

GUIDEBOOK



I HANDLE ME



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PRESENTATION



Do you bank yourself? Having control over our money is fundamental for our freedom, but it's not everything. When we talk about banking ourselves, we are also talking about banking our feelings, our emotions, our appearance, everything that makes

us who we are. Some days it is not easy to feel all this potential that exists inside us. There is a voice that sometimes tries to throw us down, that makes us feel inferior, that sabotages us, that wants to compare us to a supposed perfect life that we see on social networks. It is time to stop paying attention to this voice. Banking ourselves is not something that comes up spontaneously. It is something that we must build. The path to freedom lies in loving who you are, trusting that you can achieve what you want, and working for it. Are you ready to bank your independence, free yourself from everything that holds you back, and be happier?

**LOVE THE WAY
YOU LOOK
BECAUSE
YOUR BODY
IS YOUR HOME**



The mirror should not be an enemy, but for many women it is. This happens because we live in a society that for years created a true cult of the body and beauty standards. Two things that are far outdated. Brazil, for example, is the country that performs the most plastic

surgeries and aesthetic procedures in the world, and this in people who are younger and younger. Why so much dissatisfaction with our appearance? Why, instead of enjoying a beautiful sunny day at the beach, do we suffer thinking that people will notice that our bodies are too fat, too thin, too tall or too short? And why does the opinion of others have such a great weight that it affects our self-esteem? Not to mention that we are usually much more critical of ourselves than we are of others. There is much more strength in embracing what we are than suffering for what we are not. Fortunately, we are deconstructing the standard that has been imposed as an ideal for so many years. We are seeing more often the representation of bodies that are...normal. And

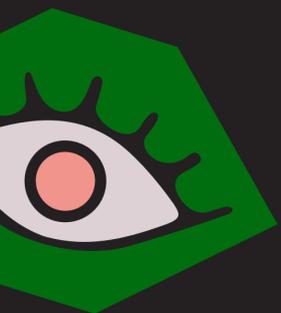
this is not about criticizing those who have already had an aesthetic procedure. It is not wrong to change things that bother us, as long as it is something to satisfy ourselves and not thinking about other people. We are physically diverse, we have imperfections, marks, scars, disabilities, and none of this makes us ugly. Those who are too attached to their appearance forget that time passes for everyone and its action is inevitable. How about if instead of spending time being dissatisfied with our image, we use this same energy to accept ourselves, recognize that we have characteristics that make us unique, and conquer the most important love, which is self-love? Don't hide yourself out of shame. You deserve to be the best version of yourself, for yourself.

**SHALL
WE GET
PRACTICAL
TO LOVE WHO WE ARE)?**



↳ The mirror should not be your enemy. Go in front of it and list at least three things you like about yourself!

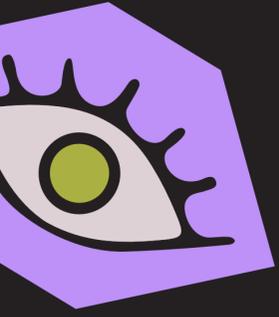
↳ No more hiding. You know that piece of clothing that you think is beautiful but are embarrassed to wear for some reason or because you think it will draw too much attention? Wear it. Learn to feel comfortable with who you are in any situation and with any outfit.



↳ The way we dress is a way of expression, of showing who we are and what we believe in. Who do you want to be? Let's show the world how we want to be seen?

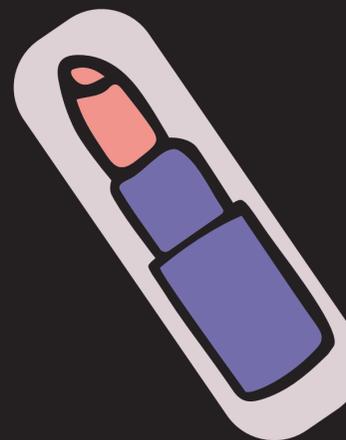
↳ Let the energy flow. Keeping clothes that you don't use, that refer to negative moments or experiences doesn't make any sense. Take these pieces and donate or recycle them. We are cyclical and in constant transformation. Maybe you are no longer the person you were when you acquired those pieces. Allow yourself to renew yourself from time to time.





↳ **Have you ever tried leaving the house with a different makeup? Or without any makeup at all? Play with yourself. Stimulate neuroplasticity and let your most creative side emerge.**

↳ **Is there something about you that is out of the ordinary? Great! Embrace it and love it. The pattern is yours to create!**



LET'S TALK ABOUT MONEY?



Having money is not everything in life, and even less, by itself, brings happiness, but we need to see it as an important tool for our freedom. We need to have resources to take care of ourselves, from the basic items for our survival to the acquisition of things or experiences

that give us pleasure. And for this we don't need to ruin our health by working much more than is humanly possible, or by suffering from an extremely economical and minimalist life. All it takes is a little organization. Maybe you are in a moment when you really need to cut costs to ensure a better future. Or maybe you have resources left over that could be invested to make more money available to you. Even if there are factors beyond our control, it depends on us, on our action, to build the reality we want. What cannot happen is the lack of control or interest in money-related issues that make us hostages of certain situations, such as a bad job or a toxic relationship. There is no freedom without financial freedom. And

running after what we want makes us the most powerful and strong people we could be.

LET'S GET

PRACTICAL

TO HAVE CONTROL

OVER MONEY AND INVEST?

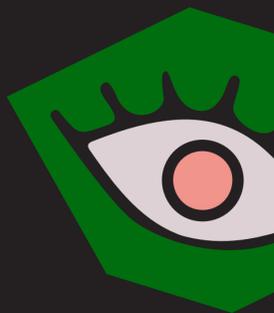


↳ Of course, the goal of working is that through this we get resources to meet our needs, from the basic to the superfluous. But it is much better when we can do this and still find a purpose. After all, work is where you will spend most of your days, week,

**THANK
ME**

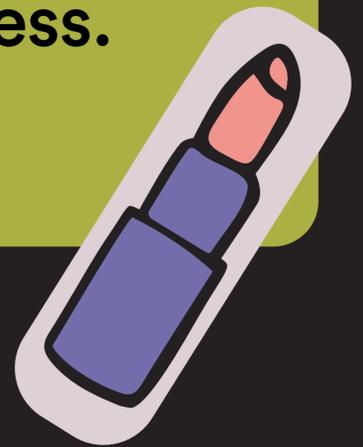
month, year. Devoting our time and energy to something we believe in is much better than just performing actions because someone asked you to do them. Find a purpose.

- ↳ **Identify your profile.**
Are you someone who seeks stability? Someone who prefers to switch off completely after completing their daily tasks? Or are you someone who likes to track the results of what you produce and plan for growth? There is no right or wrong, and the path you should follow is the one that will bring you personal satisfaction.





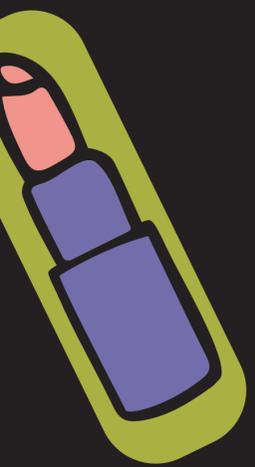
↳ Being an entrepreneur, owning your own business, is something that gives you great pride to say, but in practice it takes a lot of dedication and organization. Entrepreneurship can be the solution for those who are not happy with their career or who need to increase their income and thus achieve financial freedom. Choose an area that you like or that you find easy and go for it. You will have difficult days, you will have failures, but you can also have the realization of your dream and success. Don't give up!



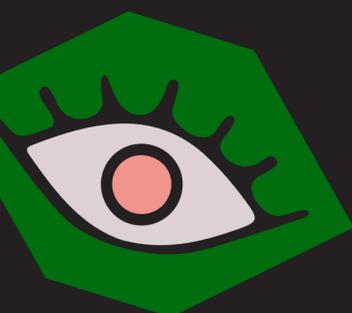
↳ **Stop sabotaging yourself. Don't think that you are not capable, that something is too difficult, or that you don't deserve to succeed in your endeavor. Don't fall into the impostor syndrome. The potential to walk the path you desire lies within you. If you don't know something, you can learn it. Seek out information and people who can help you. Nowadays we have a world of information available for free. Follow people who inspire you or who have been through what you are building. You will certainly find valuable tips.**

**HANDLE
ME**

↳ **I want to invest in order to grow and be independent. Problem: I have no money. Stay calm and don't get worried. Financial freedom**



does not happen magically, and needs to be built. And it is possible to start from scratch. If this is your case, get out your notebook and start writing down all your expenses. Separate the essential expenses from the ones that can be cut. And record everything, really everything, from the payment of the electricity bill to a cup of coffee or candy you bought. Without this control it will not be possible to see how your money is flowing. Identify what you need to do in order to live spending less than you earn. This can be done by cutting expenses or adding income. And when you can, try to set aside 10% of what you earn to invest in either qualifications, your business, or the security of your future.



↳ We can't let our emotions take over when dealing with money because we will surely find something we want to spend it on that may not be what we need. Focus on priorities and on generating more resources. A good tip is to separate the investment money into two parts: 70% should be used in a safe way, with guaranteed return and low risk of loss, as in the case of private bonds, direct treasury, among others, and 30% can be used for growth through riskier investments such as stocks. Start with low values until you learn how it works and don't get carried away wanting to invest more than the 30%. When you start getting returns from the 30% you invested, divide this income into three parts, one for where your safety investments are,



another for where your growth bet is (the same place where you put the first 30%), and one for the realization of a dream or desire (A purchase? A trip? It can be whatever you want!). This money can be used to satisfy you, but first make sure that this income structure is in place. If you have never dealt with investments, it is recommended to talk to a professional in the area who will guide you about the best format for you.



↳ **Your work matters. Never forget that. Don't be afraid to charge as much as you think is fair for your time and dedication. If your work is related to selling products, remember to include**

in the price everything that involves production, such as raw materials, light and structure expenses, payment of suppliers or collaborators. Consider the total you need to earn in a month to determine the quantity of items you need to sell and the price.



↳ Security is everything. If you don't have it, consider creating an emergency fund with money that should not be touched under any circumstances, except in case of an unforeseen event. And unforeseen things do happen. The more money you have saved, the safer you will be, but to start with try to calculate how much you need to live on for six months and try to get that amount together. Having this reserve is fundamental to avoid getting into a complicated situation.

EMBRACE YOUR EMOTIONS



Our lives are usually very frenetic. If some days we can barely eat a decent meal or sleep enough hours to be rested, what about the attention we should pay to our feelings? How many times have you stopped for a moment to try to investigate the origin of what hurts

you and why you feel this way? When some specific episode makes us sad, it is much easier to see the motivation and even the solution. But sometimes we feel an anguish, an emptiness, a sadness that has no reason to be there. Happiness is not a fixed state, that we reach and never leave. But it can be constant. And being happy doesn't mean that there won't be sad days either. The sooner we start to give more value to what makes us happy, even if they are small joys and comforts of everyday life, and understand that all pains can serve as learning from which we will come out stronger, the more control we will have over our emotions. And it is always worth remembering the metaphor of life as a roller coaster: sometimes

we are at the top, sometimes at the bottom, but neither position stays forever. We are in motion and that's the fun of it. Allow yourself to feel everything. No attachment to the past or too many expectations about the future. Live in the present.

LET'S

PRACTICE

TO HAVE MORE LIGHTNESS

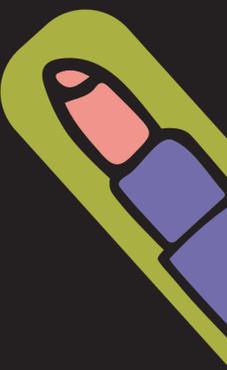
IN OUR DAY TO DAY LIFE?

↳ From the moment you wake up until the moment you go to bed, try to keep the following thought in mind: life should be light and fun. Don't let yourself

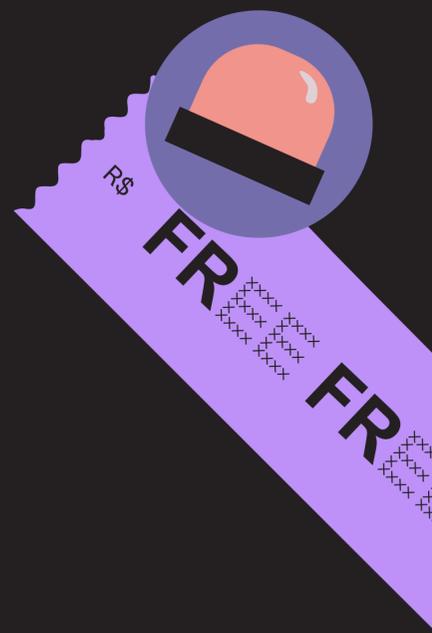
be consumed by bad feelings, by anxiety, or by amplifying problems. Do everything you can to make your day as pleasant as possible.

↳ Learn to say no. Much frustration stems from our inability to say no to tasks or requests that are made of us that we are unwilling or unable to perform at the moment.

↳ Don't want to embrace the world. Don't fall for the myth of the perfect woman who can handle everything without complaining. Life is not perfect. You don't have to be either. Respect your rhythm, be focused, but without suffering. Nothing deserves your stress.



↳ Know when to stop. Breaks are not only deserved, they are necessary. Separate well the hours of your day when you should be productive and the time for leisure and doing nothing. The so-called dolce far niente. Don't feel guilty or anxious. There will always be a new day to produce. Respect your time for you.



↳ - If this lightness cannot easily be found at least at some point in your day, especially when it is time to rest and relax, it might be good to have someone to talk to about what is distressing you. Therapy is not shame, it is self-knowledge. We all need it.

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