that continually blaming others gives THEM the control over our us and our emotions!

Whether it is work, money, a person, people... often what happens we spend our time in anger and frustration letting it affect other aspects of our lives whilst the 'wrong-doer' appears to be merrily living their life with scant regard for yours.

Think of it this way, they're living RENT FREE in your head! Time to kick them out!

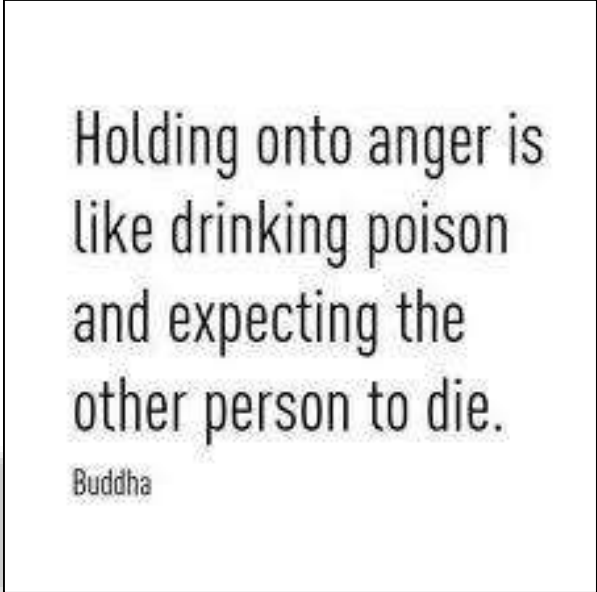
A photograph showing the lower legs and feet of two people standing on a red carpet. The carpet has a white star pattern, similar to a movie premiere. The text is overlaid on the bottom half of the image.

Everything you do is based  
on the choices you make.

It's not your parents,  
your past relationships,  
your job, the economy,  
the weather, an argument  
or your age that is to blame.  
You and only you are responsible  
for every decision and  
choice you make. Period



Here's the thing, they are NOT living YOUR life, they do not feel what you feel and they probably do not care – if they did they wouldn't have 'wronged' you in the first place!



Holding onto anger is  
like drinking poison  
and expecting the  
other person to die.

Buddha

So, burning that paper with all the hurt on it was the first step.

## Some Useful And Important Questions

Time for the **verisimilitude** again!

First ask yourself this question:

**“OK, where am I NOW in this situation?”**

Make a clean, truthful **statement** for example:-

“I am in a relationship but I’m unhappy.”

“I am in a lot of debt.”

“I don’t like my job.”

“I’m single and I don’t want to be.”

Another question:

**“What can I do about it, how can I realistically fix this for ME?”**

Write down your options, even some crazy ones, this helps to lighten it up, get that imagination running 😊

Example **statement**: “I am in a lot of debt”

Options:

- Sell my internal organs on eBay!
- Bury my head in the sand and hope someone pops a winning lottery ticket into my knickers.
- Borrow even more money from the bank 😞
- Get advice from a debt management service/the bank/Citizens Advice...and go from there.
- Stop spending on useless, unnecessary crap that I don't need but, I feel good for about 10 minutes after the purchase!

Next question:

**“Which option do I choose?”**

Ask yourself which is the best one for **YOU**. They all may be difficult choices but at least this way it puts **YOU in control** of the situation.

Make your choice.

By the way, **NOTHING** is set in stone.

Life is fluid and organic and the only thing you can guarantee in life is change.

If your situation changes, so can your choices.

Next:

**“Does this choice feel right”**

Never underestimate your own body. It will often tell you more about yourself than you realise.

Get into a quiet zone and ask yourself the questions and listen/observe/feel your body's responses.

If something just doesn't sit right with you, explore until it does.

When you've narrowed down your options to the one you have CHOSEN, write it down as a simple statement e.g:

*"I have this debt, I will pay it off £5 per week for the next 2 years."*

You have now put your wonderful SELF in control of the situation and have turned the negative into a **positive**.

NOW, go create your NEW path.

Turn your Option into ACTION.

Now, get that paper with the positive things you wrote about yourself, re-read it and add to it, something like:

*“I’m being proactive and dynamic. I’m changing MY world for the better!”*

This is no mean feat, many people stay on the negative merry-go-round constantly blaming everyone and everything for their problems. You have just proved that you are NOT one of them!

## Step 6 - T is for Time

Modern Women are struggling and juggling **Time**, constantly!

Take **time** now to think about what is important to you.

Whatever these things are they are different for everyone.

**YOUR TIME IS LIMITED,**  
SO DON'T WASTE IT LIVING SOMEONE ELSE'S LIFE.  
**DON'T BE TRAPPED BY DOGMA**  
WHICH IS LIVING WITH THE RESULTS OF OTHER PEOPLE'S THINKING.  
**DON'T LET THE NOISE OF**  
**OTHERS' OPINIONS DROWN**  
**OUT YOUR OWN INNER VOICE.**  
**AND MOST IMPORTANT, HAVE THE COURAGE**  
**TO FOLLOW YOUR HEART AND INTUITION,**  
**THEY SOMEHOW ALREADY KNOW WHAT**  
**YOU TRULY WANT TO BECOME.**  
**EVERYTHING ELSE**  
**IS SECONDARY.**  
-STEVE JOBS, 2005



## **Time to Take Stock.**

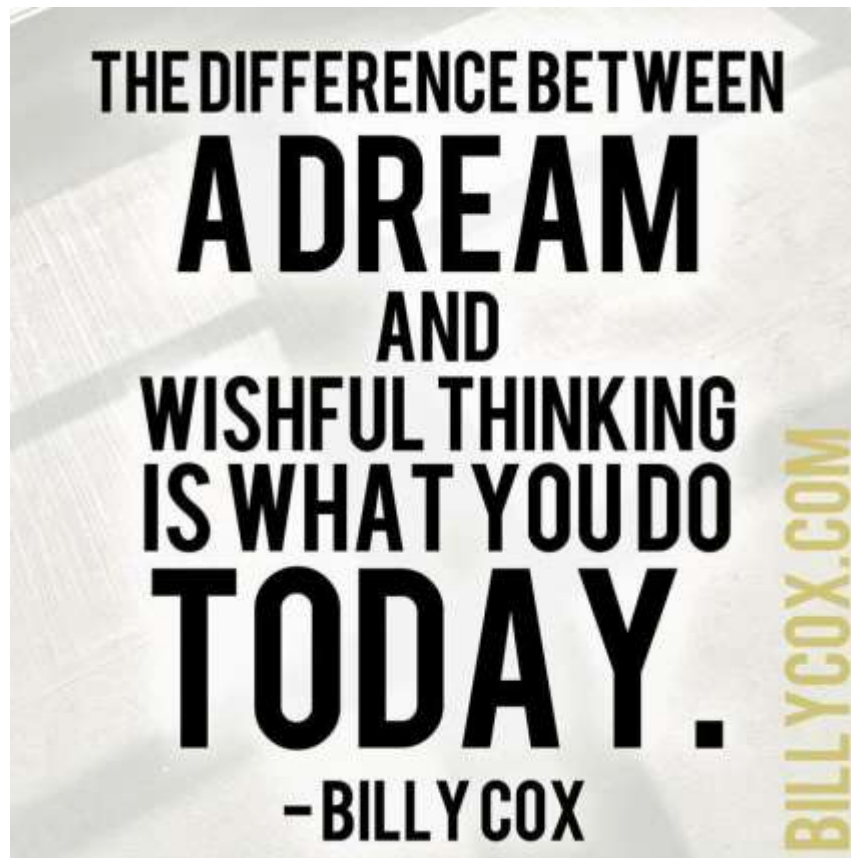
You've done a lot over the past few steps, don't underestimate the power of thought and the energy you've used.

This step is to give yourself **time** to dream, **time** to think.

**Time, to GIVE YOURSELF PERMISSION to be YOU.**

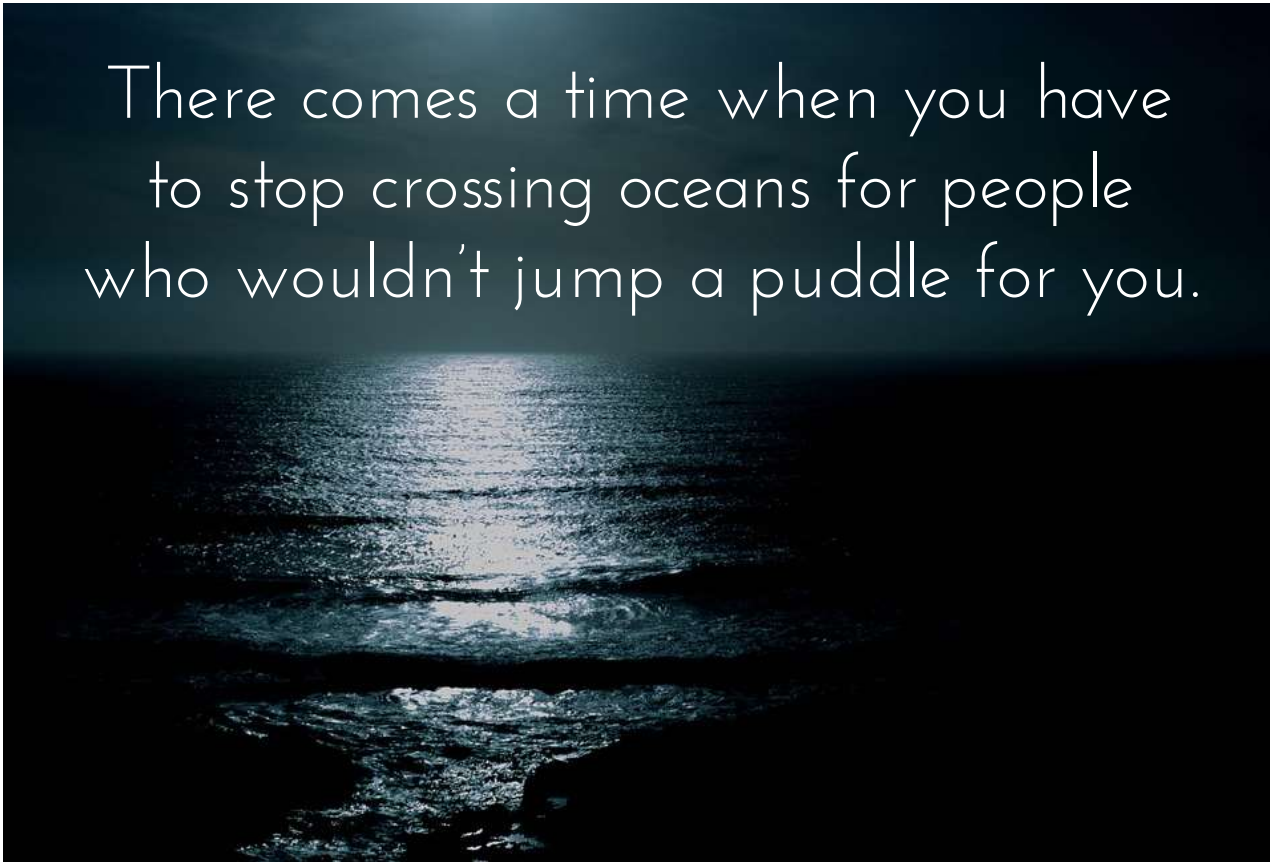
Spend **time** with people whom you love and love you.

To make **time** to BREATHE and spend **time** with YOURSELF!



Don't WASTE time with people who do not understand you or can't accept you for who you are and spend THEIR time pulling down YOUR dreams.

There comes a time when you have to stop crossing oceans for people who wouldn't jump a puddle for you.



## **Step 7 - I is for Inspiration, Incredible & Ideas**

You'll have released a lot of the negativity that was clouding your life.

Clear the Crappy, Live Happy is about accepting and loving yourself for who you are and NOT accepting second-best!

# You Are Incredible!

You've made some changes – never easy, well done.

Now this message is to INSPIRE you to have great IDEAS for as you move forward on your New Path.

What would you really **love** to do – is it within the realms of possibility?

For instance, I would love to spend the day (and the rest of the week) in Bali with Johnny Depp!



*“Sigh”*

I realise that it's not impossible (not like impossible to fly to the moon by flapping my arms up and down!)...but it is highly unlikely and anyway... I'm busy this weekend!

But I CAN have a DATE with myself!

I'm going to do the things that *I* want to do. I will completely immerse myself in **romance** and **love** and NOT feel guilty about it.



No date tonight? Great, chick-flick and chocolate at my place then!

I'm not resentful, bitter or sad or feel hopeless because I'm single.

I certainly don't have to be in a relationship to enjoy **romance**, neither do you.

I'm not relying on nor dependent on someone else for **love**. Neither should you.

YOU are an endless supply of gorgeous love.



These are my IDEAS for my date, the things **I** want!

---

I'm going to write a letter to my son because I absolutely love that kid and I'm going to tell him so

Buy myself some flowers from a florist – not a petrol station!

Write texts to friends to tell them I'm thinking of them.

Go for long walk and reconnect with nature in my local park.

Order my favourite take-away and bottle of fizz, light some beautiful candles and watch 'Mamma Mia' wearing a face-mask and my PJs...because I can.

Now it's YOUR turn...



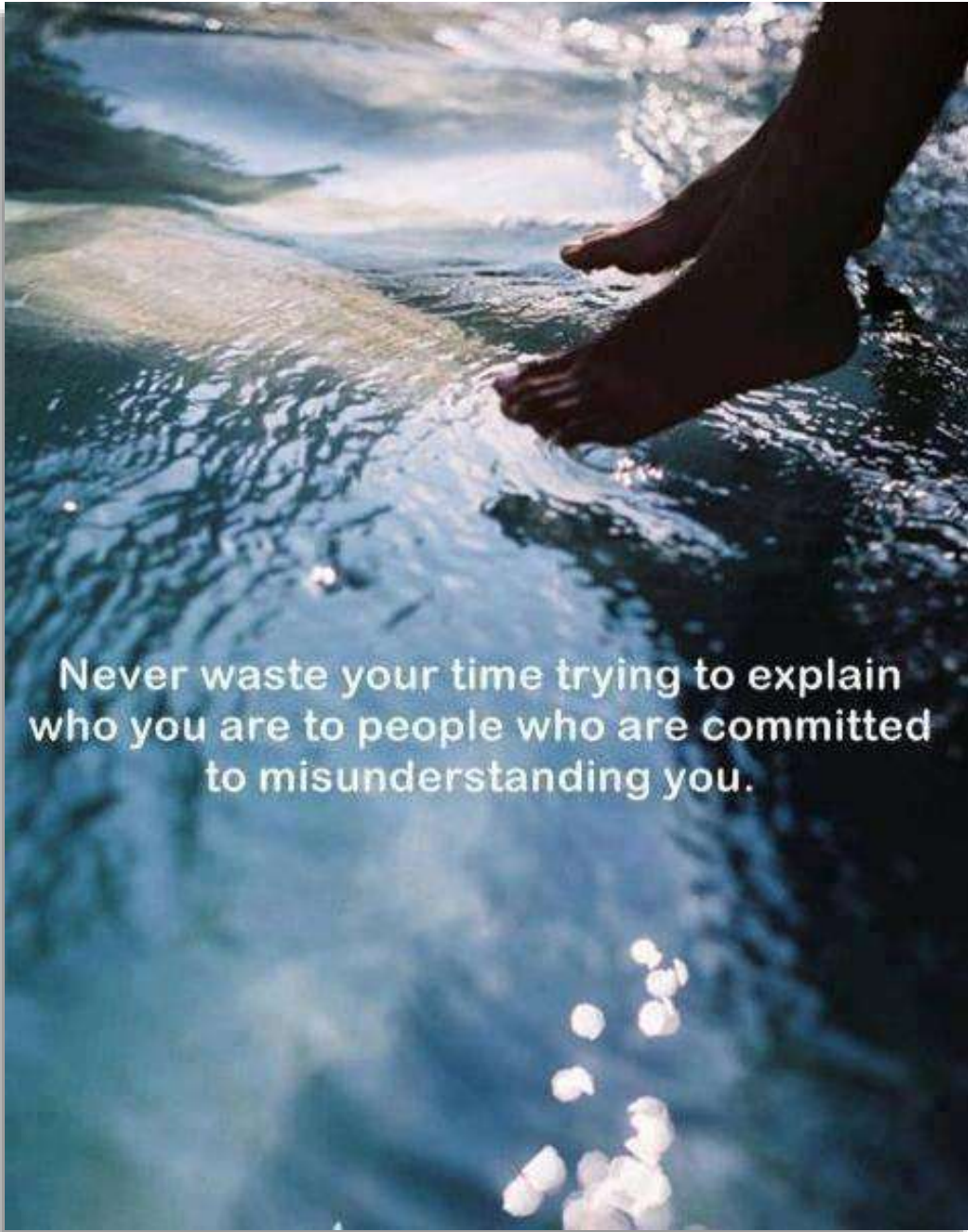


## Step 8 - N is for NO, Never, Nourish, Nurture & New Beginnings

Say NO to negative thoughts, people, situations...



Say Never...

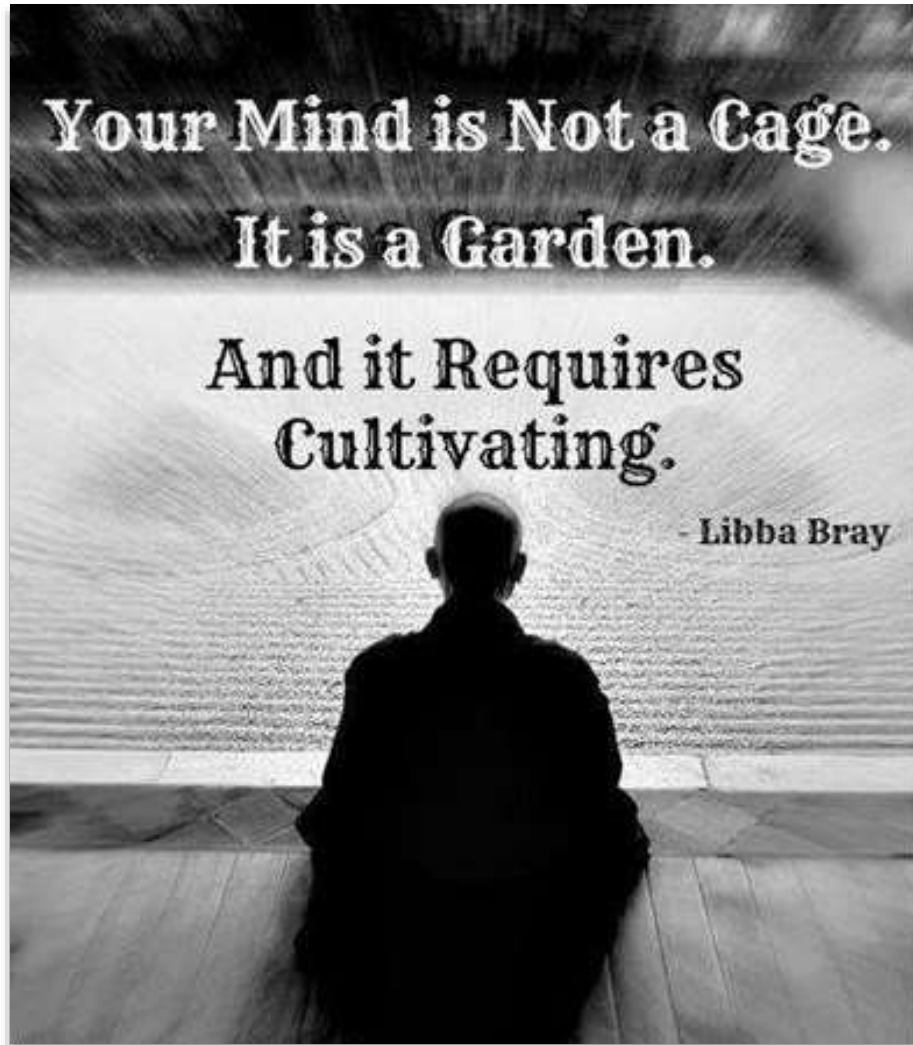
A photograph showing a person's feet sticking out of the water. The water is dark blue with sunlight reflecting off the surface, creating bright, shimmering spots. The feet are positioned in the upper right corner of the frame.

Never waste your time trying to explain  
who you are to people who are committed  
to misunderstanding you.

Always **Nourish...**

YOU MAY THINK THE GRASS  
IS GREENER ON THE OTHER  
SIDE. BUT IF YOU TAKE THE  
TIME TO WATER YOUR OWN  
GRASS IT WOULD BE JUST  
AS GREEN.

And **Nurture...**

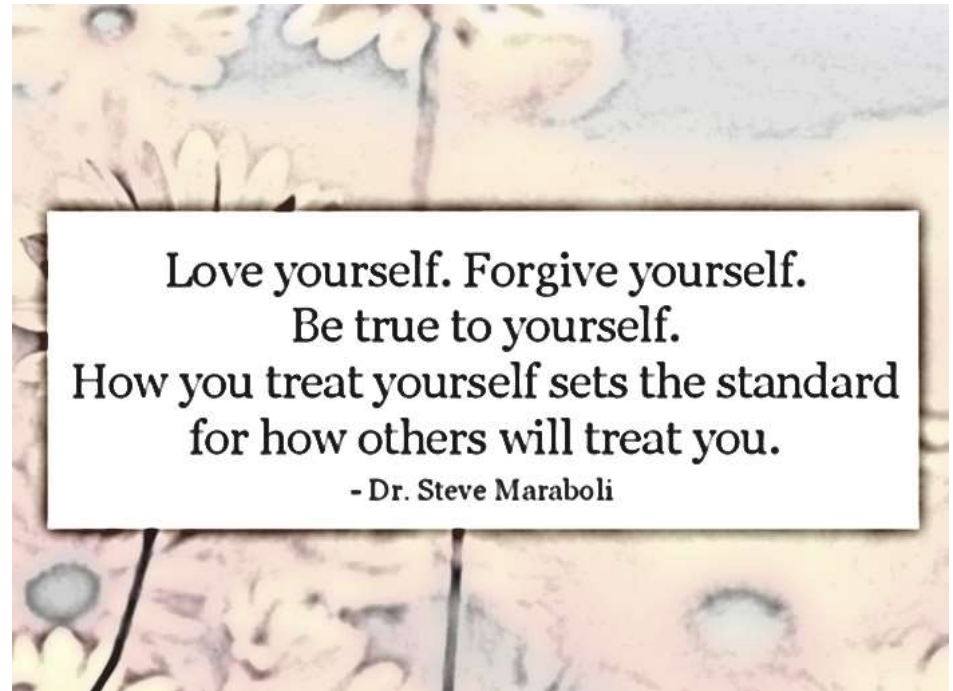


# Nourish & Nurture Yourself

Remember the ethos and pillars of Loose Knickers...

“Love Yourself, Love Life,  
Love Others”

Well, I've got some soul food for you. Beautiful thoughts from wonderful people.



Brace yourself now because I'm gonna throw a whole heap of lovingness at ya!...



To love oneself  
is the beginning  
of a lifelong romance

-Oscar Wilde

A person is silhouetted against a sunset sky, standing on a hill or ridge. The background shows a range of mountains under a warm, orange and yellow sky. The overall mood is contemplative and serene.

You have to find yourself before someone else can find you,  
**LOVE YOURSELF BEFORE YOU CAN BE LOVED,**  
believe in your future to be a part of someones future.



“You demonstrate love by giving it unconditionally to yourself. And, as you do, you attract others into your life who are able to love you without conditions.” - Paul Ferrini





Don't put the  
key to your  
happiness in  
someone  
else's  
pocket.

Unknown



When a woman is *happy*  
in her own *skin* and body  
she can follow her *dreams* with confidence  
and become a *powerful* source  
for *change* in this world



**How others  
see you is not  
important.  
How you see  
yourself means  
everything.**

Follow your dreams:

<https://www.facebook.com/followyourdreamstoachieve>



Confidence  
is the ability to  
feel Beautiful,  
without needing  
someone to  
Tell You.

-mandy hale

A hand is shown holding a single red brick. The background is dark and filled with many other bricks falling or being scattered, creating a sense of motion and repetition. The overall image has a dramatic, high-contrast aesthetic.

***IF YOU CARRY  
THE BRICKS FROM  
YOUR PAST  
RELATIONSHIP,  
YOU WILL END UP  
BUILDING THE  
SAME HOUSE.***

[kushandwisdom.tumblr](http://kushandwisdom.tumblr)

Not just pictures but songs too, so eloquently put by the talented, beautiful and sadly missed Whitney Houston:

*“The Greatest Love of All”*

*I decided long ago, never to walk in anyone's shadows*

*If I fail, if I succeed*

*At least I'll live as I believe*

*No matter what they take from me*

*They can't take away my dignity*

*Because the greatest love of all*

*Is happening to me*

*I found the greatest love of all*

*Inside of me*


*The greatest love of all*

*Is easy to achieve*

*Learning to love yourself*

*It is the greatest love of all*

Remember **N** is also for 'New Beginnings'



New beginnings are  
often disguised as  
painful endings.

Lao Tzu

**Step 9- E is for ENJOY!**

*Enjoy romance.*

*Enjoy You.*

**And E is for Excel,  
Excite, Energy, Effort, Embrace and  
Empower.**

*You are all these things and more!*



Show yourself that you care and believe that you are important. Show the people you love that you care about them too.

*Believe in yourself.*

**Be good to yourself!**

# Remember...

Love Yourself

You are a beautiful soul

You have amazing qualities (check  
your list of positives!)

You've embraced change

You're creating a New Path with New  
Understanding and a New Vision

You're inspiring!

# Dear Fabulous You

By following this formula you've now become part of the Romance Ripple Effect – when you're more positive and feel better, your approach, attitude and actions are more positive. This **lovingly** impacts on your world around you.

**You** chose this formula, **you** did the work so **YOU** are helping to make the world a nicer place. For this, and with all my heart, sincere gratitude and lots of love...

**I THANK YOU, you are...AMAZING!**

Stephanie xxx

9 STEPS TO  
CLEAR THE CRAMPY

*Live & Happy!*

**BONUS  
FEATURE!**



*Ahh, don't we all love a double-bubble bonus!  
To just add that little bit of gorgeousness...*

## **L IS ALSO FOR...**

**Love** (of course), a bit more **Letting Go** and **Loveliness!**

Respecting and loving yourself is the foundation on which ALL good relationships are built. That's the Loose Knickers ethos.

To share knowledge, experiences and understanding of romance.

For this little bonus feature, you will need scissors and a clean, dry jar with a lid, a jam jar or larger is great.



You'll also need the paper with your list of positives written on it.

# *L is for Letting Go*

But first, some inspiration from Nelson Mandela, a remarkable man who understood the need to and power of, letting go...

**As I walked out  
the door toward  
my freedom I knew  
that if I did not  
leave all the anger,  
hatred, and  
bitterness behind,  
that I would still be  
in prison.**

*Nelson Mandela*



Letting go, forgiveness or moving on – whatever you want to call it, is not about being benign towards the ‘wrong-doer’ and leaving yourself open to another attack.

It is about understanding and releasing YOUR anger towards them.



**FORGIVING PEOPLE  
WHO HAVE HURT YOU  
IS YOUR GIFT TO THEM.  
FORGETTING PEOPLE  
WHO HAVE HURT YOU  
IS YOUR GIFT TO YOU.**

We all probably met someone who can't (won't) let go of the past!

We may have even said to them "let it go" but, we do know it's easier said than done!

The great thing about YOU is that you've taken some big steps in letting go.

It's also about **Letting Go** of old, limiting, self-sabotaging beliefs.

OK, my gorgeous friend, you may have been involved with guys, friends, situations which have undermined your self worth.

**I hereby announce that you ARE worthy of love.  
You DO deserve love and oodles of romance!**

Repeat after me...

*"I am worthy, I am enough, I love and respect myself, I will walk my own path, I will stand my own ground"*

Now, grab that clean jar, your scissors and the paper with your **positives** on.

# Creating Your Jar Of *Loveliness*

Take that piece of paper with your positives on.

Add more if you like, go ahead, write lots of positive things about yourself 😊

You're good at cooking, listening, trigonometry, being friendly...write it.

Think about the things, the good things people have said to you or about you.

**Do NOT trivialise any compliment given to you, each and every kind, positive word is evidence of your beautiful soul.**

Pop them on the paper – leave a bit of space around each statement.

When you're ready, use the scissors to cut the statements out so they are on individual pieces of paper.

Add these positive **affirmations** to the glass jar.

Add other things too, anything that makes you feel good or makes you smile; a flower, a photo, ticket stubs, a note, anything.

**Decorate it, label it, it's YOURS and yours alone. Enjoy it 😊**

When you feel like it, pick out an affirmation, add more anytime you like and remind yourself how wonderful you really are!



Fabulous, you now have a jar of bright things for dark days.  
And there will be dark days, it's a law of the universe, of polarities,  
there is an opposite and equal to all things.

However, you now have a formula you can use whenever you  
need it. Onwards and upwards my dears.

And see you again very soon.



Stephanie x x x

More Wise Words? Pop back to  
[LooseKnickers.com](http://LooseKnickers.com) and grab another eGuide

Or drop me a line here –  
[Stephanie@looseknickers.com](mailto:Stephanie@looseknickers.com)