

# 90 Day Self Love Challenge

A Journey of Awareness, Acceptance & Agape Love

The Lillian McDermott Radio Show

# Introduction

Dear Friends,

I am listening and it seems that anxiety and depression have become more common than I would like to admit! Why is this happening? What can be done?

On a recent show with Dr. David Baker-Hargrove, he shared that the one thing people with anxiety and depression have in common is a lack of self-love. WUH? How can that be? Why would we not love ourselves? We are unique and perfect in so many ways!!!

Well, if this is a problem and there is something we can do to alleviate it, why not create awareness and a challenge?

This challenge is not just for people who are anxious... This is for all of us! It's for those who are going at 100 miles per hour, those who have many responsibilities, those who eat in front of their TV or their computer (as I am doing right now) trying to make a deadline. This love challenge is also for the people who have ridden the wave to retirement and all of a sudden cannot remember who they are anymore or who might feel angry due to the loss of a job or the loss of health. This Self Love Challenge is for all!!! We all need to take time out for Awareness, Acceptance and Agape Love!

Are you up for a challenge?

**A 90 Day Self Love Challenge?**

*- Lilly McDermott*

You will need a journal for this challenge... Not a fancy journal but a consistent place to write.

The Lillian McDermott Radio Show

# Day 1– Day 25 (of 90)

Okay, it is time to get started! Congratulations on having the courage to take the first step. You will see that the 90 Day Challenge is divided into logical sections. This first section will take you through the first 25 days. The following sections will vary in the number of days involved. Here are the instructions for this first 25 days:

1. Create a list of 25 people who have made a difference in your life.
2. Next to each name, write a few words on how they impacted your life.
3. For the next 25 days, call one of the people on your list, each day. If possible, tell them how they impacted your life and thank them. If it's not possible to call them, write in your journal, how knowing them changed your life. (As you go down the list, for those who have ascended or are no longer in your life, light a candle and have that conversation in your heart.)

Each day, share/post your feelings and/or pictures of your loved one on one of the following:

- **Instagram:** LillianMcDermott
- **Facebook:** [www.facebook.com/LilliansRadioShow](http://www.facebook.com/LilliansRadioShow)
- **Email:** [Lilly@WhenYouNeedAFriend.com](mailto:Lilly@WhenYouNeedAFriend.com)

**These 25 days will help us become aware of all the people who have helped make us a better person...**

*Let's start spreading the word about the 90 Day Love Challenge!*

The Lillian McDermott Radio Show

# Day 26– Day 30 (of 90)

Here are the steps to take for this next 5 day section:

1. Make a list of all the hurts and resentments you are holding onto from the past or present.
2. Write each hurt on a separate page in your journal.
3. Each day pick one hurt or resentment and answer the questions on my [100% Responsibility](#) page.
4. Take the time to reflect on your answers for each entry and start taking 100% Responsibility! Remember this is not to find shame or blame but to look at the situation as if it were someone else's life. Make no judgments and have no expectations but when you are done, look at how each one of these experiences have made you who you are today. You may not be able to change what happened in the past but you can certainly change the way you view the situation or feeling. This step might even diminish the power the memory has over you.

The past cannot be changed. If we continue to live in the past, we will miss out on the present moment. Living life as a victim will take away our power but taking 100% Responsibility will Empower us to start the healing process.

Make a commitment to yourself that by Day 90 of this challenge you are finally, once and for all, letting go. That you are no longer haunted or controlled by your past, no matter what has happened to you, no matter who has hurt you or how resentful or bitter you might have felt.

Look at the costs of holding on to an experience that cannot be changed and start remembering this experience as a way to help yourself and others, going forward.

*This is not time to forgive and forget... Rather, it is time to Forgive and Grow!*

The Lillian McDermott Radio Show

# Note From Lilly

## Congratulations on making it through the first 30 days...

The goal of the last 30 days was to remember or become aware of where you came from so that you could reconnect with who you are. Regardless of how that connection was made, I hope you enjoyed acknowledging the people who have made a difference in your life. (Even if you have a perfect amount of self-love, I am confident that you will see that we can always improve on how gentle we are on our self.) Now it is time to really take a look at ourselves without judgment but with compassion, and accept ourselves unconditionally.

As you are working through each day's activity, plan on doing a Random Act of Kindness (RAK). At the end of your day, journal on your RAK and answer the following:

Describe your RAK and how it affected the recipient.

Describe how it made you feel.

As we progress through the next 30 days, please keep in mind that doing daily Random Acts of Kindness will only improve the outcome you desire. See the next few pages for a full list of Random Acts of Kindness.

# Random Acts of Kindness

Are you having an issue getting started doing Random Acts of Kindness\*\*? Well, below you will find a few suggestions to get you going. As you can see, many do not require much, just a willingness to be of service and an open heart. Please REMEMBER that Kindness begins from within ourselves... So, be kind to you!!!

*"Be the change you wish to see in the world!"* (Mahatma Gandhi)

(Pick one or more each day.)

- 1) Smile at a stranger (keep track of how many times you smile)
- 2) Hold the door open for someone, even if you have to wait a bit.
- 3) Prepare a meal for someone in need. If needed, bring it to a stranger. (Make sure you are protected, go with a friend.)
- 4) Tweet or Facebook message a genuine compliment to three people right now.
- 5) Bring doughnuts (or a healthy treat, like cut-up fruit) to work.
- 6) Get connected with organizations like [Lifevest Inside](#).
- 7) While you're out, compliment a parent on how well-behaved their child is.
- 8) Don't write the angry internet comment you're thinking of writing. Instead focus on something good that came out of that angry moment.
- 9) When everyone around you is gossiping about someone, be the one to say something nice.
- 10) Ask a family member how you can support or help them?
- 11) Cook a meal or do a load of laundry for a friend who just had a baby or is going through a difficult time.
- 12) If you walk by a car with an expired parking meter, put a quarter in it.
- 13) Put your phone away.

The Lillian McDermott Radio Show

# Random Acts of Kindness

Continued...

14. Hang out with the person who just moved to town.
15. Offer a homeless person your leftovers bag from the restaurant.
16. Each time you get a new piece of clothing, donate an old one.
17. Don't interrupt when someone else is speaking. (Surprisingly few people master this.)
18. Email or write an old teacher who made a difference in your life.
19. Compliment someone to their boss.
20. Leave a nice server the biggest tip you can afford.
21. Smile at someone on the street, just because.
22. Let someone into your lane. They're probably in a rush just like you.
23. Forgive someone, and never bring up the issue again.
24. Talk to the shy person who's sitting by themselves at a party.
25. Leave your New York Times, Florida Today or Us Weekly behind for someone else to read at the coffee shop, the doctor's office, or on a plane.
26. Cut someone some slack.
27. Make eye contact with a stranger and smile
28. Share a meal with a stranger.
29. Help a mother with her baby stroller.
30. Become a [big brother or big sister](#).
31. Let the person behind you at the supermarket checkout, with one or two items, go ahead of you.
32. Write someone a letter. Like a real letter, on paper. And mail it!
33. Give away stuff for free on Craigslist.

The Lillian McDermott Radio Show

# Random Acts of Kindness

Continued...

34. Make a “breakup playlist” for your friend who’s going through heartbreak.
35. Give someone a book you think they’d like.
36. Be the person who puts a tip in the tip jar at the coffee shop. (Fewer people tip than you’d think!)
37. Bring in fun office supplies to liven up the workday for everyone.
38. When you go somewhere to get or do something, ask the people around you if you can pick up anything they need.
39. Give someone a hug.
40. If you spill cream or sugar on the counter at a coffee shop, wipe it up.
41. Call your grandparents. Call them!
42. [Donate your old eyeglasses, so someone else can use them.](#)
43. When you’re throwing something away on the street, pick up any litter around you and put that in the trash too.
44. Write something nice on that person’s updates who posts on Facebook constantly. They’re probably lonely.
45. Sincerely complement your boss, who probably doesn’t often get feedback from her reports.
46. Put sticky notes with positive slogans on the mirrors in restrooms.
47. Let them have the parking space.
48. Compliment someone.
49. Volunteer to read to kids at an after-school program.
50. Bring your partner coffee in bed.
51. Try to make sure every person in a group conversation feels included.

The Lillian McDermott Radio Show



# Random Acts of Kindness

Continued...

52. Stop to talk to a homeless person.
53. Answer that email you've been avoiding.
54. Send anonymous flowers to the receptionist at work.
55. Pay the toll for the person behind you.
56. [Donate or recycle your old laptop.](#)
57. Write a nice comment on your friend's blog.
58. Play board games with senior citizens at a nursing home. Many of them will never have a visitor during their stay.
59. Give someone a tissue who's crying in the public, and offer to talk about it, but only if they want to.
60. Listen intently.
61. Babysit for a single mom for free.
62. Adopt a [rescued pet.](#)
63. Adopt a senior. Well, maybe not adopt but visit and become a friend.
64. Compliment someone in front of others.
65. Hold the elevator.
66. IM or email that person you're afraid to talk to because you don't want to "bother them."  
They're probably thinking the same thing about others!
67. Remind yourself that everyone is fighting their own struggles.
68. Leave some extra quarters in the laundry room.
69. Write your partner a list of things you love about them.
70. Put together a small herb garden for someone.

The Lillian McDermott Radio Show

# Random Acts of Kindness

Continued...

71. Call the Lillian McDermott Radio Show and share your experience during the 90 Day Challenge.
72. Say thank you to a janitor.
73. Talk to someone at work whom you haven't talked to before.
74. Frame your friend's favorite lyric or quote and give it to them with a nice note.
75. Send dessert to another table.
76. Text someone just to say good morning, good night or wish them the Best Day EVER!
77. Help your elderly neighbor take out the trash or mow their lawn.
78. Give up your seat to someone (anyone!) on the bus or subway.
79. Tell your siblings how much you appreciate them.
80. Bring a security guard a hot cup of coffee.
81. Plant a tree.
82. Purchase some extra dog or cat food and drop it off at an animal shelter.
83. If you're a good photographer, take photos of your friends and make them into a digital album.
84. Send mail to someone who is dying.
85. Smile when you feel like scowling.
86. Wash someone's car. (Preferably mine!)
87. Baby, Dog or cat-sit, for free.
88. Keep an extra umbrella at work and let someone borrow it on their way home if there's a sudden downpour.
89. Make two lunches and give one away.

The Lillian McDermott Radio Show

# Random Acts of Kindness

Continued...

- 90.Reduce air pollution by carpooling.
- 91.Say yes at the store when the cashier asks if you want to donate \$1 to whichever cause.
92. Be encouraging!
93. Help someone struggling with heavy bags.
94. Take all your change to “Coinstar” and donate your collection to charity.
95. Give your friend a hug, touch their arm, or pat them on the back. So many of us are starved for human touch!
96. Buy lemonade from a kid’s lemonade stand.
97. Give your partner (or anyone) the benefit of the doubt.
98. Be kind to the customer service rep on the phone. It’s not their fault.
99. Do the dishes even if it’s someone else’s turn.
- 100.Give someone the rest of your pack of gum.
- 101.Be patient.
- 102.Clean someone’s windshield.
- 103.Every night before you go to bed, think of three things you’re grateful for.
- 104.Make plans with that person you’ve been putting off seeing.
- 105.Call your Mom or someone who has been like a mother to you. You can change “Mom” to any family member.
- 106.Offer to return a shopping cart to the store for someone loading groceries in their car.
- 107.Have a clean-up party on the beach or at a park.
- 108.Sit with a person eating by themselves at the mall.

\*\*Some of these ideas came from Buzzfeed.com and I hope they are helpful and inspiring... Be Creative and have fun!!!

The Lillian McDermott Radio Show

# Day 31– Day 37 (of 90)

## Welcome to the Second 30 Days – Acceptance!

It is important to remember throughout this entire challenge that everyone’s “90 days” will move at a different pace. If you need extra time to adequately complete this month’s exercises, that is OK! It is most important to do the work, rather than just complete it in a specific time period.

Also, please Be Gentle (BG) with yourself... (You can see a full list of how to Be Gentle with yourself in just a couple more pages). Whenever you are ready, during this journey, give yourself permission to do something kind for YOU! As a suggestion, try to start and end your day by taking 5 minutes to slowly breathe, just breathe deeply! Become aware of your breath and visualize breathing goodness into your body and releasing any negative energy, when breathing out!

**Day 31:** Make a list of everything you reject about yourself and/or that which is the focus of your negative self-talk. Become aware that the items on this list do not support you. Now it is time to SHIFT... next to each item write what you want to be.

Example:

- Tired – Alive
- Fearful – Fearless
- Depressed – Optimistic
- Anxious – Excited

Every time you say any word on the left of your list, substitute the word with the right side of your list.

Journal on your RAK!

Remember, BG!

The Lillian McDermott Radio Show

# Day 31– Day 37 (of 90)

Continued...

**Day 32:** Make a list of all the things you like about yourself and others, any attribute you have or wished you had. After the list is done, write, “I am” on the top of the list.

Select 3 or 4 of the attributes on this list that perhaps you need more help remembering that you are and let this become your Mantra or Affirmations!

I have two affirmations that I use every day, as many times as I need a reminder:

I am a Creative, Loving, Intuitive and Trusting Leader. (Instead of leader, you can add, person, man, woman, etc.)

I am Healthy, I am Wealthy, I am Wise, I am Love....

Journal on your RAK! Remember, BG!

**Day 33 – 37:** Take time during each of these five days to read both of your lists and focus on the items on those lists. Go to the mirror, look yourself in the eye, and read each item starting with “I like myself for/because \_\_\_\_\_” or “I am\_\_\_\_\_.” Practice identifying how the attributes on your list appear in your daily life. For instance, if you like your eyes, be aware of how often you make eye contact, while smiling with your eyes. If you like your sense of humor, be aware of how often each day you make people laugh.

Journal on your RAK! Remember, BG!

I am so proud of YOU... You kept your commitment for another week!!! I hope you are feeling more connected with yourself and are looking forward to committing to another week.

**Please note:** If at any time you need help processing or have any questions, email me at [Lilly@WhenYouNeedAFriend.com](mailto:Lilly@WhenYouNeedAFriend.com).

# Being Gentle on Yourself

There are times we are so busy taking care of everyone else that we forget to be gentle on ourselves. Sometimes, when we are in our “busyness,” it is hard to think or stop, to take care of our needs. So, I came up with a list that we can go to for suggestions.

This list is just a start and if you have other suggestions, I would love to hear them. Please remember... I am only an email away, so do not hesitate to contact me, any time! [Lilly@WhenYouNeedAFriend.com](mailto:Lilly@WhenYouNeedAFriend.com).

1. **Start & End each day with 5 minutes of Breath Awareness:** Slowly breathe in positive energy, breathe out negative energy. Consciously name each breath. Ex: Breathe in light, Breathe out darkness... Breathe in joy, Breathe out sadness... etc.! (Stretching is also good during this time.)
2. **Walk:** Make time to walk and if you cannot walk, move... It can be slow or brisk! If it is cold then go to the mall and walk... (If you go to the mall, stick to the plan; walking is cheaper than shopping!)
3. **Pack a picnic or healthy snack and go to a favorite spot to eat it:** I love water and find myself going to a lake, river or beach, whenever I need to refresh! If you don't have a favorite spot, find one.
4. **Go to the gym:** It is important that you figure out the best time for exercise. Just Do It!
5. **Take a bath:** Calgooooonn take meee aawaay!
6. **Read a good book:** You know, that book you've been meaning to read!
7. **Call a friend:** Who have you been meaning to call? Call them!!!
8. **Stand in front of your mirror with your hands up in a victorious position:** [Click Here](#) and see how body language impacts our life. Try it!
9. **Learn about nutrition:** [Click Here](#) to learn how food can heal you.
10. **Dance:** Turn on your favorite music and dance like no one is watching!
11. **Sing:** Either by yourself or with your favorite artist... Just sing like no one is listening!
12. **Yoga:** If you don't have time to take lessons, get a DVD or find a YouTube video and get started.
13. **Sleep:** Get to bed before 10 pm. The hours between 10 pm – 2 am are when your healing enzymes are released!

# Being Gentle on Yourself

Continued...

15. **Say “NO!”:** We want to please but sometimes we need to say not only “NO” but “HECK NO!” Before you say “Yes,” make sure it will support you.
16. **Make a list:** Make a list of 25 things you would like someone to do for you and ask for help! Give this list to your significant other, family or friends and let them know that instead of buying you a gift, these are things you would love.
17. **Take a nap:** Be aware of what your body needs... Listen to your body and when your body tells you rest, then do it!
18. **Gratitude Journal:** If you haven’t done this already, start! Take inventory of the times you were grateful during the day and write about it. (Even if all you write is, “A stranger smiled at me!”)
19. **Don’t Worry, Be Happy:** Be aware of your thoughts. If you find yourself worrying or consumed with a thought... Write it down and put it down! Become aware of worry and then SHIFT the thought by reminding yourself that everything will be ok! Perhaps take 5 minutes to think of a solution. (You can write the solution down.)
20. **Listen to Positive Affirmations:** Become a subscriber of The Lillian McDermott Radio Show and I will send you mine! ;-)
21. **Light a candle:** There is something about a candle that is so soothing, maybe it’s the scent or the light. Just sit and remember all the lighthearted moments of the day. Perhaps you can think of someone you love and send them love and light!
22. **Eat something nutritious:** Perhaps you can add or substitute one thing that is “green” like a salad or try eating berries. Berries are full of antioxidants!
23. **Clean:** When my closet is a mess, I know my life is out of balance. Everyone has a “messy” something; drawer, office, car... etc. This is my sign that it is time to pause. When I clean my closet, I feel so much better!
24. **Take time off:** Not everyone can do this but if you can, give yourself a “mini vacation”... Go to the beach, visit with a friend or stay at home; just let your body guide you!
25. **Get Sunlight:** Believe it or not, we get energy and vitamins from the sun. Sit outside for 20 minutes and enjoy just breathing! (You can also do #6 ;-)
26. **Lock yourself in the bathroom:** Seriously, when my kids were little that was the only place I had to myself. That is where I would read, do my bible study and journal. The bathroom is my sanctuary! ;-)
27. **Aromatherapy:** While locked in the bathroom, infuse some calming essential oils.
28. **Meditation:** Take the time to slow down... Figure out your best way to meditate.

The Lillian McDermott Radio Show

# Being Gentle on Yourself

Continued...

29. **Unplug:** Turn off your phone, computer and TV... Just sit in silence and listen to what your heart & soul is trying to tell you.
30. **Look in the mirror:** Give yourself a compliment! Better yet, [Click Here](#) and listen to this song, while you are looking in the mirror. Remember, to acknowledge the whole person; “Me”, “Myself” and “I”!
31. **Fresh Flowers:** Buy yourself a bouquet of flowers and take the time to place them in a nice vase. Display your flowers in a room you spend most of your time.

If you need clarification, have some more suggestions or have any questions... I am only an email away! Email me at [Lilly@WhenYouNeedaFriend.com](mailto:Lilly@WhenYouNeedaFriend.com)

The Lillian McDermott Radio Show



# Day 38– Day 44 (of 90)

Welcome to the next seven days! It is time to slow down and do some [Cognitive Restructuring](#)... Let's embrace all our "perfect imperfections" without judgement! [Listen to this song as the, "Me, Myself & I" that you are!](#)

**Days 38 – 44:** Make a commitment to yourself and establish a new relationship with the things you reject about yourself, your "perfect Imperfections," during this period. Go back to your day 31 list, take time every day during these six days to think about why you reject/dislike this aspect of yourself and whether or not it is possible to change it. For instance, if you have struggled with your weight, rather than committing to go on a diet or "eat healthier," say to yourself, "I Love My Body (or a particular body part) and I Will Make Loving Decisions About It." If you have a feeling you don't like, such as anger or anxiety, say to yourself, "When I Feel \_\_\_\_\_ (Anger, Anxiety) or when I feel the urge to say or think something negative, I will instead focus on something loving I learned last or this week about myself and allow the peace of those thoughts to help me through the moment." Write about your experience and feelings about yourself in your journal and also:

Journal on your RAK! Remember, BG!

Please remember: When we are on a plane, we are told to place the oxygen mask on our face before we place it on the face of our minor children... So, let's remember to Be Gentle (BG) on ourselves during this time of self-awareness.

**Here is a tip**... If at any time you feel anxious or bad about yourself; SHIFT! You might be in your EGO. Refocus on your blessings and the things that you perceive are going well in your life. Keep counting your blessings and focusing, until you reconnect with your Spirit. How do we know when we are in our SPIRIT? Well, you feel: **S**trength, **P**ease, **I**nspired, **R**esponsible, **I**ntuitive and **T**rust!

The Lillian McDermott Radio Show

# “Expectations”

It is time to slow down and do some more “[Cognitive Restructuring](#)” ... This time, let’s embrace all our “Expectations” without judgment! [Listen to this song on Expectations!](#)

## **Here is a little example:**

A while ago, I was upset with a family member because they had not responded in a way I thought they “should” respond. Those thoughts lead me to feel sad and unloved. Those feelings lead me to act hurt. I remember telling my life coach how I was feeling and how hurt I was. I knew I needed to shift but didn’t know how.

## **I want to share how the conversation went:**

Me: I need to share how I am feeling about “my family member”!

Coach: “What is going on?”

Me: “Wahhhhh... BooHoo... Wahhh... I am hurt about the way they have treated me, can you believe this?”

Coach: “Well Lilly, who said and where is it written that your family member should have acted the way you felt they should? Would you have felt the same if it were a stranger or a friend?”

Me: “Hmmm... No!”

Coach: “So, You are not dealing with them hurting you... What you are dealing with is your expectation of what that person should have said or done!”

Me: WUH... This isn’t about me!!! My EXECTATION!!!??? (As I am wiping my tears) I realized at that moment that the family member was not going to change but I could change my expectation of them.

# “Expectations”

Continued...

**Now for the reality:** If the same circumstance had happened with anyone else, I would have not given it another thought but because it was “Family”... I had a specific expectation!

This reality helped me to shift my thoughts and my thoughts became feelings that supported me. My mood changed... It was that instantaneous! My shifting didn't change what happened. It only changed how I thought about what happened, which lead to different feelings and different behaviors on my part. Having a life coach or someone who will “smack you back to reality” is always useful when seeking to “shift”! So now it is your turn...

The Lillian McDermott Radio Show

# Day 45–Day 51 (of 90)

**Make a commitment to establish a new relationship with the expectations in your life that are not supporting you.** I once heard Wayne Dyer say; *“When You Change The Way YOU Look at Things, The Things You Look At Change!*

Go back to the list you created about “your hurts and resentments” and if you are still holding onto any of these, then it is time to look at your expectations.

Take time every day during these six days to think about why these hurts still matter. Look at them without judgment and ask yourself; “Would I be upset if anyone else did the same thing? You might also want to look at the price you pay for holding on to the hurt.

If you still cannot let it go... Almost always, we struggle with our surroundings because of our expectations. Expectations are the easiest thing to change about our world. Rather than trying to change other people or situations you will find it easier to change your perspective. Take a look at your expectations about each thing on your list and compare your expectations with what really is. See if you can change your expectations first rather than wanting the change to come from outside of yourself.

Can we try to change the other person? When someone is ready for change, maybe, but if they are not open to change then all you will feel is frustration! You can however change your expectation. You cannot change the past but maybe it is just your time to let it go... Release it and I promise, you will feel less burdened!

Ok... I cannot help myself! [Click here](#) if you want to listen to another song about EXPECTATIONS!

**Write throughout the week about your experience and feelings about your expectations in your journal and also:**

**Journal on your RAK! Remember, BG!**

**You can do this... I believe in you!!!**

The Lillian McDermott Radio Show

# Day 52–Day 60 (of 90)

Welcome to the next eight days! It is time to slow down and do some more [Cognitive Restructuring](#)... Let's embrace all that is good in our life! Because it is [The Best Life EVER!](#)

There was a time in my life that I lived with my limitations. I was so busy raising my children, being a good wife, daughter, friend, and employee that I didn't have time to count my blessings. I knew I had many and knew I was grateful but taking the time to focus on what I love about my life was not as important as what was wrong or what I wanted to make better! It is time to truly look at the things that are working in our life that are good.

**Day 52:** Make a list of all the “nouns” (people, places, things, circumstances) you like about your life.

**Write your thoughts, feelings and emotions in your journal.**

**Day 53-58:** Dedicate time each day during these six days to become more aware of the things you like about your life and be grateful. They are all gifts, so be aware and be present! Understand that all things, both good and bad, come and go. While these good things may not be permanent, so too are the things that don't go as planned, they too are not permanent. Now, let's focus on the present as it is important to accept our current reality as a gift.

**Write about your experience and feelings about yourself in your journal and also:**

Journal on your RAK!

Remember, BG!

**Day 59-60:** Review! There might be an exercise or two from a previous day in which you may require extra work or attention. Take these two days to reflect on what you have learned; celebrate your accomplishments and successes!

# Notes From Lilly

Welcome to the next 30 days! Time is going so fast! How appropriate that we would start our next 30 days with a new attitude. This new attitude will lead to self-discovery and a different kind of self-love.

We have been focusing on finding our passions, our essence and how to be the difference we want to see in this world. Are you still unhappy? Are you still feeling unsatisfied? Are you still holding onto grudges, hurt feelings and the past? Are you still worried about the future? If you are nodding your head then this week will be very helpful to you.

This week we are going to identify our EGO! I have heard that EGO stands for Edging God Out. In reality, we all have an ego. How much the ego controls us will define our happiness and satisfaction. I picked a song that totally describes The EGO... [Click Here](#) to listen!

So let's start from the very beginning... **What is the ego?** The ego is an identity of our own construction, an identity which is false. The ego hides in the "I am" or "me." **The ego always needs: to Be Right... to Be In Control... to Be Comfortable... to Look Good!** The ego loves drama, takes things personally and is never satisfied!

**Here are a few examples of the ego:**

1: This is a hypothetical scenario that I may have done: When invited to a party I might decide to take the time and do "one more task" before getting ready. Next thing I know, I lose track of time... I am now late, really, really late! So, when I arrive at the party I say, "I am so sorry I am late, the traffic was horrendous!"

**Freeze! Let's identify the ego...**

The Lillian McDermott Radio Show

# Notes From Lilly

Continued...

Well, this is not hypothetical... I am trying to “look good” by saying “I may have done,” the reality is, I am sure I have lost track of time. (Wait, I know I have! ) Perhaps it is because I am shy and don’t want to be the first person at the party so I subconsciously look for excuses to keep me from being the first one to arrive. **Ego: (Being Comfortable, Looking Good & Being in Control.)**

2: Have you ever said the following? “I am a republican/democrat/religious/spiritual/professional/poor/wealthy...” If you have made fun of whatever is not something you identify with or get angry when you hear an opposing argument, then anyone who doesn’t believe like you is wrong! **Ego: (Need to be Right)**

3: Do you ever find yourself discussing your illnesses and “one upping” people because your illness is worse than anyone elses? Have you used your illness as an excuse to get out of something you really do not want to do? **Ego: (Being Right, Being Comfortable, Being In Control & Looking Good)** Even when we are ill there are things we can do within our parameters. **Be careful not to use your illness as a way to get special treatment or to get out of what you don’t want to do. Perhaps some of you will get upset with this example. Don’t worry... That is your ego!**

**So what is the difference between Ego and Healthy Self Esteem?**

**Healthy Self Esteem: Is satisfied with self; Satisfied with what one can do, Content with what one knows or possesses, etc.**

**The Ego: The moment we compare any of the above achievements with others and feel better or less than, then that is the ego.**

It is wonderful to be happy with who we are and it’s even fine to share our achievements with others but the moment we identify with what we do or who we are... then the ego takes over. Be aware that the ego takes things personally, uses words like

The Lillian McDermott Radio Show

# Notes From Lilly

Continued...

“should have/could have” and is never satisfied. The ego will also keep us stuck in the past or worried about the future. We cannot change the past and when anxious about the future we miss our present. The present is all we really have.

There is much more about the ego and I can go on and on, but the purpose for this next week is to take the time to research it and become aware of how many ways our ego keeps us unsatisfied. [Eckhart Tolle](#) is an amazing resource to help us learn more about the ego.

**Some suggestions to get started... Just click on the link**

[Watch the Eckhart Tolle Interview on Oprah](#)

The Lillian McDermott Radio Show



# Day 61–Day 70 (of 90)

The goal this week is to learn about the ego and not only to identify it in others but most importantly, identify it in ourselves. It is easy to identify the ego in others but when we become aware of our own ego that is when we can start to focus on our essence or what we want.

The best way to deal with the ego is to become aware of it and then shift to a different way of being. This way of being can be gratitude, acceptance and openness. When we are in our ego we are “unconscious” and becoming aware will help us choose what we want... To be right or to be happy! To be comfortable or to be fearless! To look good or to be genuine! To be in control or to be free! But first it is important to spend time learning about our [egoic triggers](#).

**The assignment for this week is to write in your journal, all the different ways your ego is keeping you in resistance, unhappy, fearful, ashamed, superior, detached from relationships or whatever you feel is keeping you from loving your self and others to your maximum loving potential.** (Please do so without judgment.) So get your thoughts out of your head and into your journals. Once you write these thoughts or feelings down, become aware of the times you were in your ego and also, how you shifted from your ego into your essence.

**Here are some examples of what I mean:**

I get upset when my boss tells me I am doing something wrong... I do not like his tone of voice and his attitude! He makes me feel that I never do anything right! **Today, my boss told me that I needed to change a procedure but instead of getting upset, I thought how truly grateful I am to have a job.**

I discovered that I feel superior about my religion and anyone who is not “whatever religion” doesn’t know THE TRUTH!

# Day 61–Day 70 (of 90)

Continued...

I get upset when I hear anyone talk about their religion. **Today, I actually spoke to someone with a different religion and discovered that we have more in common than I thought.**

I feel bad about myself because I am not pretty or talented like others... I dislike my body and I am not happy about my life! **Today, I discovered that my ego makes my vision distorted so I took a good look in the mirror and noticed how beautiful my eyes were. I am grateful that I can see!**

In conclusion...

**Never Complain, Be Grateful and Choose Love!**

**Write about your experience and feelings about yourself in your journal and also:**

**Journal on your RAK!**

**Remember, BG!**

**You can do this... I believe in you!!!**

**Please note:** If at any time you need help processing or have any questions, email me at [Lilly@WhenYouNeedaFriend.com](mailto:Lilly@WhenYouNeedaFriend.com).

The Lillian McDermott Radio Show

# Day 71–Day 78 (of 90)

Welcome to the next week... Last week we looked at the Awareness of EGO, without judgment. There is one more thing I want to say about the ego. Many have asked me how to “kill” or “get rid of” the Ego? So, I will share the only way I have learned and experienced... Surrender! Surrender is key when it comes to dealing with the ego. It is not surrendering to the ego; rather, it is accepting the circumstance or situation “As It Is!” When you give up the need to rewrite or relive the past; give up having to know “why such a thing happened” and accept “What is” ... Ahhh! Surrender is the equivalent to ego as “Kryptonite” is to Superman! Mastering awareness of our ego will help us remove unwanted stress, frustration, disagreements and anxiety in our lives. Try it... it will set you free!

Now it is time to focus on Forgiveness. It is time to slow down and do some more Cognitive Restructuring... Let’s address all of our “Limiting Beliefs” about Forgiveness, without Judgment! Before you start this segment, it is important to note, that in order for you to receive the full impact of this forgiveness exercise, that you read the entire section, Click on all the hyperlinks and listen to all the songs... Let’s set the right frame of mind so forgiveness can occur. [Click Here](#) to listen to a song on Forgiveness.

There has been a misconception about Forgiveness... As the saying goes; “Forgive & Forget!” That is so WRONG! I suggest we adopt a different way of looking at forgiveness. Who can forget? No one, unless you have Alzheimer’s or Dementia! Every situation or circumstance is an opportunity to grow. If we forget then how will we learn? How will we grow? So, I say; “Forgive & Grow!”

Another misconception about Forgiveness... Many feel that if we forgive, we are accepting or condoning the harm that was done to us or that we perpetrated ourselves. Well, I believe that in order to forgive, there must be an acceptance that something has happened, and then it is our turn to figure out what to do about it?

The Lillian McDermott Radio Show

# Day 71–Day 78 (of 90)

Continued...

In April 2014, I did a show on forgiveness. Once I was done with the show, I posted my notes and published a blog on Forgiveness. [Click Here](#) to read what I wrote.

**So now, after reading my blog on forgiveness, I hope you are more aware of the importance of Forgiveness. Now it is your turn to explore and be honest with your feelings... Do you want to release a heavy burden? Do you want to be set free? The assignment for the week is to identify where forgiveness needs to be practiced in your life. It is time for you to look at all the people you refuse to forgive and write their names in your journal.**

1. Write the prices and payoffs for not forgiving and whatever else comes to mind. Ask yourself the following:

When I think of this person or people, what does my body feel like? (stressed, numb, anger/hatred or sadness)

What would my life be like if I were to let go of \_\_\_\_\_?

If this person (the one I cannot forgive) were to die tomorrow, what would I do or say differently to that person?

What did I learn from this person and what are the gifts & lessons?

How can I use this experience to help others who might be going through similar trials?

2. Whenever you think of the individual who hurt you, send them love, peace, and abundance. (Remember, what you wish for others comes back to you!)

3. Write a Forgiveness letter. (This is a letter to the person needing forgiveness.) Even if you cannot forgive, write a letter as if you have forgiven. This letter does not have to be sent to the individual who needs forgiveness nor does the letter need to be about them... It can be a letter to yourself declaring how forgiving has changed your life. Be

# Day 71–Day 78 (of 90)

Continued...

creative and use it as a tool to help you heal.

4. If you cannot forgive at this time, at least acknowledge that you want to or that you are willing to start the process of forgiveness.

**Finally, Forgiveness is giving up the hope that the past could actually be any different! It is time to move forward... Let it go so that the past does not hold you prisoner! Begin anew, free of the chains that bind you! Set yourself Free and Live The Life of YOUR Dreams!**

One last song on Forgiveness... [Click Here](#) to listen to A Heart That Forgives! It is time... Set Yourself Free, Heal and Forgive!

**Write about your experience and feelings about yourself in your journal, and please remember to do your Random Acts of Kindness (RAK) and Be Gentle (BG) with yourself. (Journal on both.)**

**[Journal on your RAK & Remember, BG!](#)**

**You can do this... I believe in you!!!**

The Lillian McDermott Radio Show

# Day 79–Day 85 (of 90)

Congratulations on making it through the 2nd week of the last 30 days... How did you do? Were you able to Forgive or feel Forgiven? Other than creating and calling my top 25 most impactful people, last week was my favorite! Do you have any questions, comments or suggestions? If you do, feel free to send them to [Lilly@WhenYouNeedaFriend.com](mailto:Lilly@WhenYouNeedaFriend.com).

First we focused on the awareness of the EGO and then we sat with ourselves to figure out if there was someone we needed to forgive... Now, it is time to live as if it were the last day of your life! Welcome to the next week, the week we find our passions.

## **Follow your Passion and You'll NEVER Work a Day in Your Life!**

Do you remember yourself as a child? What were the things you loved to do? What did you want to be when you grew up? **Take a moment and reflect on your younger self. Feel the feelings “flying like a superhero” brings or “twirling like a ballerina” and write these feelings down in your journals. Now write down the attributes that further describe yourself, when doing this action. Let me provide an example:**

Before the age of 5, when people would ask me, “Lilly, what do you want to be when you grow up? My answer was; “I want to be a Mommy!” If I look at what a “Mommy” represented to me, I can see how I gravitated to a career that offered the opportunity to create, protect, serve, nurture, teach, give advice, accept, fix boo-boo's and make a difference! It didn't matter what career I had, from being a babysitter, bank teller, sales & marketing representative, to becoming a radio show host and writing this book, I loved everything I was offered to do!

Some passions can be transferred to a career and other passions can be transferred to a significant part of your lifestyle but regardless of how you experience your passions, allowing them to flow just makes your spirit soar!

The Lillian McDermott Radio Show

# Day 79–Day 85 (of 90)

Continued...

## **Psychologist Dr. David Baker Hargrove had shared...**

“I was a runner throughout high school, in the military and through my 20’s. Then I stopped. More importantly, I completely forgot how much I enjoyed it and how therapeutic/meditational it was for me. I became inspired by watching the 2012 Summer Olympics and remembered how much I enjoyed running. I thought, ‘at 49, I’m too old to start running again,’ but I gave it a try. In December 2014, I ran my very first half marathon! If someone is willing to look at their lives with an open mind, there is always something in the immediate present where passion can be found.”

## **Remembering what brings joy to your heart will reignite a Passion in your Spirit!**

Sometimes, our Limited Beliefs keep us from following our passions... Limiting beliefs like; I am not good enough, not smart enough or too old to learn or change careers! I am sure you can add a few more... I wrote a blog on Limited Beliefs, [Click Here](#) to read it!

The last example I want to share was when my husband, Robert, was asked; “If you could do anything you truly want for a career and money was not an issue, what would you do?” His reply was; “I would start a 501c3 (not-for-profit) to help the elderly age with dignity!”

Then Robert was asked, “What is keeping you from starting this organization?” Robert replied, “Money, I would like to provide for my family!” It was at that moment that we learned that the CEO of The Red Cross makes \$500,000.00 a year! Wow... Sometimes our limited beliefs keep us from following our dreams!

**Perhaps the previous exercise on what you wanted to be as a child didn’t help**

# Day 79–Day 85 (of 90)

Continued...

**because you wanted to be a “Fire truck” when you grew up, like my brother. So, here is another exercise... Ask yourself, “If time or money were not an issue, what would I want to do? In your journals, write your feelings and the descriptive attributes needed to create what you want.**

We were all created with a purpose in life... Sometimes we are born with this knowing and other times, we need to seek it. So, we need to allow our self to dream and allow this knowing to flow through us by trying new things. What happens when this flow stops? Well, our body, mind and spirit begin to feel discontented. If we feel discontented, perhaps it could lead to a New Adventure or it could lead to the Fear of the Unknown.

**“The devil you know is better than the devil you don’t know!”**

Let’s look at “Fears”... What IS the worst that could happen? What IS the worst that could happen? [Click Here](#) to view how to embrace your Fear of Failure. So what if I fail? Then we discover new gifts & lessons and how NOT to do something again! How about if we ask the question... What if I succeed?

There were times when I knew nothing about something, like when I was asked to host my own radio show, but I trusted that the Holy Spirit within me would guide me every step of the way... Had I said; “oh, I don’t know how to be a host!” or “I never went to school to host a radio show!” then, I would have never experienced ALL the Blessings and Joy I have received over the last years. I would have not known the thrill of learning from all my guests or became a Life Coach! There were many times I had my doubts and insecurities of not being good enough but deep within I know where my strength comes from and know I can do all things! (Philippians 4:13)

Take the time this week to sit with yourself and your passions. Allow yourself to dream

The Lillian McDermott Radio Show



# Day 79–Day 85 (of 90)

Continued...

and think outside the box.

## **Other suggestions:**

Make a list of people you most admire and what they do. Ask yourself; “What is it they do? Is this something I would enjoy?”

Look at organizations that are making a difference and volunteer!

This is your life and if you are not living the life of your dreams, who is? It is time to discover your passions... You Deserve It!

Create a vision board. [Click Here](#) to learn how to make a Vision Board.

If you still don't know what you want... [Click Here](#) to view another video on passion.

**Write about your experience and feelings about yourself in your journal, and please remember to do your Random Acts of Kindness (RAK) and Be Gentle (BG) with yourself. (Journal on both.)**

**Journal on your RAK & Remember, BG**

**You can do this... I believe in you!!!**

# Day 86–Day 90 (of 90)

## The Rest of Your Life!

Congratulations on making it through the 3rd week of the last 30 days... How did you do? Did you find your passion? If you have, I would love to hear what you learned, discovered or remembered about yourself. If you still don't know what your passions are, then continue to search. Don't give up and when you least expect it, something will click within. Keep working on finding your passions by being open to new things! As always, if you have any questions, comments or suggestions, feel free to send them to [Lilly@WhenYouNeedaFriend.com](mailto:Lilly@WhenYouNeedaFriend.com).

The first week of our 3rd 30 days, we focused on the awareness of the EGO and then we sat with ourselves to figure out if there was someone we needed to forgive. Last week we focused on discovering our passions so we can do what we love for the rest of our life. Now, it is time to shed a few pounds of stuff and feel happy while shedding!

Happiness is a very vague emotion. What happiness is to me may not be what happiness is to you. But how does someone become happy? [Click Here](#) to listen to Brother David Steindl-Rast of A Network for Gracious Living.

**I want to encourage you, as our 90 Day Challenge to Self Love comes to an end, to continue to write in your journals. Let's begin the practice of keeping a Gratitude Journal. In this journal, you only write the good that happened during the day. Even if nothing special happened and only one person smiled at you that day, at least you go back and focus on the good in your life.**

So this week we are going to focus on Generosity and giving deep from within. In doing some research, I stumbled upon this "experiment" by a group of young men who are making a difference. Totally changed my view on giving and how I see a homeless person on the street. [Click Here](#) to watch.

The Lillian McDermott Radio Show

# Day 86–Day 90 (of 90)

Continued...

For the most part, the majority of the people who gave in this video, were giving from compassion. Some had been homeless themselves and wanted to be helpful. Others gave from their abundance. It doesn't matter the reason they gave, giving brings warmth, joy and love to everyone's spirit.

Just recently, my husband and I downsized in order to become debt free and moved into our rental property. Going through all the stuff in our beautiful home and deciding what we keep, what we sell and what we stored was a gift and a lesson. Although I gave away many things, I also sold some of my household items, there was even more that we sent into storage. (We have 2 storage facilities!) At times, I am in shock of how much I wanted to hold on to "my things" and 5 months later, with the exception of my antiques, family pictures and Christmas Decorations, I want to get rid of all of it! Downsizing and placing items in the storage facility became an exercise that created distance and has allowed me to detach from most of my possessions. Unbelievably, I feel free! I am sure I will write on the experience of getting rid of many of my possessions but for now, I need to come up with a plan to go from two storage facilities to one.

Now it is your turn... Look around... See all the stuff you have! Jewelry, Clothes, Shoes, Furniture, Family Heirlooms, Knickknacks, Collectables and More! What is your attachment to these things? Can you release or sell them? By letting go of these items, could it help someone else's life? Would you be "less than" if you no longer had them?

So here is our last assignment on the 90 Day Challenge to Self Love but it is a great habit for the rest of our lives. Giving things away!

# Day 86–Day 90 (of 90)

Continued...

**Each day, find 3 things you want to give away... Give whatever you want to whomever you want. Of course, the closer the attachment to that item, the more profound your giving will be. For example, I will probably be giving boxes of Christmas decorations, heirlooms and furniture to my children. I will also give food or money to the homeless, without judgment of what they do with it. The importance is to give from a place of LOVE! Be creative with your giving and journal about your experience.**

It is my desire that you feel a renewed sense of Love for Self and as a result, you will be able to love others from the abundance that flows within. Life is all about abundance and now it is flowing through you. Tap into that abundance and make frequent deposits into your “Self Love” account because YOU ARE ENOUGH!

**Write about your experience and feelings about yourself in your journal, and please remember to do your Random Acts of Kindness (RAK) and Be Gentle (BG) with yourself. (Journal on both)**

# Thank You

**Thanks for investing in yourself and for taking this journey.**

**Your journey is not over**

***“A Journey of 1000 Miles Begins With Just One Step!” (Lao Tzu)***

**Your Journey has just begun... Enjoy the Ride!**

Please note: If at any time you need help processing or have any questions, email me at [Lilly@WhenYouNeedaFriend.com](mailto:Lilly@WhenYouNeedaFriend.com).

If you like, each day, share/post your feelings and/or pictures on one of the following:

Instagram: LillianMcDermott

[www.facebook.com/LilliansRadioShow](http://www.facebook.com/LilliansRadioShow)

YouTube: [YouTube.com/LillianMcDermottRadioShow](http://YouTube.com/LillianMcDermottRadioShow)

Email me at [Lilly@WhenYouNeedaFriend.com](mailto:Lilly@WhenYouNeedaFriend.com)

*I believe in you and Now, Believe in Yourself... It is time to FLY!*

Let's Discuss, Listen, and All Learn Together...

The Lillian McDermott Radio Show

~ Check out our website for times to listen live ~

Worldwide at [www.WhenYouNeedaFriend.com](http://www.WhenYouNeedaFriend.com)

The Lillian McDermott Radio Show