



EXCEPTIONAL WOMEN'S COACHING

The Tiara Spotlight

Shining our light on inspiring women around the world.



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Who are you? I am a Kellogg MBA, an internationally recognized speaker, and published author of two books: *Choosing ME before WE*, and the recently published, *Madly in Love with ME*. I left my cushy corporate career to inspire women and girls to love themselves – fully, and without apology.

And since it's us girls here, I can tell you that I am a recovering achievement junkie who has driven herself to exhaustion too many times. I am a woman who almost married the wrong man and created the wrong life because I was too afraid to be alone. I have a mean inner critic that I call Mean Patty, who as the Queen of Comparison loves to judge me and show me how I am not measuring up to her expectations.

What are you passionate about? Creating a world in which women and girls no longer feel pressured to do, be and have it all. A world where we don't measure our self-worth based on how much we give to others or how much we get done in a day. I am devoted to creating a world where every girl born loves herself and has permission to continue to do so without feeling guilty or selfish.

How did you end up here? What's your journey been like? Ten years ago, my perfect life came to a crashing halt when I was on the way to my engagement party with my fiancé, and he announced that he didn't love me and didn't want to marry me. Ouch! This left me to contemplate a hard question and an even harder truth: how did a smart woman like me end up here? My inner wisdom told me, "Christine, you have a lot of self-esteem, but you don't love yourself". I knew this was true in that moment, and then it got worse. I understood I had no idea how to love myself, and neither did my friends.

That's when I realized that most of us never uncovered the 'self-love handbook'. For many of us, self-love was seen as bad and selfish. I made a promise that night to fall in love with myself, no matter what. Fast-forward a decade and I finally have the path to know how to love myself. This journey hasn't been easy, and I have endured many years of soul searching, daring adventures and permission to go against the norms, but it's been the most important and fulfilling relationship in my life.



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How do you recharge your batteries or nourish yourself? The #1 rule of self-care is to never run your batteries below 50 percent. One of my personal self-love practices that I encourage all women to take is to conduct an “energy battery check in”, just like you check the battery on your computer or phone. Here’s how it works: each morning assess your energy level and give yourself a number between 1-100 percent. If you are above 75 percent then you’re doing A-OK, 50-74 percent, you need to charge up with an act of self-care, and if you’re below 50 percent, ask yourself what you need, and give that to yourself ASAP because you’re in a self-care emergency!

What’s next for you and your organization? What are you committed to? I just sold my house in California to go on a 6-8 month U.S. tour to share this message of self-love. I’m calling it the Team Love Tour! I’m kicking off the tour on November 17th in Chicago, because that is where my journey back to loving myself began. You are all invited! Plus, when you come, I’ll give you a copy of my new book *Madly in Love with ME: The Daring Adventure to Becoming Your Own Best Friend*.