TJM

TASHIMA JONES MEDIA, LLC

Dear YOU!

Thank you for your presence during The LSR Event. It is truly a rewarding experience to share space with each of you. As mentioned, here are some key points and your LifeWork.

Feel free to reach out via email with questions at: lifecoach@tashimajones.com
Get more info and tools at: www.tashimajones.com. Be sure to download your eBook/Audiobook by the link expiration date: 10/15/2022.

Remember your greatness,

Tashima Jones

LOVE.
SEX.
RELATIONSHIPS.
AUDIOBOOK & RELATIONSHIP CHAT.

AFTER THE EVENT.

Loneliness

One can experience loneliness even in a room full of people. This is also possible in a relationship. The key to facing loneliness can be found in discovering what we may be trying to avoid and the things, thoughts, or people we try to fill in that space with.

LifeWork

Ask the following:

- How do I spend time with myself?
- Is spending time with myself an event I avoid or look forward to?
- Is there anything or anyone I seek attention from (work, peer group, family, social media, partner)?
- Do I give myself attention and affirmation?

Be sure to journal your experience.

Core Values & Core Beliefs

Core values and core beliefs heavily influence our mindset, actions/behavior, and even how we engage in relationships. In simple terms, core values and beliefs are the deep truths we believe in and what/who we place value on.

It is important to note that core values/beliefs can be formed by trauma and not be based on truth. A key to discovering healthy core values/beliefs is taking stock of the fruit or the results they produce.

LifeWork

Ask the following:

- What are my core values/beliefs (what do I place value on and believe is true about myself)?
- What are the fruits/results of these core values (do they lead me to growth and healthy outcomes within or do they stunt my development and cause me to shrink back)?
- What are my current healthy core beliefs/values?
- Is there a need to heal/release any current core beliefs/values?
- How can I live in/walk by my core beliefs in my mindset and actions?

Be sure to journal your experience.

Trust and Forgiveness

Trust and forgiveness are major factors in relationships; and even the relationship we have with ourselves. They are truly a bond that holds us together and if broken, they have to potential to cause separation. A healthy trust between human beings is accepting other people for who they are not necessarily entrusting them with our heart. We learned that our heart and emotions are not the responsibility of another; remember our picture about fine china versus the plastic red cups!

Forgiveness is an act of faith. It is not done in our emotions, memories, or our physical body. It is the act of not holding an offense against another. Un-forgiveness is expecting someone to repay a debt they cannot afford. Forgiveness is not saying the offense did not occur; it is acknowledging that the debt (time, hurt, etc.) cannot be paid back (reversed). Forgiveness frees us from the weight of the offense and gives us permission to live forward.

Forgiveness is our gateway to healing. There is a difference between forgiving a wrongdoing and healing from it. Don't second guess whether or not you have forgiven based on memories and emotions. Instead, seek healing at the root of those memories and emotions.

As we journey in our relationships, both intrapersonal and interpersonal, it's important to be mindful of our commitment to being trustworthy and walking in forgiveness.

LifeWork

Ask the following:

- What does trust mean?
- What does trust look like?
- Have I become untrusting due to past hurt?
- How can I trust again? What is the healthiest way to trust?

- What do I believe about forgiveness?
- Am I able to accept being forgiven?
- Is forgiveness part of my mindset?

- Are trust and forgiveness part of my core values/beliefs?

Be sure to journal your experience.