



ME FIRST CHALLENGE



MY ME FIRST STORY: LETTING THE SUNSHINE IN

I was there, the lowest on the totem pole, languishing and struggling because of someone else's "problem." My world revolved around figuring out my loved one's addiction, trying to save him and grasping hard to get our lives back to normal. But, as his addiction worsened, I was pulled into his darkness. I was drowning myself. I lost my sparkle. I was distracted and worried constantly and put on a brave face trying to keep things together. Out of balance, alone, and feeling like I had lost myself and the love of my life, I desperately needed to do something. I couldn't live like that anymore. I had to start picking up the pieces of my broken heart, I needed to restore wellness in my life, and I had to start **saving myself**.

And so I did! I literally scrapped off the black spray paint that my addicted loved one sprayed on the windows and started letting the sunlight back into my life. And you can too! The first step to taking back my life was the day I decided to put **ME FIRST**.

And I am here to help you do the same!
Hugs Andrea

www.savingyouiskillingme.com

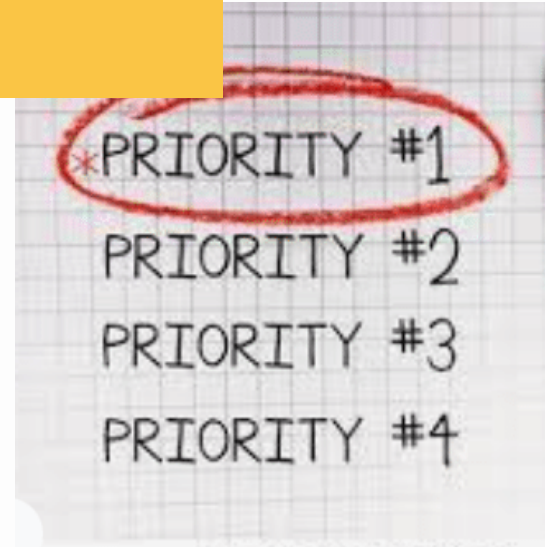
TABLE OF CONTENTS

- 01** Introduction
- 02** Why Me First?
- 03** About SYKM
- 04** The Challenge
- 05** 30 Days
- 06** Celebration
- 07** What now?
- 08** Contact Us

Repeat after me,
"I am worthy of prioritizing my well-being."

INTRODUCTION •

That's the problem with putting addiction first: you've been coming in second! In order to be and give your best, you must start putting yourself first. Most of us are taught early on that being selfless is good, and kindness has many proven benefits. However, when you love someone (or have lost) someone to addiction, sometimes the message we receive to be giving of ourselves can be taken to an extreme. Leaving us burned out, exhausted and feeling taken advantage of.



When you love another person struggling with addiction (whether it's your partner, a family member or friend), you prioritize thinking about their well-being, needs, interests, challenges and so on, right? This makes sense: we want to make those we love happy; we want to make them feel heard and understood. But loving others doesn't mean that you can't love yourself too.

Perhaps we should all try to cultivate more love for ourselves than we do for others.

Prioritizing your well-being is up to you!

03

www.savingyouiskillingme.com



WHY ME FIRST



Maintaining specific regard for ourselves and having the courage to engage in self-compassion, self-care, and community are fundamental to creating a good life for ourselves and those who matter most to us.

Taking care of ourselves and doing what we love is not selfish. I am here to teach you the unselfish art of prioritizing yourself!

Are you in a position where you are constantly helping and thinking about others struggling with addiction and you're starting to struggle?

Science confirms that when we fill our time with responsibilities and constantly prioritize the needs of others over our own, we can drain ourselves of energy and resources, and we lose our drive, zest and true self.

There are good lessons about being generous and giving of ourselves. However, when we lose touch with our passion, vitality, and the person that makes us who we are, we diminish the quality of our lives. Languishing happens when we are caring for traumatized people and begin to experience emotional strain as a result.



ABOUT SYKM



Where the struggle of loving someone with an addiction meets the science of human flourishing. Founded by the Author of *Saving You Is Killing Me: Loving Someone with an Addiction*. Positive Psychology Coach and Resilience Trainer, Andrea Seydel.

We are a community that knows all too well the turmoil that comes from loving someone with an addiction. We use the scientific study of positive psychology and human flourishing, along with experience, to support the well-being of our community. Our mission is to help lift those knocked down from loving someone with an addiction. We strive to provide the highest educational opportunities, a loving community, and coaching support to leverage the resiliency skills and strategies needed to regain footing and enhance well-being.

SYKM 4 C'S OF TAKING BACK YOUR POWER

Do you know the expression, *You can't pour from an empty cup*? Putting yourself first is essential to taking back your power. At SYKM, we base our signature resilience course and programming on four pillars of resilience to help you regain your power. The Me First Challenge taps into each one of these elements.

- **Self-Compassion**
- **Self-Care**
- **Courage**
- **Community**

Get ready to prioritize your well-being!



THE CHALLENGE

Welcome to the ME FIRST challenge! I am very excited that you have decided to prioritize yourself and your happiness. We will be getting started as a community. Although, you can take the challenge at your own pace and follow along. It's time to **RE-Prioritize** yourself, and I am here to help you.

JOIN LINKS

Click, follow, and subscribe to all the links below to stay in the loop and connect to the daily support. Join the private group [HERE](#).

DISCOVER

Print up the Me First Calendar. Watch or listen to the daily explanations and inspirations. Content will trickle out daily.

FOLLOW

Follow along and do this challenge LIVE in the SYKM Facebook Group for SEPTEMBER or at your own pace. Join anytime.

PARTICIPATE

Share your ME FIRST Journey. Post, document, and inspire as you take back your power! We love our SYKM Community sharing!

30 DAYS •



IMPORTANT VISITOR DAY

What would you do if someone very important to you was coming to visit? What would you do? Tidy up, declutter, get some yummy snacks, put out flowers, play music, and light candles?

Now, acting as if a very important person is coming to your home, room, car or place of work. Tidy up and prepare as if they are going to be arriving soon. Think about how you would want to present yourself and prepare for their special arrival. The best part about this important visitor day is that you are the important person and visitor. Worthy of being treated as important and taken care of in this way.

Bonus Challenge: Share a photo or video of your preparation to the SYKM group.

PUT ON YOUR FAVOURITE OUTFIT

Find an outfit that makes you feel incredible. Today Dress as you wish and dress well. The only rule is that this outfit makes you feel beautiful and incredibly stunning. Dress up the outfit with your favourite jewelry or accents, let your hair down and put on lipstick. Make your hair a part of this outfit and style your hair in your favourite way.

Studies show that there is a direct link between dressing well and your mood as it stabilizes and improves the quality of happiness, drastically reducing the risk of depression.

Bonus Challenge: Accept every single compliment that comes your way. Post a photo or video of you in the SYKM group.



30 DAYS •



WRITE A LOVE LETTER TO YOURSELF

When was the last time you wrote or received a love letter – from yourself? We often think of expressing love for others but rarely take a moment to express some self-love to ourselves. But it turns out that taking a moment for some reflective writing has proven benefits like decreasing anxiety and increasing creativity and confidence. Feel free to handwrite and then type up your love letter. Please write in the third person to make it easier. Here are some prompts for you: I love how you... I love your passion about... You show your strength by... I am proud of you for... I know you feel loved when...

Bonus Challenge: Share your letter to the SYKM group titled My Love Letter. It will benefit you and those in the group reading the love.

GET OUT INTO NATURE DAY

Take time today to feel connected to nature in some way. Walk on a trail, sit under a tree, go to a park, or tend to your gardens.

Being in nature, or even viewing nature scenes, reduces anger, fear, and stress and increases pleasant feelings. Exposure to nature makes you feel better emotionally and contributes to your physical well-being, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones.

Spending time in nature is linked to both cognitive benefits and improvements in mood, mental health and emotional well-being.

Bonus Challenge: Take a photo or video of you out in nature and share to the SYKM group.



30 DAYS •



SET NEW HABITS INTO MOTION

Habits are essential to our health and well-being. They can make or break our chances of achieving and maintaining our lifestyle. Tiny consistent habits make remarkable changes over time in our lives. Decide whom you want to be. What kind of person do you want to be? Then think about the habits that will get you to point through consistent effort. Track your habits every day. Atomic Habits teach us how small changes will transform your habits and deliver amazing results. You might want to be the kind of woman that drinks 3L of water. Set this habit into motion. It does not need to be big goals and grand habits, we can start small.

Bonus Challenge: Share your new habits with the group and add a tracking system to your calendar.

POSITIVE SELF TALK DAY

Positive self-talk makes you feel good about yourself and the things that are going on in your life. It's like having a reassuring voice in your head that is nurturing and loving toward you. Catch any negative self-talk creeping in today, halt its voice, and change it to positive self-talk!

Research shows that positive self-talk can: improve self-esteem, stress management and well-being. Reduce any symptoms of depression, anxiety and personality disorders. Improve your body image

Bonus Challenge: Share in the SYKM group your new positive self-talk mantra. Share the typical negative self-talk voice and how you make it positive self-talk.



07

30 DAYS •

7



SPA DAY AT HOME (OR AT THE SPA)

There might be no better ritual in self-care than visiting the spa for a day of rest and relaxation.

Fortunately, it is not necessary to leave your house to enjoy your favourite spa services. There are many relaxing and beneficial treatments that you can easily whip do in the comfort of your own home.

Do a dry-brushing session. Take an exfoliating shower. Try to combine your bath and mask time. Put on special cream. Drift off with a one-minute hand massage. Make a DIY mask. Give yourself special attention today. Play calm spa music. Light a candle. Use essential oils.

Bonus Challenge: Share your spa transformation with the SYKM group.

RANDOM RECREATION DAY

Recreation refers to activities we can choose to do to refresh our bodies and minds and make our leisure time more interesting and enjoyable. For the fun of it, pick some random way to be active. Some recreational activities might include walking, swimming, tai chi, yoga, meditation, games, and dancing.

Studies show that participation in sports and recreation activities can reduce stress, anxiety and depression. Participation in group recreation provides a sense of value, belonging and attachment. What classes are available to you today?

Bonus Challenge: Share in the SYKM group yourself in the class or participate in some recreational activity.

8



30 DAYS •



NIGHT-TIME ROUTINE

A bedtime routine is a set of activities you perform in the same order every night, 30 to 60 minutes before you go to bed. Bedtime routines can vary but often include calming activities like taking a warm bath, reading, journaling, or meditation.

Take time today to create an excellent routine that would feel good to you.

Night-time routines can help prepare you for sleep by helping you relax and wind down. A predictable routine also gives your nervous system a sense of security and teaches us how to down-regulate our nervous system.

Bonus Challenge: Share your new nighttime routine and ritual plan with the SYKM group.

FAVOURITE MUSIC PLAYLIST

Find your favourite music and create a playlist that feels uplifting and powerful for you. Maybe make a calming, relaxing playlist, an upbeat energizing playlist, and a get the anger out playlist! Once you have your playlist or while you are making them, DANCE. Like any physical activity, dancing produces serotonin, the chemical in the body that regulates mood and is often responsible for happiness.

Studies show that music can improve mood, decrease pain and anxiety, and facilitate opportunities for emotional expression. Research suggests that music can benefit our physical and mental health in numerous ways.

Bonus Challenge: Share a link to your favourite uplifting song with the SYKM group.



07

30 DAYS •



11

CALM & QUIET

Calmness is the mental state of peace of mind being free from agitation, excitement, or disturbance. It also refers to being in a state of serenity, tranquillity, or peace.

Take a day of being calm and quiet. Speak softly, and listen to soft music. Move slowly. Being mindful and focusing on the present, rather than worrying about the future, can be an essential step in helping you feel calm. Take time to breathe today. An important part of mindfulness activities, like meditating and yoga, is breathing. Read a book. What are more ways to be calm and quiet today?

Bonus Challenge: Share evidence of your calm and quiet day with the SYKM group.



TAKING BREAKS- COMMERCIAL DAY

Research has found that taking a break can benefit your well-being and outlook. Micro-breaks, lunchtime breaks and longer breaks have all been shown to support our well-being. Studies show breaks can improve our moods, overall well-being and performance capacity. Taking breaks is essential in recovering from stress. Breaks have the power to restore energy and our mental resources.

Take multiple breaks today to seek nature and daydream. Laugh. Exercise. Dance. Read. or Draw. Either set a timer and decide when you will take breaks today.

Bonus Challenge: Share evidence of your breaks with the SYKM group.



30 DAYS •



REACH OUT TO A FRIEND DAY

Checking in with your family and friends and asking how they're going is important, But it is also essential to your well-being. Much research shows that maintaining social connections is good for our mental and physical health. Social connection can help boost your mood and manage your emotions. Human connection is the sense of closeness and belongingness a person can experience when having supportive relationships with those around them.

Create a day of connections: Reach out to a friend, family member, or someone in the support group. Make sure each person feels valued, seen, and heard.

Bonus Challenge: Share a photo with your friend or of how you feel stronger and nourished after engaging with them.

HAVE A RAGE PARTY

We are allowed to express anger because it is a natural emotion. Anger in Itself Is Not Unhealthy. Rather, it's how we respond to feelings of anger that make it healthy or unhealthy. Anger is a completely normal, usually healthy, human emotion. But when it gets out of control, builds up and unexpressed, it can turn destructive. Relaxation techniques or mindfulness often work for lower-intensity anger like frustration or annoyance, but with a feeling as high as rage, try to let that energy out safely.

Have a rage rave. Throw or break something safely. Scream in private. Sing. Dance it out. Do a tough workout Run. Journal. Punch a pillow. Destroy a physical representation of your anger. Verbalize your anger.

Bonus Challenge: Share a venting journal entry into the SYKM Group.

14

30 DAYS •

15



MANTRA CREATION DAY

The word mantra can be broken down into two parts: “man,” which means mind, and “tra,” which means transport or vehicle. In other words, a mantra is a word or phrase through which we mindfully focus our thoughts, feelings, and highest intention. Repeating mantras is an ancient practice that calms your mind and soul. Scientific studies have found that chanting mantras for even 10 minutes can decrease anxiety and depressive symptoms. There are no right or wrong mantras. Instead, your mantra is based on personal experience, holds power as an individual, and is a unique expression of what you most desire. For example, *I create my path and walk it with joy. My commitment to myself is unbreakable.*

Bonus Challenge: Share your mantras with the SYKM Community.

STRENGTH SPOTLIGHT DAY

The ability to notice strengths in others and ourselves is called strengths spotting. Strengths spotting means we are actively seeking to notice what people are doing when they are at their best and what we are doing when we are at our best. Everyone has strengths.

Today practice the act of recognizing and identifying the strengths you see in yourself. If you struggle to do this, start to notice strengths in those you admire and value in your life. It will be a clue as to what your strengths are in yourself and what you value. Make note. and take it one step further and brag about your strengths.

Bonus Challenge: Safely share your brags and strengths with the SYKM Group.

16



30 DAYS •

17



PURGE DAY

Clutter can easily lead to a feeling of frustration and overwhelm as you go about your daily tasks. Research shows that disorganization and clutter have a cumulative effect on our brains. Our brains like order, and constant visual reminders of disorganization drain our cognitive resources, reducing our ability to focus.

Have a day to declutter your space, your mind and your body. Eat light, let go of garbage, donate and purge. Start by clearing off your counters. Make your space feel good to be in. Choose light food. Drink lots of water to flush out your body.

Bonus Challenge: Share your results with the SYKM Community.

MEDITATIVE MINDFUL DAY

Mindfulness and meditation can help interrupt the stress cycle, allowing space to respond instead of reacting. Mindfulness can lead to less intense stress responses. The mindful practice of paying attention to the present moment helps us control the racing, repetitive, and non-productive thoughts that lead to stress. When we get caught up in worry or regret about the past or future, we bring those emotions into the present moment.

Today pay attention, live in the moment, accept yourself, and focus on your senses — set reminders to be mindful. Try a mindful walk or a meditation. If your mind wanders without judgment, try returning to the present moment.

Bonus Challenge: Safely share your experience and favourite meditation link with the SYKM Group.



18

30 DAYS •

19



BREATH WORK DAY

Breathwork has the power to help release trauma, stress or mental, physical, and emotional exhaustion, as well as anxiety, depression, fear, grief, and anger. Deep breathing increases the supply of oxygen to your brain and stimulates the parasympathetic nervous system, which promotes a state of calmness. Breathing techniques help you feel connected to your body, it brings your awareness away from the worries in your head and quiets your mind.

Take micro-moments to focus on your breathing today. Experiment with different types of breathing. Set a timer to breathe.

Bonus Challenge: Share your favourite type of breathwork with the SYKM Community.

VISION BOARD DAY

It is easy to focus on what we don't want, but not always easy to focus on what we do desire. Vision board creation is a wonderful method to focus on what you do desire for yourself. But what exactly is a vision board? Put simply: It's a visual representation of your goals and desires. A vision board is a visual collage of images and words that represent your goals and dreams in life.

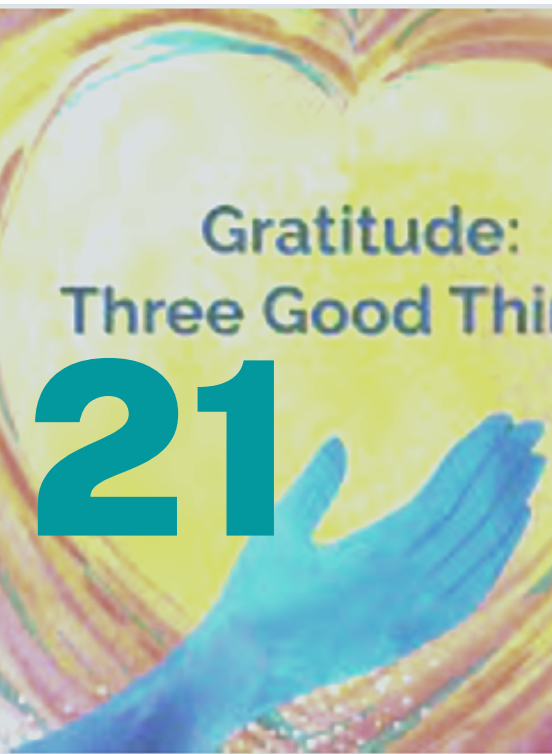
First, sit down and quiet your mind. Write down your deepest goals and desire for yourself. Next, search for, print, and cut out images and words to post into a collage.

Bonus Challenge: Share your vision board creation with the SYKM Group.



07

30 DAYS •



WHAT WENT WELL DAY

Three Good Things (TGT) or What-Went-Well is an end-of-the-day journaling exercise to help us shed our negative bias in seeing and remembering events. It prompts us to view things more often in a positive light and helps us cultivate gratitude, increase optimism, and boost happiness.

Step 1. As you wind up your day and prepare to go to bed. Look back upon your day: Step 2. Think of 3 good things that happened: Think of three things that went well. Remember, we are talking about the positive things that happened during the day. Doing this forces our minds to focus on the good things. Step 3. Write down the good things: Once you find three such events that made you smile and feel happy, even if in a small way, write them down.

Bonus Challenge: Share your TGT or WWW with the SYKM Community.

TRY SOMETHING NEW DAY

When you try new things, you put your brain into unique situations that force it to really think and grow. Research shows that trying new things is very important to our well-being. One of the biggest benefits of trying new things is overcoming fear and dullness in our lives and expanding our sense of accomplishment.

Trying something new often requires courage. And needing to summon courage is itself a benefit. Trying something new opens up the possibility.

What new things can you try today? Switch up your routine, and try a new genre of music. Take a new route or try a new recipe.

Bonus Challenge: Take photos to capture your newness and share with the SYKM Group.



30 DAYS •



23

HAVE PLEASURE DAY

Start a list of all the things that bring you pleasure or that you might want to try or do. Pull out all the stops. Be creative and imaginative.

Once you have your list decide what you can add to your day to day; declare it a pleasure day! Eat your favourite fruit, go to a yoga class, and drink your favourite beverage in your favourite glass. Listen to music that pleases you. Give yourself an orgasm. Enjoy the sun on your skin. Your pleasure list can be endless. Even if you don't get to your entire list, keep it, add to it regularly and incorporate more pleasure into your days.

Bonus Challenge: Share some of your pleasures with the SYKM Community.

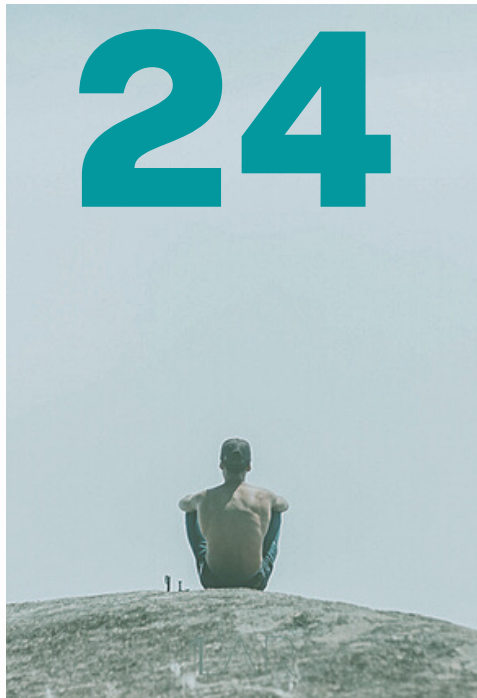


UNPLUG SOLITUDE DAY

Our power is that we can make choices, and we can choose who, how, and where we spend our time and energy. In cultivating a deep relationship with ourselves, our needs, and our emotions, we develop a knowing of when we need to be alone and when we need to be around loved ones, and then we can act accordingly.

Studies show that the ability to make time for alone time has been linked to increased happiness, better life satisfaction, and improved stress management. If you feel lonely and misunderstood, get into your community or reach out to friends. If you are feeling depleted and exhausted, a day of solitude and unplugging might be just what you need.

Bonus Challenge: Capture and share a photo or tell us about your day in the SYKM Group.



24

07

30 DAYS •

25



MORNING RITUAL CREATION DAY

A morning routine helps us set the tone for the day, allowing us to control our schedules rather than our schedule. As we start each day fresh, we can better focus on what is in front of us, where to prioritize our time, and, ultimately, increase our productivity.

Scientific research has shown that a morning routine has the ability to increase happiness, reduce procrastination, boost confidence, and improve overall performance. For example, you might decide to drink water with lemon, do a stretch routine, pull an angel card, meditate, say a mantra, or enjoy tea with a book passage. Design your very own morning ritual and put it into practice tomorrow morning.

Bonus Challenge: Share your new morning ritual with the SYKM Community.

CLEANSE DAY

A Cleanse Day is simply a day of eliminating the obstacles to good health. It could be a full day of intermittent fasting, eating light, drinking lots of water, or choosing fresh food which nourishes your body and supports your natural detoxifying systems. In place of heavy meals and poor choices make light healthy choices today. Another way that you can cleanse is to promote sweating. You can do this by working out, doing hot yoga, or having a sauna.

Enjoy a day of being, eating and choosing lightness. Of course, check with a health care provider before any diet changes. Do what feels comfortable to you.

Bonus Challenge: Capture and share a photo or tell us about your day in the SYKM Group.

26



07

30 DAYS •

27



WALK MEDITATION

Something as simple as a daily brisk walk can help you live a healthier life. Walking meditation is simply bringing your attention to your feet, your body and the ground below you and focusing your mind on what walking feels like. Meditating while walking is a way to get the mind to walk with us and bring a relaxed focus to this everyday pursuit. Take a walk today and do so with greater awareness and all your senses. Walk with an intention to be present. Focus your attention and let yourself notice your surroundings with gratitude. Notice when and if your thoughts take over and nudge yourself back to your walking.

Bonus Challenge: Share your walk with the SYKM Community.

TAKE A YOGA CLASS OR MEDITATE

Yoga's incorporation of meditation and breathing can help improve a person's mental well-being. All exercise can boost your mood by lowering levels of stress hormones and increasing the production of feel-good chemicals known as endorphins, dopamine and serotonin.

Take a yoga class today either at a studio or gym or search the web. Of course, consult with a physician prior to trying new activities.

Meditation is so powerful because it causes shifts in our awareness. Many people tend to over-identify with their thoughts and emotions, which can prolong them and make them feel bigger than they are. Meditate today and shift your perspective to a place of calm.

Bonus Challenge: Capture and share a photo or tell us about your day in the SYKM Group.

28



07

30 DAYS •

29



POSTURE CHECK

Posture refers to holding your body when sitting, standing, laying, and walking. Good posture helps prevent excessive strain on the joints and muscles of your body. Good posture can even boost your self-esteem, confidence, and mood. Take up the space that you are worthy of having in this world.

Today, stand up straight, open your chest and be tall. Keep your shoulders back and your stomach in. Hold a superhero-like power pose at times throughout the day. Set a timer to go off to remind you about your posture. Search power poses and mimic these confidence-boosting power positions.

Bonus Challenge: Share a photo of you in your power pose with the SYKM Community.

MICRO-MOMENTS

Micro-moments of joy can create happiness. Our actions and mindset contribute a lot to how well we feel. We can improve our mood by actively engaging in certain activities. Researchers report how “micro-moments” of joy, such as chatting with the counterperson who takes your morning coffee order or enjoying the sun after a rain, contribute greatly to your overall happiness.

Look for micro-moments of happiness, joy and pleasure in your day today. Make micro-moments happen through gratitude and kindness. When you are present in the moment and appreciate all the tiny little pockets of joy that occur throughout your day, you can get a profound feeling of joy.

Bonus Challenge: Capture your micro-moments and share a photo or tell us about them in the SYKM Group.

30



07

CELEBRATION



You did it! Let's celebrate your triumph of participating in the ME FIRST challenge. You put yourself first for 30 straight days. Now keep it going. You are worthy of self-care, self-love and compassion! You have every right and the responsibility to prioritize your well-being!

I want to thank you personally for your courage in prioritizing your well-being. If you want to delve in deeper and you got value out of the ME FIRST challenge, and you really desire to tap into your power and build your resilience, we have many learning opportunities for you. I would love to have you in our **8-Week Signature Resilience Course**. Come spend 8-weeks with me, and we will use the power of positive psychology, community and resilience to **get you back**.

WHAT NOW?



The Live Life Happy Cafe

A Journey Back to YOU!
I want you to know that you are worthy of being treated with respect, you are deserving of happiness, and you are absolutely supposed to live joy in this life! Please don't, for a second, let anyone make you feel like you are hard to love! Inside you is the person you are meant to be - Joyous, brave and vibrant. It's time to *Awaken* your inner Power

One-On-One Coaching

COMING SEPTEMBER!

AWAKEN YOUR INNER POWER

The Signature SYKM Resilience Course

8-Week Live Virtual Course with Andrea Seydel

8-Week SYKM Signature Course

CONTACT US •



+416-456-7555



andrea.livelifehappy@gmail.com



[Facebook Group](#)