



TRANSCRIPTION, NOTES & HIGHLIGHTS

be better or stay bitter, being a queen is your birthright, you don't like yourself? create a new version of yourself, stop feeding the demon | how i overcame my binge eating disorder, i don't care if you don't like me, you don't even like yourself, you want to manifest your dream life? i got you, confidence baby, taking my power back, my therapist is psychic, this is what i learned, this video will change your life, becoming selfish is the best thing i ever did, you are a clown, this video will make you confident, why everyone is always obsessed with me, how to stop feeling sorry for yourself, thewizardliz guided money meditation, heartbreak and failure is your superpower, watch out for these types of friends,

why you can't change, stop dating broke guys, how to deal with bullies and haters, time to get confident baby, realising these things will change your life, how to detach from people and situations, you can turn your life around, how to accept yourself and still make changes, men keep blaming women and women forgot their power, how to create your dream reality, life lessons from a people pleaser, listen to this everyday for beauty and confidence, realise when it's time to let go.

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BE BETTER OR STAY BITTER

Summary:

Liz emphasizes the importance of personal growth and offers advice on how to improve one's life.

She encourages viewers to let go of the past and focus on planning their future, forgiving themselves for mistakes, and avoiding self-pity. Liz emphasizes the significance of a healthy lifestyle, including exercise and mindful eating. She also stresses the importance of self-care, both externally and internally, recommending therapy or talking to a higher power for healing and personal development. Liz advises staying away from toxic relationships and seeking knowledge through books, podcasts, and online resources. Additionally, she highlights the power of forgiveness towards others.

BE BETTER OR STAY BITTER

FULL TRANSCRIPTION

Why do you want to change? No, like seriously, why do you want to change? Can you give me three things right now that would positively influence your life if you change right now? Like, what would happen? You can't? Then please skip this video because this video is not for you. What? Because anything I tell you right now won't make you change. It might motivate you for a little bit, but if you don't have that core reason to change and to want to improve your life, you're not gonna stick to it. So please skip this video and come back when you have three valid reasons as to why you would change and how it would improve your life.

Hi, guys! My name is Liz, and welcome to my YouTube channel. I will be giving you guys some advice on leveling up, on being the baddest and best version of yourself, as you should. And just, you know, we have to make it work. Like, we have to do this. There is no other option. So either you subscribe or you just go on with your life and you don't do these things. But don't forget, you'll stay in the same place. So, okay, let's get into it.

So, the first thing you need to do to improve your life is stop living in the past. Show me the past. Like, show me the past. Where is it? You can't even show me the past. You know why? Because the past does not exist. It's literally just a thought in your head. Like, you're just thinking something, and that thought is preventing you from planning your future and being in the present moment. You are being terrorized by a thought in your head.

Do you not realize this? We cannot change the past, we cannot change what happened, we cannot change what we did, we cannot change. What happened to us, we cannot change. We cannot change anything. It's not coming back. We're getting older every single minute, and to that time you choose to live in the past, honey, that's embarrassing. That's really embarrassing.

Now, here are some certain things you can do instead of focusing on the past. Plan your future. What do you want your future to look like? Do you even have any goals? Like, are you trying to accomplish something? Because if you were, you would not be dwelling on the past. You know why? Because you have no time. You have things to accomplish. You have things to do. You can't. You can't even afford to focus on the past. Because you realize that if you want what you want so badly, the only way you can look is forward. There is no looking back.

Forgive yourself. Forgive yourself. We all make mistakes. Oh Lord, I have made the biggest mistakes ever. I have made mistakes so big, till this day, it's just haunting me. Literally, I've been, I am being blackmailed by my mistakes till this day. I'm being bullied. People are lying on my name till this day because of a mistake I made four years ago. But you know, I don't care because I forgave myself. I came to the conclusion of like, you know what? You were young. You made a mistake. People make mistakes. Would we be human if we didn't make mistakes? Would we? Why? Like, who are we? We're not gods. We're supposed to make mistakes, and we're supposed to learn from them. How can I grow as a person if I don't do anything wrong? How can I learn? How can I, how can I be perfect if I've never been imperfect before? How? The beauty is in being imperfect. The beauty is being like, the beauty isn't making mistakes. The beauty isn't doing the wrong things, then looking back at it and saying like, you know what? I have grown so much, and I'm so proud of myself. That's the beauty of making mistakes. So you have to forgive yourself. It was not your fault.

Something might have happened. It might have been your fault. You might have done something or somebody might have done something to you. But the only power you have right now is how you treat yourself afterwards and how you react to it. And you have to realize that in order to move forward in your life, you have to forgive yourself first.

Stop the self-pity party, honey. We're done. Stop crying. Stop doing all these things. It's done. Look, I'm gonna tell you something. Eighty percent of the people are happy that you got problems, and twenty percent does not care. Life has to move forward. It's very sad what happened to you, and it's very sad what might have happened in the past, and all these things. But you cannot wallow in all these self-pity and like, "Oh, I feel so sorry for myself" and all these things. You can't. You can't because if you're trying to improve your life, you don't have time for it. You don't. The only thing you see is forward. You have to look like this, "This is my goal. I gotta go. I gotta go. I don't have time for this. I just don't."

I read this book once, um, about two men who got into a car accident. But no injured people, nobody. One man got out of the car and was like, "Oh my God, I don't need this. As well, my life is so bad. Look what? What is this? What a what a shitty day. I-I just, uh, was in a car accident, all these things." The other man got out of the car, and he was like, "Wow, what a blessed day. What a beautiful day to have a car accident, but nobody injured." Who do you think of those two men went home with a happy heart?

Another thing is, you have to start a healthy lifestyle. And I know that this is like, "Oh, accept your body, do this, you should accept your body, you should love your body, obviously." But it is not wrong to be healthy or to want to be healthy. And what I mean by this is, start working out. And it doesn't have to be like one hour at the gym and like from zero to 100 real quick, no, no. Start small. Start like implementing a 10-minute workout, maybe a day. Maybe don't even work out, go walking. Go get your 10,000 steps. Are you even getting those in? Like, go walking every single day. Go to the woods, walk around, be mindful, like control your, think about your thoughts. Think about what you want. Try to think positively. But go for a walk, it really helps. It makes you feel better.

Also, what I would suggest is eat a little healthier. And I'm not saying like, you know, only salads now, all these things. No, no, definitely not because that will develop an eating disorder. I had one, and it's not pretty. It's not pretty at all. You don't look good. You just look sick, really, honestly. But the one thing I would say is start with like, you know, if you want to eat healthier, start with "I am going to drink more water from tomorrow." Start planning it. "I'm gonna drink more water." Then, maybe, uh, gonna implement, "I'm gonna eat less sugar." Not completely cut off sugar because that's hard. You're gonna be like, "I'm gonna eat less sugar." "Oh, I'm gonna replace this meal with more vegetables." And like, little by little, you're gonna see results. Not like this because like this, nothing is healthy. Everything has to build up a little bit. So by doing that consistently, you're gonna see results. And results that you can keep and not go into a binge cycle. And again, like eating and then not eating, that will drain you more and more.

So what I would say is start little by little, start implementing little things. Maybe do some yoga, do some stretches, healthy lifestyle. Next, I would say is self-care.

I know this is also a big thing, like you should just accept yourself how you are and you shouldn't have to change and you shouldn't have to improve yourself. That's nice, that's not reality. That really isn't because the world is very superficial. It is, it just, it just is. And the thing is, like, if you don't take care of yourself, if you don't find yourself worthy of care, the world will also not find you worthy of care. It's just how it is and I don't make the rules. Don't shoot the messenger, I'm just telling you.

Do you have a skincare routine? If you have a lot of acne and it's huge and you cannot do anything about it, go to a dermatologist. What are you doing looking at YouTube, looking at all these people? They won't help you. Go to a professional. Your hair is falling out, it's crazy, it's insane. Are you taking your vitamins? Did you try to look up foods that are high in biotin that will help you grow your hair? Um... Are you going to a doctor? Like, honestly, maybe you have a disease. You have to check these things out.

Then, I would say inner self-care, which is even more important than your outer work. Because inner self-care, you literally, I have realized, humans are just all traumatized beings walking around. And you have to heal yourself. You have to heal yourself for your future generations to come because it has to stop with you. I feel very sorry for my parents because I think back in the day, therapy and all these things were not as accepted as it is right now. And you can tell because they carry so much trauma with them and they put it on to their children. But it has to stop with you and you can decide to make it stop. Go to therapy, honestly. Therapy is one of the biggest things I would recommend because you talking to your strain to a stranger, a therapist that is licensed, that knows how to deal with your emotions, is such a good and beautiful thing. To learn about yourself, to heal certain parts of yourself, work on work on yourself, work on releasing your trauma. Realize that certain things that trigger you or certain things, mental issues that you have right now, might be a response of a trauma that you did not recover from.

And for people dealing with traumas and issues, I would suggest to not be in a relationship. I would suggest to really be alone, focus on yourself, and focus on your healing because you are gonna bleed on people that didn't cut you. It's just the way it is. If you have been cheated on, if you have been betrayed, if you don't trust people, work on those things because your partner, it's not his fault but maybe unconsciously you're gonna start doing things to him or start mistrusting him or her because you would be, you were treated badly before. But that's not fair because they didn't do that to you, and they don't deserve that. You should take responsibility and start healing those parts of yourself because otherwise, you will never grow. And what I would also suggest is if you don't want to talk to a therapist, if you don't have friends to talk to, talk to God, talk to the universe, whatever you believe in. But when you're alone in your room, I do it all the time, just talk and tell them, "Look, this is how I'm feeling. This happened to me, and I do not appreciate that. This is how I'm feeling, this is what I want, these are my goals, and you have to help me." You know how much God wants you to talk to him, how much he's waiting to hear from you, and you're just suffering in silence. It feels good to talk, it feels good to let your emotions out. It feels good, talk to the universe, talk to God. They're here to listen, they're here to help you. And I will 100% guarantee you, you will start to see signs and you will start to see things showing up in your life that are helping you because you talk about it.

Stay away from people that drain you. Oh my God, like this is the worst part ever. We are so afraid to be alone that we would rather keep toxic relationships going. And that is such a dishonesty to yourself. How dare you, really, how dare you?

Because honestly, if you are in a toxic environment, you will never thrive. Because you'll always try to go up and they will always push you back down. Because you have to realize one thing, look, you can change how you feel, but you cannot change how other people treat you. You can't change that, and that is not your responsibility. So what I would suggest if you are living in a toxic environment, if you have a toxic relationship, I would suggest either you keep to yourself, and as much as possible, you just keep to yourself and you don't try to interact with those people because they will drain you. Or, you try to find a way to leave. If you're a teenager in a toxic home, I would say, you know what, get a job, save money, and once you're old enough and you can move out. Because sometimes, it can be our own family that is toxic, and that hurts the most. But keep to yourself, keep to yourself. Maybe try to spend more time at work, try to, like, you know, do these things, but just don't be around negative people. And even if they are negative and they come to you, and they want to drain you and whatever, don't give them your energy. Because you know one thing you have power over is how you respond to people, and don't you dare give them your energy. They do not deserve that, they do not deserve that at all.

Another thing I would say is seek knowledge. How many books have you read in the past month? Do you even ever read books? If you don't enjoy reading books, I mean, I didn't enjoy reading books. Now I'm obsessed with it. Try to find one book that you actually really like that helps you. If it's really not for you, listen to podcasts about self-improvement. Listen to YouTubers about self-improvement. Look up videos, "How to love yourself." What's your situation? Do you want to be motivated? Look up videos, "How do I get motivated?" You want to heal from a trauma bond? "How do I heal from a trauma bond?" You know what the biggest blessing you have right now? What they didn't have back in the day? You have the internet. You can look up anything. You can get free therapy. I mean, even this, what I'm giving you right now, is free therapy. You just have to decide and you have to want to heal. Because no matter what I tell you, you will not heal if you don't want to heal.

Another thing is forgive others. Why? You don't have to forgive them because they're sorry, because most of the time, they're not. You have to forgive them for yourself. You cannot strive and level up with hate in your heart or resentment in your heart because that's the worst pain you can experience. Why would you punish yourself for somebody else's mistakes? Why? Because anger is the punishment we give ourselves for somebody else's mistakes.

I read the story about this officer once. He got shot in his spine. The young boy that shot him went to jail, and when he... Yeah, he... I think he died in jail. And the man, the officer, he was paralyzed for the rest of his life, but he was so adamant to forgive him, and he was so trying to motivate others to forgive people that do you wrong. And he quoted it like this. He said, "I would rather live with a bullet in my spine than I would live with resentment and hate in my heart." And that is so, so true because what they did to you, that's on them. They will get their karma, they will get their comeuppance. But you, you should forgive them, you should forgive yourself because we thrive in forgiveness.

Another thing is realize your worth and stop settling. Literally, stop settling. What are you guys doing? There are literally women, and I know these women out here, getting Bentleys, getting love, getting diamonds, getting real estate, princess treatment 24/7.

They don't have to worry about anything. You are not even getting a response back. You are being ghosted, you are not being respected. And I'm not telling you to go after material things because that also won't make you happy. But damn, girl, you are not even getting love, the bare minimum. Honey, raise your standards because you don't know how these girls are being treated out here. I'm telling you, you don't know.

And these men try to manipulate you and tell you that's like, "Oh, I'm doing my best for you. This is the best that you're gonna get." Oh no, no, that's not true. Oh ho, that's not true. It's not even one percent of what these women are getting. You have to realize your worth. You are a bad queen. Even if you don't believe, you are the baddest, the most prettiest, the most confident. Be delusional, start telling yourself that you are because what you think manifests into your life. Literally, walk. You know what I do? I look in the mirror. I'm like, "I am so powerful." And I am, I really am. And nobody can tell me otherwise. Like, I find myself very beautiful, very smart. A lot of people may look at me and be like, "You know, she's so ugly. Ew, she says so many stupid things." And which is okay, you know? Like, you're not gonna be beautiful to everybody. You're not gonna be smart to everybody. There are prettier people than you. There are smarter people than you. But they're not you.

Everybody has a unique, special place in this world. Everybody has their unique, special purpose. And I just fulfill my purpose. I just feel good. I just walk around. I feel good being delusional to myself. Being and thinking like, "You know what? I can accomplish anything that I want." I feel good that way. I don't hurt anybody with thinking that. I just think that. And you know what happens? I actually manifest it into my life. I really do be delusional. If you don't believe that you are, think that you are. Once you repeat so many times a thing in your head, it's gonna literally come into your life. There is no other way. And I would much rather be delusional than sad. 100%.

The last thing I want to say is, watch your mouth. Watch how you talk about yourself. 'Cause you can manifest things into your life. 100%. I had this one friend, and she was so beautiful. And constantly, when I was around her, she would tell me, like, "Oh, I'm so fat. I'm so ugly. I'm so fat. I'm so ugly." To the point where I was like, "You have to stop. Not only for yourself, but you're draining me. I'm getting depressed because of you. Nobody wants to be around those people. Nobody, honestly. I'm gonna tell you, because it's not cute. It doesn't look good. It makes you look insecure, and people don't like insecure people. I'm telling you, if you're not secure in your body and all these things, and fake it at least, you know? But the way she talked about herself, I told her, "You're going to manifest this into your life. So watch your mouth." And then she started, like, um, reversing everything she said. And she actually started to love herself because I'm telling you, what you say, universe and God, they listen. Whatever you say, they hear.

Either you decide to improve your life or you get out of the way of people who want to do it because you are going to get bitter because somebody else is trying to improve their life and you're just staying in your same cozy place because you don't want to get uncomfortable and all these things. You do not grow without getting uncomfortable. You do not. Pain is weakness leaving your body. So either you get on the bandwagon with them and you improve your life or you stay where you are and you be quiet. And you're not gonna hate on them because they have the courage to do what you're wishing to do.

And honey, I'm telling you, once you start leveling up your life, you're going to have a lot more haters because people do not want to see other people doing good. They don't. But do you care? Because you'll be laughing. You'll be laughing once you accomplish all your goals. You'll be laughing when you feel good about yourself. And you won't.

Those people, you know what they're gonna do? They're gonna come back into your life and be like, "Oh my God, do you remember me?" "No, I don't remember you. Who are you? Go away." But I'm prepared to die for my goals. I would rather die than be 80 or 90 years old and look back at my life and be like, "Wow, I wonder what I could have done. I wonder what could have been." Literally, if that is my life, you can kill me right now. Heck, I'll kill myself. So I'm telling you, girls, boys, whoever is watching this, it's the time to change right now. You don't want to do it? Fine. Get out of it. Get out of the way of other people. Don't hate on them. Don't be bitter. Be better.

Thank you so much for watching, guys. I hope this helped somebody. Um, and yeah, just let me know how you find my videos, if you like them or not. I just know you're the baddest thing on Earth, and you can do anything you set your mind to.

BE BETTER OR STAY BITTER

HIGHLIGHTS & TAKEAWAYS

1. Stop living in the past and focus on planning your future. The past is just a thought in your head that prevents you from moving forward and being present in the moment.
2. Forgive yourself for your mistakes and understand that making mistakes is a natural part of being human. Embrace the beauty of imperfection and use your mistakes as opportunities for growth.
3. Avoid self-pity and shift your focus towards progress. Wallowing in self-pity won't help you improve your life; instead, adopt a forward-thinking mindset and prioritize your goals.
4. Choose to see the positive in every situation and cultivate gratitude. How you perceive events shapes your happiness and well-being, so train yourself to find blessings even in challenging circumstances.
5. Embrace a healthy lifestyle by incorporating small changes like regular exercise and healthier eating habits. Start small and build up over time to avoid extreme behaviors that could lead to negative consequences.
6. Practice self-care both externally and internally. Take care of your physical appearance and invest in skincare and haircare routines, while also focusing on inner healing and seeking therapy to address unresolved traumas.
7. Prioritize your own healing before entering relationships. Heal from past wounds and work on personal growth to avoid projecting unresolved issues onto others and jeopardizing your well-being.
8. Communicate with a higher power or the universe, expressing your emotions and desires. Talking about your feelings can bring relief and open doors for guidance and signs from a higher source.
9. Distance yourself from people who drain your energy and create toxic environments. Choose to spend more time alone if necessary, and if possible, remove yourself from toxic relationships to create space for personal growth.
10. Seek knowledge through reading books, listening to podcasts, or watching videos on self-improvement. Take advantage of the internet to access free resources and educate yourself on topics that can support your personal development.

BEING A QUEEN IS YOUR BIRTHRIGHT

Summary:

Liz talks about the importance of connecting with feminine energy and reclaiming personal power. She emphasizes the need to heal the inner child by reconnecting with activities and interests from the past. Liz also highlights the significance of receiving help, compliments, and gifts, as well as embracing one's worthiness. She discusses how a queen balances masculine and feminine energies, using the masculine for work and the feminine for relationships and self-care. Liz advises against judging and spreading rumors, as it lowers one's vibration and damages relationships.

Additionally, she emphasizes the importance of setting boundaries, communicating effectively, and planning an exit from toxic situations.

BEING A QUEEN IS YOUR BIRTHRIGHT

FULL TRANSCRIPTION

Are you not tired? Are you not tired of always people-pleasing, making sure everybody around you is okay, but you're the one suffering because you're the one always giving and never receiving anything? You're the one not allowing yourself to receive. Aren't you tired of that? Aren't you tired of always being in your masculine energy, neglecting your power, honey? In this video, I am going to show you how to be a queen and how to take your power back, so keep watching.

Hi, guys! My name is Liz, and welcome back to my channel. I am so sorry that I did not upload for a while, but I got COVID, and because of COVID, I could not make a new video. And this is the first day that I can leave my quarantine, and then I'm actually feeling better. So today, I decided to make this video. I was like, immediately when I'm better, I'm gonna get on it because my girls, my queens, need a video. So here it is.

How do we become a queen? A woman becomes a queen when she's connected to her feminine energy. There is nothing more powerful than being connected to feminine energy. Can everybody tap into their feminine energy? Yes, men can. It does not matter your sexual orientation if you're gay or not. It does not matter if you're a woman or not. Everybody can tap into their feminine energy. Every person has masculine and feminine energies. To have the greatest success, you need to balance your masculine and your feminine energy. But when a woman's energy, the most dominant energy in her body, is feminine, and she uses the masculine for her work and things where she just has to get things done, that's when she becomes a queen and becomes very powerful.

So, what is feminine energy? Feminine energy is an energy that is connected to the soul. Feminine energy is about flow. It's dynamic, it's nurturing, it's about receiving. Feminine energy just is all about feeling and the heart. Feminine energy is also located in the left side of your body, and what differentiates it from the masculine energy? The masculine energy is stable, productive, getting things done, chasing, um, getting extra gold. For example, if you have a glass of water, right? Um, the water inside of the glass, the flow, the carelessness, the feeling of the water, that's feminine energy. But the glass that makes the water stable, that makes the water protected, safe, provided for, that's the masculine energy, okay?

So, to become a queen and get in tune with your feminine energy, I am gonna tell you what a queen does. So, first of all, a queen heals her inner child. We all have our inner child inside of us, and when you neglect your inner child, it shows up as adult trauma. It translates into you being an adult and not knowing how to react to certain things, not feeling comfortable with certain things, feeling envious and jealous of other people because they have something that you never had, and things like that. So, it's very important to hear your inner child. Um, how I would suggest you can heal your inner child is by, for example, if you were younger and you liked to draw, pick up drawing again now that you're older. That's a way to reconnect with your inner child, again. Just doing things that you used to do when you were younger. Maybe you liked making movies, maybe you liked making videos like I did, and then now I'm making YouTube videos, which I enjoy, and that's like I'm really healing my inner child.

By doing that, look at it as like, what did I enjoy? What did I love doing when I was a child and connect to that again? Also, what I love to do is just take myself and hug myself.

Like, sometimes I just don't feel good, and the only person I have right then and there is me, and I just take myself and I just, I just hug myself, and I say, "It's gonna be okay." Like, being kind to yourself, being loving, showing love towards yourself, towards your body, it's a way to heal your inner child, and it's a way to love yourself again, which is so beautiful and important.

A thing a queen does is a queen receives. A queen receives help, a queen receives compliments, a queen can receive gifts. She receives. When I used to be in my masculine energy, I would always be like, "Oh no, I don't need help from anybody. I'm gonna do it myself, and I'm gonna do everything myself," and because I want to say that I did this on my own. But a queen is smart, because a queen knows she can do it on her own. She can. But if somebody offers to help you and offers to lend you a hand, she does not refuse to accept. Why? Because a queen knows that she deserves those things. She knows that she deserves love. As some people show their love in giving, especially men in their masculine energy, the way they show love is by giving, giving you gifts.

Now, imagine you as a woman, all the time when your man wants to do something nice for you or give you a gift or take you on a trip or do whatever, and you're always like, "No, no, I don't want that. No, I can do it for myself." How does that make him feel? Because he, in his masculine energy, he wants to do those things for you out of love. He does not want to control you. He does not want to diminish your existence and be like, "Oh, you're so much below me. I will give you this." No, he's trying to show you love, and you're not accepting it. A queen never does that. A queen simply, when she gets a compliment, a gift, "Oh, really? Thank you so much. I appreciate that you did this for me." And she takes it. That person will be more inclined to do more for you, respect you more, and it just creates a loving energy.

This is something I even have to teach my mom because my mom is, uh, I grew up with a mom that's very much in her masculine energy. All the things that I know now, I had to learn myself. She's a great mom, a wonderful woman, a very powerful woman, but she was not in tune with her feminine energy. And even now, when I want to buy her a bag or a designer bag, she's like, "No, no, I don't want to keep... Keep your money to yourself. Like, whatever you buy for yourself, whatever you do." And I told her, "Mom, listen. You're a woman. You have to get in tune with your feminine energy. I want to do this thing for you, and you telling me no makes me feel bad because I want to do this out of love because I love you." So I told her, "You should be more open to receive." And now, my mom started doing that. Like, it's so funny because now I'm parenting her. So whenever somebody's like, "Yeah, I want to buy this for you, do this," she's like, "Okay, okay, yes, do it." You know, she's allowing people to treat her right. And that is what a queen does. She balances her masculine and her feminine energy.

So, how I like to do it is I use my feminine energy with my family, with my relationships, um, how I interact with people, with my followers as well. By giving love, by receiving the love that I get, by nurturing, by feeling, by just being in tune. And my masculine energy, I use for my work. It's business. It's very different. I have to get these things done. I have deadlines. I have to do them. Then I'm a totally different person. But when it comes to all the other aspects in my life, I love leading in my feminine, always receiving, always feeling good, always being in flow, feeling sensual, feeling good about myself. That's really what I love to do.

A queen understands that what other people say about her is none of her business. I'm gonna tell you something. When you are in your feminine energy, when you are trying to look better, when you are trying to feel better, a lot of people are gonna start hating you. Why? Because people hate what they cannot have. Men hate women like that because they cannot have her. Women hate women like that because they cannot be her. Instead of becoming a better version of themselves, they try to just make that woman feel worse about herself. So, a queen understands that what other people are saying are just projections of their own insecurities. You really have to watch what you judge other people on. Like, for example, when I had an eating disorder, right? I was always trying to get skinny. Um, I would not eat or anything. Sometimes I wouldn't even drink water. I was really, really bad into my eating disorder. I would judge people that were overweight. I would judge them and be like, "Oh my God, they do not have the willpower, um, to not eat or whatever." And these things I would say to myself in my head. Obviously, I would never ever say that to anybody, but I would think those.

And now that I got out of my eating disorder and I look back at it, I can see that I was judging them because I had an eating disorder, you know? I was just projecting.

People do that all the time, like when they see a woman that's confident and secure in herself, they will always try to bring her down. Why? Because they are insecure themselves. When people are confident, they are not threatened by other people's confidence. Why? Because queens can recognize queens. We do not compete with each other. We compete with ourselves. The only person I am trying to be better than is the person that I was yesterday.

There's literally nobody, no model, no nothing, that can face me because they're not me, honestly. And they might be prettier than me, they might be smarter, whatever, I don't care. They're not me, and that's how I look at it. I can acknowledge another woman's beauty, and I love beauty. I love women. Like, I just, I just really am very supportive of them.

That gets me into my other point. A queen does not backbite and does not spread rumors about other people. And I specifically did not say gossip because gossip, everybody gossips. Everybody, like when you hear something, or like, "Oh my God, this happened," whatever. But there is a difference. There's a difference between just talking and gossiping, and being like, "Oh yeah, this and that, blah blah." And there's a difference between spreading disgusting rumors about people and backbiting, and saying like, "Oh my God, she's so ugly," or whatever.

And I'm gonna tell you why a queen does not do that, like I said, a queen is spiritually aware. When you are backbiting and spreading rumors about people, your level of vibration is very low. When you are vibrating on a low level, the things you manifest into your life are very bad. Like, you cannot manifest your desires while being a person like that. And even if you manifest them, they will not stay for long. They will not stay, or something bad will happen because that's just how the universe works.

The reason why a queen does not engage in backbiting or rumors is because when you are a person that is constantly spreading rumors and coming to other people like, "Oh my God, did you practice and....," and you know, other people, and I've seen seen it in my environment, you know how they talk about you like, "Oh my God, stay clear of her, she gossips too much, she talks too much, stay clear of her."

People talk about you like that, people will not trust you. You make yourself look very insecure and just jealous and envious of other people. And people will be less likely to be willing to tell you stuff because you're the newspaper of the town, you know? So, and also, that will damage not only your friendships but your business relationships. And people will not want to network with you or just be like start anything with you because they can see what kind of person you are. It's very dangerous. It's much, much better to keep your mouth shut than put yourself in a position like that.

Another thing a queen does is a queen does not settle or compromise. I mean, of course, we always have to compromise a little bit in life because that's just how it is, especially in relationships, um, but when she has certain boundaries and she has certain expectations for people in her life and they are simply disrespecting it and not willing to meet it, a queen will never stay. You will never, ever be in a relationship with a true queen while you're disrespecting her because she will leave. She will rather be alone. She will rather be crying and lonely than being bad company. That's how true she is to herself and to her boundaries. And that's why most of the time, people, especially men, respect women like that because they cannot play with her. They can't. They just... They will leave. And they and the men and all these people, they know they will leave.

And whenever a queen is in a toxic environment, a queen plans her exit. When a queen does not like her situation, she plans her exit. I would suggest if you are in a relationship right now or a toxic environment and you simply cannot stay there, then start thinking about how to leave because that's what a true queen would do.

A queen knows how to communicate. A queen does not ask, "Can I?" A queen says, "I would like." A queen does not say, "You may not like this idea." A queen says, "I have a great idea." She knows how to communicate with everybody in their life in order to make them feel important and to make them listen to what she's saying. She says it in such a gentle way that people cannot do anything but listen and are willing to do whatever she's asking. Because that's how gentle she is, that's how confident she is in her word and in what she wants, and people gravitate towards that. People love confidence in other people. They love it. That's why most people are like celebrities and stuff. If you look at them, why do we find them charming? They're just... They just appear very confident. I don't know if they are, but they appear that way. That's why we're obsessed with them. We put them on a pedestal because they just show you that they feel that they are the best thing on earth. And once you radiate that energy of feeling like you're confident, whatever you say is important.

You almost have to look at it as whenever you are in the room or something, people are waiting for you to talk. That's how I like when I start when I am in a group or something. I always think, like, these people want me to talk. They're just waiting for me to say something. That's how powerful you have to think about yourself. That's how highly you have to think about yourself. You know what confidence is? Confidence is knowing yourself. Confidence is knowing who you are.

Because, for example, when I was doing a student job, right? I was working in a restaurant. The first day I was there, I literally was like, "Uh, yeah, I'm so sorry. Uh, I don't know. I don't know what this is. I don't know what that is." And like when a client would ask me something, I'd be like, "Oh yeah, I'm sorry. This is my first day." And I'd get red, and I was so shy. Three months later, I knew how the job worked. I walked around like I was the manager.

Anybody could ask me anything. I'd be like, "Yeah, this is this, this is that, is that, just like that." Why? Because I knew the job. How do you get confident? You have to know yourself. That's why I'm so... that's why I'm so hard on start healing yourself. Because by healing yourself, you get to know yourself. You get to know certain aspects. Why do I react this way? Why do I act like this? Why do I say the things that I do? And once you establish that and once you start to realize why you do certain things, that's when you become confident in yourself.

I have been called beautiful, and I've been beautiful for the most part of my life. I've never felt confident. Never, ever, ever did I feel confident because of my outer appearance. I only started to feel confident when I started to know who I was. When I started to heal myself, when I started to be like, "Oh, okay, so this is why you did that. Okay, so how do we fix it? What's the issue here? Why did you feel that way? Why do you do those certain things?" And once I really started to know myself and my character and started to spend time with myself, that's when I became confident. That's when I was like, "Oh, I am a great person. I really am a queen."

A queen never assumes, she just asks why. She is very good at putting herself into other people's shoes, so she knows that when somebody does something, we might think like, "Oh my God, they did it out of spite. They did it because they hate me." Maybe that person had a bad day. Maybe that person has something personal going on inside their life and like some personal issues. Why don't we be more compassionate and care for others and ask why? What's going on? Why did you do that? Communicate with people. It's not that hard. I love to be compassionate. I love to understand people. I understand so many people, even like people that are... you should not understand. I can't understand them because that's how much I feel for others. It's, you know, a queen is just really in her feelings. She can feel for people. Um, but obviously, when somebody disrespects her, she dismisses the whole person. Like, it's done. But she makes sure that she's certain as to why this happened.

A queen does not chase, she attracts. A queen will not chase a man. You can never catch her chasing a man, ever. If a masculine man wants to be with a feminine woman, a masculine man is gonna chase her. He is gonna make sure that he chases her, and when he gets her, he will pride himself in it. He'll be like, "Oh my God, it was so hard, but I got her." That's like a pride for them.

A feminine woman, she just knows that whoever comes into her life, whatever opportunity comes into her life, is always for the better. And whatever leaves is also for the better. Because she trusts God that much. She trusts the universe that much. She knows that whatever happens is for her better. So she just sits back and she lets whatever happens, happen. She does not stress, because nothing good comes from stressing. Practice self-care.

And why is this so important? Look, when I feel my most feminine and in my energy, is when I'm clean. I took a shower, I put on a mask, I have clean clothes on, I put lotion on. That's when I feel really good and clean inside my body. A queen knows that this is very important. In order to find yourself worthy, you should take care of yourself. Because otherwise, you will not respect yourself. And I know this is something, like, this is very hard for some people and they don't want to do it. You will feel bad when you look back. And most of the time, people are like, "Yeah, but I'm just ugly." You're not ugly, you just don't take care of yourself.

I think eighty percent of people, I think eighty percent of your looks could be improved if you had a healthy lifestyle, if you had skincare, hair care, and all these things, and you just looked very clean. Eighty percent would look better. And I mean that because honestly, I, for example, I am very clean. I smell good, I always look clean, I always look good. Um, why? Because that's how I just create myself. That's how I feel most in my feminine.

To get into your queen energy, your divine feminine, what I love to do is I take belly dance classes. And I have never, ever felt more comfortable in my body. It's just the way that you're surrounded by these women and you're all just dancing in your body. And it does not matter what other bodies look like. You just feel so sensual, and it's such a nice feeling. I would suggest to get into your queen energy, like, take up some dancing, painting, like, whatever makes you feel creative, whatever makes you flow, whatever makes you let loose of all these harsh things that the world tries to put on you, try to engage in that. If you don't feel comfortable dancing in a dance class, dance in your room. I just... It just feels... I cannot explain it. If you go and do it, you'll feel it. You really feel it.

A queen also knows that "no" means "not yet." If she goes after a job opportunity and they say no, she says, "Okay." She does not cry about it. She does not go insane and be like, "Oh no, why, why?" And yell at people. No, she's very calm, and she thinks to herself, "Okay, if it's not this job, somebody else will want me. Why? Because I'm worthy. I'm worthy of being wanted. I am good enough." Obviously, a queen works towards her goals, but she will never chase something that does not want her. She will make sure that her, like, that she goes after her dreams, she goes after her goals. But whenever something bad happens, she also knows it's for the better. And whatever comes next will be good. That's how much she trusts the universe and trusts God, and that's how much a queen trusts herself.

I just want to say that being a queen is your birthright. Every woman is born with the power of being in her feminine energy. And if you can cultivate this power and get more in tune with it, that's when you will see your life just become a whole different level. Everything you want will start to manifest, and that happened with me because when I was in my masculine, nothing would work. Nothing, not relationship, not my business, would work. Obviously, but it was like coming and going. And now, when I'm in my feminine energy, every single desire I have manifests. And I feel good on top of it. Isn't that a beautiful thing?

Okay, guys, thank you so much for watching. I hope you enjoyed this video. I hope you learned something. Um, please let me know if you love my videos or not. Um, I just love you guys so much. I love talking to you. And I just know that every single girl, boy, whatever is watching me, you guys are kings and queens. You have to reclaim your power. I love you.

BEING A QUEEN IS YOUR BIRTHRIGHT

HIGHLIGHTS & TAKEAWAYS

1. Embrace your feminine energy: Connect with your soul, nurture yourself, and allow yourself to receive. Balancing your masculine and feminine energy leads to power and success.
2. Heal your inner child: Reconnect with activities you loved as a child and show love and kindness to yourself. Healing your inner child helps overcome trauma and allows for self-love and growth.
3. Learn to receive: Accept help, compliments, and gifts graciously. Recognize that receiving is not a sign of weakness but a reflection of your worthiness. By accepting love and support, you cultivate a loving energy in your life.
4. Recognize that others' opinions don't define you: Don't let others' judgments and negativity affect you. Understand that their criticisms stem from their own insecurities and projections. Focus on self-improvement and being the best version of yourself.
5. Avoid backbiting and spreading rumors: Engaging in gossip and spreading rumors lowers your vibration and attracts negative outcomes. Instead, uplift others, focus on personal growth, and build trust by respecting people's privacy.
6. Set boundaries and don't settle: Honor your boundaries and expectations in relationships. A true queen knows her worth and won't compromise her self-respect. Plan your exit from toxic environments and prioritize your well-being.
7. Communicate with confidence: Use gentle and assertive communication to make others feel important and listen to what you have to say. Confidence in your words and ideas will attract respect and attention from others.
8. Embrace self-improvement: Compete with yourself, not with others. Focus on personal growth and becoming the best version of yourself. Acknowledge and support the beauty and success of others without feeling threatened.
9. Cultivate a loving and nurturing environment: Radiate love, support, and kindness to your family, relationships, and followers. Lead with your feminine energy to create a flow of positive energy and enhance connections.
10. Trust your intuition: Listen to your inner voice and trust your instincts. Your intuition will guide you towards what aligns with your true self and bring clarity in decision-making.

YOU DON'T LIKE YOURSELF? CREATE A NEW VERSION OF YOURSELF

Summary:

Liz talks about the importance of creating another version of oneself to achieve personal growth. She emphasizes that staying the same and expecting the world to accept you as you are is unrealistic. Drawing inspiration from celebrities like Beyoncé and David Goggins, who have created alter egos to push themselves further, Liz encourages her viewers to envision their highest version and act accordingly. She discusses setting goals, cultivating positive habits, and developing tough skin to overcome challenges. Liz also emphasizes the significance of finding one's passion and using it to make a difference, while urging people to be honest with themselves and avoid sugarcoating their realities. Finally, she shares her personal journey of battling depression and how she transformed her life by taking steps towards self-improvement.

YOU DON'T LIKE YOURSELF? CREATE A NEW VERSION OF YOURSELF

FULL TRANSCRIPTION

You know what you should do? You should just stay the same. Do whatever you're doing and don't change because the world needs to accept you as you are. And that's it. Is something I will never ever tell you. Why? Because that's the worst advice ever. The world does not owe you anything. People don't owe you anything. We are changing every single day. We are always trying to get better, always trying to improve ourselves. Always. No person is the same person as he or she was from the day that they were born. So saying that, "Oh, don't change yourself, just accept yourself," it's just not realistic. And this channel is all about realism. I do not like to sugarcoat things. Sugar coating does not work. I'm not the nice guru that will tell you that everything will be okay. No, it will be okay when you make it okay because your life is literally in your hands and in your hands only. Nobody's coming to save you. Nobody will save you. Not your mom, not your spouse, not your children. Nobody will. You want your life to change? You have to change.

Hey guys, my name is Liz, and welcome to my channel. Okay, so today we are going to talk about the fact: if you don't like yourself, you have to create another version of yourself. Literally. We see celebrities talking about this a lot. You see Beyoncé. Beyoncé says whenever she goes on stage, she is not Beyoncé, she is Sasha Fierce. A very good example of this as well is David Goggins. David Goggins is a Navy SEAL who, um, he was, he grew up and he got him into poverty. He, uh, gained a lot of weight, he lost weight, he ran marathons. This man did incredible stuff. If you don't know him, please check him out. But basically, they all say create another version of yourself. And when I heard those stories, I was like, "Wow, that makes a lot of sense," and I started doing that as well.

So you have me, right? Liz. She's just, you know, herself. Liz is very lazy. Liz does not want to do anything. Like, honestly, if you ask me what the perfect thing for me would be, if I do not want to be the higher version of myself, is literally go back home, go live with my mom, rely on her financially, just stay in my room, delete all my social media because I do not like the attention that comes with it. And yeah, just stay like that, comfortable in my bed, in my room. But that will get me nowhere. So I created an alter ego. Somebody that is confident. Somebody that uses her platform. Somebody that goes after her goals. Somebody that wakes up in the morning and goes to the gym and does not care whether she wants to or whether she doesn't.

She just has to get up and do it. Somebody with a very hard mindset, somebody when she gets told that she's ugly, she doesn't look good because I get told things like that daily on my social media. Somebody that created tough skin because she has to take it all in order for her to achieve what she wants to achieve. So if you don't like yourself, you create another version. Maybe even act as if. If you start acting like it, you'll become it. There is no other way, I don't think. I don't understand why people say, like, "Oh my God, this is like magic." It's not real. How is this magic? If you start doing what the higher version of yourself would do, obviously you'll become her. This is like very logical.

You see, uh, you have to think about it, right? How does the higher version of yourself look like? What is she wearing or what is he wearing? Who do they date? Where do they hang out? How do they spend their time? What's their career? Even down to the haircut, what's the haircut like? What does this person look like in your head? I cannot tell you that, you know what the best you looks like. Maybe the best version of you has a little weight to lose. Maybe the best version of you has a little weight to gain. Maybe the best version of you has muscle to gain.

You notice all these things for yourself. I cannot tell you this because I do not know what the highest version of yourself looks like. I only know what the highest version of myself looks like. So once you got that, you got that goal in mind. You know what the highest version of yourself looks like, you have to start acting towards it.

So you have to start planning your goals. For example, I'm telling you in my head, "Okay, the highest version of myself, I know her perfect weight." I have a very petite frame and too skinny does not look good on me because, like I told you guys, I had an eating disorder. I was there. I looked sick, sick, sick. I looked like I was dying. Does not look good on me. A little weight, but like toned, looks the best on me. And I know that this I can achieve through gym and fitness and weightlifting. So every single day when I wake up and I do not want to go to the gym, but I think to myself, "Okay, what would the highest version of myself do right now?" The highest version of myself gets out of bed, says, "Thank you, God, for waking me up today. Thank you for this blessed day. This day is going to be so good." I start with positive affirmations. I put my gym shoes on and I get off to the gym. That's what the highest version of myself does. And every single day, even if I, like, pick a meal, right? Uh, I love sugar. I love, like, sugary foods and stuff. But I always think, "What would the highest version of myself do? Would she get this dessert?" Because my issue is sugar, it causes breakouts with me and I get inflamed. I do not digest it well. It's very bad for me. I even think I have an allergic reaction to sugar because I get like a rash on my face as well. So this is really not good for me. So I always think, like, okay, what would the highest version of myself do? Because the highest version of myself has really nice skin. So the highest version would not take that dessert. She would take maybe caffeine instead, like something like a coffee or a tea that will suppress, like, um, that suppresses my craving for sugar, right? So I do that instead because that's what the higher version of myself would do.

Same thing with reading books. I do not, I cannot concentrate. I do not want to read books at all, at all. But the highest version of myself, she needs to finish the books because she knows books are knowledge and knowledge is key. Knowledge will get you so far in life. I cannot explain this enough. The more you know, the better.

The highest version of myself is also very confident. Liz is shy. She does not want to go out in public. She does not want to speak. She just wants to be ignored in her room, safe where nobody can judge her, nobody can talk about her, nobody knows anything about her. But the highest version of myself has a platform, and she wants to use that platform for the better. She wants to use that platform to help people. This is something I'm very passionate about. This is my passion because right now, I was doing this, giving advice, making videos, having my TikTok. I would never ever promote anything because I did not want my followers to buy something that I did not use myself. So I will get so many questions for brand deals and emails offering me a lot of money, and I always declined because either I use it myself and I promote it, or I don't promote it at all. And I do not care about the money. That's how passionate I am about this. I did this thing for a while for free. Right now, I am making money off of this, not through brand deals and stuff, but I am. So the money now is just a bonus. But I was doing this for a year for free because I love it. I would wake up sometimes at night, I could not sleep because ideas would run through my head. "Oh my God, okay, you have to film this video. This video is nice." I'm very creative. My mind is always running, so I love to wake up in the morning. I love cultivating my new ideas, telling you guys my new ideas, talking to you guys. I love it. This is something I love. You have to find your own passion. See, I get messages.

People ask me, "Liz, what is something you would recommend that I have to do as a career choice? What is something, what is my passion and stuff?" I cannot tell you what your passion is, babe. I can't at all.

You know, even my sister, right, who is literally my own blood, she does not want what I want because this is not for her. She says, "Liz, I'm so proud of you and congratulations for everything you've achieved, but I do not want what you want. I would never put myself in a position like that for people to judge me." And this is very hard. You have to create such tough skin to be a public figure or to be an influencer or even a celebrity. This is so hard because the tiniest things people notice about you, and they start saying, and you start looking at yourself in the mirror differently. You can be the most confident person ever, but when so many people say it over and over again, you're like, "Oh my God, is this true? Do I really look like that?" You know, it's almost like a body dysmorphia you create in your head. It's insane. So, you really have to get tough skin for that, and a lot of people do not want this.

But see, I believe that God gives us passions because that's what we're supposed to do. God doesn't give you just a talent or a passion just like that, you know? Why do you not want to go climb Mount Everest, for example? Why is that not your passion? Because it was not for you. You know deep down inside what you were meant to do. And if you don't have a passion or you think you don't, think about what am I really good at? What would people even pay, like ten dollars, for me to do? Like, for example, me. I'm very good at giving advice. I have always been giving advice since I was a child. I gave advice to my mom when I was five years old about how she should work her marriage out and stuff. What she should do. I have been doing this for a while, and I am good at this. And when I speak, I speak from the heart. And when people, when my followers on Instagram ask me for advice. I give them advice for free. But you think if I would ask them, like, "Okay, I'll give you advice, but send me ten dollars," they would 100% give it because this is how good I am at it. Every single person is good at something. It might be as small as cooking. Maybe you're a really good cook. Bake pies, start selling your pies. Do things like that. Big other foods. And maybe you're very good at managing a team. Why don't you start a management company? Maybe you're very much into social media, but you don't want to be seen. Start a social media company where you make other people famous, but you're in the background. You know, these are like things you have to think about. Like, what am I really good at? What would people pay even ten dollars for? To get real honest with yourself. Like, really, I am so, so tired of these people always sugarcoating stuff, always being like, "Oh, no, always be kind to yourself." In my opinion, that's toxic. You cannot always be kind to yourself. Sometimes you need a reality check.

For example, I suffered from depression for two years severely. I would not leave my room. Like, not at all. My mom would come into my room in the morning to check if I was alive, if her daughter was breathing. And if I think about it right now, it's very hard for me to even talk about. But that was my reality, and I do not want, like, pity or something. You know, I got over it, and I became this version of myself. So, it's a blessing. But at that time, I remember I would always talk to my mom, and I would tell her, "Mom, like, I have this desire to help people." And maybe it was because I felt so helpless myself that I wanted to help other people. And my mom was like, "Liz, like, what are you talking about? Just get a 9-to-5, like a normal job. What are you talking about? YouTube, social media? Are you insane?"

And I didn't even have any social media back then, you know? And I was like, "No, Mom, I want this. I need this. I want to help people." And she was like, she looked at me, she's like, "Liz, you can't even help yourself." And that really hurt me. I remember I went up to my room, and I started crying. I started bawling my eyes out, and I was like, "Why does she hate me? She's so mean to me and all these things." And then when I was done crying, the next morning, I woke up, and I was like, "Wow, my mom is right. How am I trying to help other people when I cannot even help myself?"

And then I remember I did my skincare. I put my... I changed my pajama again, and I went back to sit on my bed, and I was like, in my head, just waiting until it got evening again. Like, every single day, I would just sit on my bed and wait until it got dark again. And then on that day, in particular, I went to the mirror. I looked at myself, and I was like, "Liz, you're pathetic. You are so pathetic. Look at yourself. These are your youngest years. Every second, you're getting older. And you have wasted the last two years in your room doing nothing." So, then from that day on, I remember I made a plan. I was like, "Okay, we have to think. What would the better version of me do?" So, then I started, like, "Okay, the better version of me would start maybe getting out of her room, you know, going outside, maybe get some fresh air." So, I started doing that. I started going for walks every single day. I would make sure I would get my ten thousand steps in. I started eating healthier, I started making myself oatmeal. I enjoyed doing that. Then I started listening to podcasts, motivational things. You know, I used to listen to this before, but now I started hearing them. I started really listening. The most important thing I have ever done in my life is believe in the Law of Assumption and believing in God. Because I started to communicate with God, you know? I used to pray. I'm Muslim, so I would pray five times a day and stuff. But I would pray just to pray and that's it, and then go to sleep and cry. But then I started praying, like, talking. So, every single time when I did my prayer, I would sit and, not every single time because that's also pushing it and that's too much, but sometimes when I was really feeling down, I was like, "Look, I talked to God like he was my best friend. I was like, 'Look, I don't feel good, and this is what I'm feeling right now, and I don't know why. And I know you're the only one that can help me, and you know what? I give it to you. You know what's best for me. Then show me the way.' I ask him, 'Show me the way. How do I do it?'" So when I started talking to him like that, I swear, I swear, every single thing I wanted to manifest started manifesting into my life. Because I started talking to God. See, you guys are expecting things to come into your life, but did you ask God? Did you ask the universe? Did you ask? If you don't believe in anything, just ask. You cannot expect help if you don't ask for help, and you cannot expect good things to come if you don't even accept help from people. You know, sometimes God puts people into our life to help us, to upgrade us. And if you're constantly dismissing people and being like, "No, I got it on my own," how will you ever get there? And then you keep asking, like, "God, why don't you help me?" God says, "I send you this person, but you dismiss them or dismiss her completely." Let go of trying to control everything. Like, I was always trying to control every single thing in my life. I needed control. I was so afraid of not having control in my life. And this comes from early childhood trauma because when I was in my younger years, I never had control. There was a parent that always had control over me, and I felt just like I was nothing, you know?

And when I grew older, that gave me a sense of, like, "Oh, okay, I need to control everybody around me and everything that happens into my life because that's the only thing I have." But then I realized that when I started talking to God and when I started seeing that whatever I asked him is happening, I started to trust him.

So I let go of every desire I had. I asked once. I would ask once. I would say, "This is what I want, and specifically, you know, if it was money that I wanted, like, for example, I needed to pay a fine, I specifically asked, 'I need money for this fine. This is how much I need. Please help me.'"

And I would always also practice gratitude. Before I would say, "Thank you, God, for having a bad sleep, and thank you, God, for having food on the table. Thank you, God, for the smallest things." I would say, "Thank you for" before I went to bed. And then I would talk to him. I would say, "Hey, this was my day. This is what happened." Like, even literally, like he's my best friend, I would tell him everything. And then I would be like, "Okay, so right now, I have this fine to pay. Can you make sure I have the money?" And really, sometimes I swear, like out of nowhere, I would get money. And this was, like, scary stuff. Like, scary. And then I knew, "Okay, whatever I ask him will happen." So I started to trust him.

And now, whatever happens, if even if it's good or bad, I trust that it's for my better. When somebody leaves my life that I really want, I know that God knows he's not good for me. I know that he knows what's best for me. So I really do not stress anymore. Like, I cannot tell you guys how much I trust him because I have seen every time I've asked, he has delivered, and he has not failed. And when I did not get what I wanted, I got something better instead. That's how much you have to trust.

And you have to start assuming, like, the world is designed for you to succeed. That's how the highest version of you would think. So from now on, I want you to adopt this mindset of, "What would the highest version of myself do?" You walk into a room, you have a meeting, you might think, "Oh no, I'm so nervous, I can't do this." Or you have a presentation for school, you think, "Oh no, I'm so nervous, I can do this." What would the highest version of yourself do? Shoulders back, walk into the room, and start talking. Talk like these people are all, you know what?

Whenever you go somewhere, think that everybody's in love with you. Like, really, honestly, do that. That will make you more confident. You really have to think, like, "Oh my God, these people are obsessed with me. You have to tell yourself affirmations like that. Before you have a big, big project, look into the mirror, say, "I am powerful, I am amazing, I am gonna kill this day." Ask God, say, "God, today I want you to help me to talk better, to deliver, to have the best presentation ever. God, please stand by with me today."

And I swear, when you start talking, you talk like you've never talked before because he literally helps you. Ask for help, you'll receive help. See, recovery, getting the better version of yourself, become the highest version of yourself. It's not linear, it hurts. It takes accountability. Accountability leads to guilt because you have to see all the things you've done before. It takes going through the process of looking at yourself differently, looking at yourself like, "Why did I act this way? Why did I do this?"

If you are trying to heal from trauma, it often means that you have to relive the trauma to heal from it, and this hurts. And you know what? You're gonna have so many bad days as well. But I still have bad days, you know? I have days where I wake up and I'm like, "Wow, I really don't like this, I really don't want this." But then, you know, when you change your mindset, you change your life.

I always think, "What would the highest version of me think right now? You know what would she do?" And I know she thinks that, you know, she believes in God, she believes in the universe, she believes that everything's working out for her. So she knows that this bad day is actually a blessing because how can we appreciate the good days if we do not have bad days? We would not even know what good days were if there were no bad days, you know?

So I'm telling you, when you are trying to recover from something, when you are trying to become a better person, you will have good and bad days. But it's the process that will make you fall in love with life, you know? Oftentimes, it's not the thing that we get. Like, for example, if you want an expensive watch, right? The watch itself does not fulfill you. But the process towards the watch, the working towards it, the anticipation, the "Oh my God, I'm gonna get it tomorrow." That's what makes you happy. And then when you get it, you're like, "Oh, wow, is this it?" But you forget the whole process before. That's the exciting part.

So oftentimes, when people try to lose weight and stuff, they're like, "Oh, wow, okay, so I got here now." But like going to the gym, seeing every single day that scale go down, and being like, "Oh, wow," and looking better, feeling healthy, drinking a lot of water, your skin becoming plump, eating healthy, having energy. That's the process. That's the happiness.

So you have to look at things like, "Wow, I fall in love with the process of getting things, not the thing itself, but the whole time that takes, that takes to get there, the bad days, the good days, everything. You take it in and you're like, "Wow, I love this process."

Another thing is, do not tell me what you want or what you want to accomplish, what your ambitions are. I could not care less, to be honest with you. Show me what you've done, show me what you're doing. Because for example, when I started my whole social media thing and my stuff, my mom, she would be like, "Liz, what are you doing? It's embarrassing. You're not accomplishing anything." I mean, I was gaining a few followers, but I wasn't going anywhere, you know? And now that I started making money off of this, my mom is one of my biggest supporters. Why? Because I showed her what I was capable of. The years before, I would always talk about it and be like, "Oh my God, Mom, I want this." She used to be like, "Yeah, yeah, whatever, Liz. Whatever. You're a little dreamer, whatever," you know? But then now, when I'm serious about this and she sees me signing contracts, she sees me physically doing this stuff, she's like, "Whoa, that's my daughter." And now she supports me. And the bigger I get, the more support I'll get from my family. It's just that way.

So I have people sending me messages as well, like, "Yeah, Liz, my family doesn't support me. I don't know what to do now. I don't want to do it."

Hey, look, if you tell big dreams to small-minded people, they will never support you because they do not understand. They haven't done it themselves. Why do you think you can do it?

You know, a big issue with a lot of people these days is you want to talk. You want to talk before it happened. Okay, so why are you putting this evil eye on yourself? Because I believe in the evil eye, I really, really do.

Every single time I told somebody something, a goal of mine or anything before it actually happened, it did not work. Why? Because people, you know what, people don't know, they cannot ruin. You guys have to become more private about your life. You're always putting everything on social media. See, I am on social media, but I'm private. I do not want to answer personal questions. Why? Because I do not want anybody knowing anything about my personal life because it's personal. I do not know who's watching me. I do not know who's preying on my downfall. People are watching me because they love me, but people are also watching me because they hate me, and I'm aware of that. And at the end of the day, evil eye does exist. I believe in it, so I will not talk about things that I want to accomplish before they're accomplished. You know, I will show you guys that I'm accomplishing it and that I'm doing it, but I will not talk about it before it happened. And that's why a lot of the reason why you guys are not succeeding is because you talk too much and you do less.

I hope you really enjoyed this video. I'm telling you, you don't like yourself, you create another version. You start behaving like the best version of yourself. You start figuring out what the best version of yourself looks like, smells like, dresses like, what the career is, what the passion is like, anything, you know? This is for yourself. If you don't, you figure it out.

I love you guys so much. Like, it's insane. Like the way my social media is growing, and especially my YouTube, because I love YouTube because it really gives me a connection with you guys. I just love this so much, and I'm so grateful and I'm so thankful for you guys. And I swear, every night before I go to bed, I pray for you guys. I pray that everyone that's watching me, that wants to succeed, will succeed. And I know you guys will, but I cannot do this for you. The only thing I can do is provide you with content, and you guys have to actually do it, you know? I cannot hold your hand and be like, "Come on, let's do it together." I can't. I wish I could. I can't. So get honest with yourself. Start becoming the higher version of yourself. Start acting like the higher version of yourself, and you're gonna make it. You really are.

I love you guys so much. Thank you so much for watching.

YOU DON'T LIKE YOURSELF?

CREATE A NEW VERSION OF YOURSELF

HIGHLIGHTS & TAKEAWAYS

1. Change is inevitable. Embrace personal growth and improvement because staying the same will lead to stagnation.
2. Creating an alter ego or another version of yourself can help you overcome limitations and achieve your goals.
3. Determine the characteristics and traits of your ideal self and start acting in alignment with that vision.
4. Set clear goals and make daily choices that align with your higher self's vision.
5. Discover your passion or talent and use it as a guiding force in shaping your career or life path.
6. Recognize that everyone's passion and purpose are unique, so don't compare yourself to others.
7. Building tough skin is crucial when pursuing your dreams, as criticism and judgment are inevitable.
8. Trust your instincts and follow your inner calling, as it often leads to your true purpose.
9. Be honest with yourself and acknowledge areas where you need to improve or make changes.
10. Take responsibility for your own life and actively work towards creating the life you desire, as no one else can do it for you.

STOP FEEDING THE DEMON | HOW I OVERCAME MY BINGE EATING DISORDER

Summary:

Liz shares her personal experience of overcoming her binge eating disorder. She emphasizes the importance of recognizing the problem and taking accountability for one's eating patterns. Liz describes her journey from anorexia to binge eating disorder and bulimia. She offers various strategies that helped her overcome her disorder, including viewing binge eating as a demon and starving it, removing oneself from triggering situations, practicing deep breathing, identifying trigger foods and avoiding them, reframing the mindset from being ill to having certain habits, maintaining regular meals, prioritizing overall health rather than focusing solely on appearance, staying hydrated, and exercising for mental well-being. Liz highlights the significance of controlling the mind and suggests that by doing so, one can transform their life.

STOP FEEDING THE DEMON | HOW I OVERCAME MY BINGE EATING DISORDER

FULL TRANSCRIPTION

I want to start this video off by saying, I am so proud of you. It takes so much courage. It takes so much accountability to see that you have an eating disorder, to recognize that your eating patterns are not normal. This takes so much accountability, and I know it's very hard. When I was suffering from my eating disorder, I did not want to acknowledge that I had a problem. Everybody around me was just suffering from a lack of control. They could not control what they put into their mouth, and I had a lot of willpower. That's what I thought, but somewhere deep down, I knew something was wrong. I knew that I was lying to myself. I just didn't want to admit it. So, you looking at this video, you trying to change, you trying to make something better from your situation, I applaud you because that takes a lot of courage. And I'm telling you, if you're only watching this video, already you have the power to overcome this. You know how many people get hospitalized for eating disorders without their consent, without their will, because they do not want to acknowledge the problem, they do not see that they have a problem. So, you already looking for a solution, maybe you're halfway there. And together, I hope we can make it work.

Hi, guys! My name is Liz, and welcome back to my channel. So, today in this video, I am going to tell you how I overcame my binge eating disorder. Um, first of all, I do want to make a disclaimer. I am not a professional, I am not a doctor. If you are suffering from an eating disorder, this is very serious, and I would suggest that you consult a doctor. As in every video of mine, I am talking from my own experiences. The advice I give you is what helped me. Some things that I say might not resonate with you, and that is okay. You can always take what resonates and leave the rest, but please do not take my words as facts, as they are only based on personal experiences. Thank you so much.

Okay, so my story. I had anorexia, binge eating disorder, and bulimia. It all started off with anorexia. When I was in high school, it kinda started. I would restrict myself from eating. I would be proud of myself if I didn't eat. Um, and yeah, it kind of started off like that. I didn't really think that I had anorexia. Anorexia was something in my mind that's like, "Wow, it's like a trophy if you have anorexia. You have so much discipline." So, even saying that I had anorexia, I felt like I felt too low of myself to even be in that aspect of anorexia, you know? And then, because I restricted myself so much, I ended up later on getting a binge eating disorder. Because all the foods I didn't allow myself to eat, I wanted to eat, and I wanted to eat them in one go. And I'm telling you, I could eat, and I could eat, and I did not feel when I was full at all. Like, I had no... There was no more sense in me that, like, "Oh, okay, you're full." There was no... No, my stomach would be about to explode, like, literally. Sometimes I... I was like, "Oh my God, my stomach was gonna rip." But I kept eating. I don't know. It was almost like something took over me and kept, like, eating. But it was obviously the restriction. It was the stress that came and the emotions that I just wanted to suppress as well, you know? But besides that, I don't really want to get into my story. I want to get into how did I get out of it.

First of all, I need you to realize your body doesn't do anything before you think it in your mind. When you wake up in the morning, you think first, "Okay, I'm gonna wake up now," and then your body physically wakes up. So, when you are about to binge eat, when you are about to restrict yourself or starve yourself or purge, you cannot physically do that until your mind thinks, "I'm gonna do it first." So, once you can control your mind, you can control what you do physically. And when I realized that my mind is what controls everything, not only did I get out of my eating disorder, I literally changed my whole life around. Because what happens up here becomes reality out here.

I started to see binge eating as a demon that was trying to control me. So, I read this book right when I was in my binge eating disorder. It's called "Brain Over Binge." In "Brain Over Binge," this woman talks about you have the rational brain and you have the animal brain. So, your rational brain knows when to stop eating, knows that, like, one meal, you know, healthy and good for you, is nourishing and all these things. But your animal brain is basically moving on instincts like an animal and just wants to eat it and doesn't think straight, you know? So, instead of thinking like, "Oh, this is my animal brain," I thought of it like, okay, look, this is a demon in my head, right? I created, like, okay, this binge eating disorder is a demon. And if I eat right now, all this food, and I also think, like, this food is too much for me, for one person. This is way too much. It's even too much for four people, you know? Like, I would eat like crazy. This is not a joke, um. So, I was like, this is too much. So, there must be a demon that I'm feeding, you know? So, I would think, okay, if I eat this right now, this demon will get bigger and stronger over me. But if I decide to not binge and not eat all of this, then I can starve the demon, you know? So, I started doing that.

Also, this comes into my religion. In Islam, it's really not good to waste food. It's also, you know, bad karma. Like, it's really bad. If you want to manifest good things in your life, wasting food, bingeing, purging, doing that thing, that will give you really, like, that will not... That will block your manifestations also because you're mentally not clear and it lowers your vibration. And also, like I said, it's bad karma because you're wasting food, food that could go to other people, food that your family could eat. You know, it's a very, um, it's an... It's a mental illness, obviously, but it's also a very selfish act, um. But obviously, you're not thinking in that moment, um, because, you know, you're not thinking rationally. You're just... You just want to devour. But that's why I want you to think, okay, for your next binge, think in your head, like, okay, this is not me. This is the demon. The demon wants food. Are you gonna feed the demon or are you gonna starve him?

When I would feel the binge urge coming up, I would literally physically remove myself from the situation. So, when you feel this urge coming up, right, like, you want to binge right now, you see all the food in front of you, I want you to get up and leave. Just leave the kitchen, leave the place wherever you are, just leave. Um, go for a walk, go think about why you want to do what you're doing right now. Is it because you've starved yourself? Is it because you feel lonely? Is it because you feel stressed? Is it because all these emotions are coming up in you and you just want to suppress them? What's going on? Other than that, what you can do is maybe call a friend, um, tell them how you feel, maybe talk to God, tell Him what you feel, talk to the universe, whatever you believe in, um, write your emotions down, go journal, uh, go drink a hot tea or a hot coffee, eat one healthy meal instead, go take a cold shower, go take a hot bath, anything that put your mind at the attention of something else, you know, because your mind, you have to realize, like I said, you're not thinking rationally at that moment. So your mind has to just refocus their attention on something else. Gonna be very honest, sometimes I just needed sleep. I just, I was just tired. But because I could not fall asleep, I would just binge, you know, out of boredom or whatever. So that sometimes it's also even good to go to bed.

What I would also recommend is start breathing, really, like even now if I just breathe, it calms me down so much. To realize what your trigger foods are, it's like, for example, for me, it was sugar. I eat one cookie, I eat, I need to eat every cookie in the house, every sugar there is. I need to eat.

So for me, the thing that helped was I needed to cut out sugar completely and not like, um, I just needed, I just needed not to see sugar. Like, for example, if I wanted something sugary, I would eat, like, vegetables or something salty instead. That's what your food triggers are. And then I want you to not buy the binge foods. Don't buy them because I know that you're going to be like, "No, this is the last time, whatever." It's not the last time. And when you buy, you are going to eat it. So just don't buy it. Make sure it's not in your house. Make sure you just don't waste your money on it.

I used to say to myself, "Oh my god, I have bulimia. Oh my god, I have a binge eating disorder." I used to think those things. But then I was like, you know what, I'm going to stop thinking that, and I'm going to stop saying it as well. Why? Because I will manifest it into my life, and I will believe that I have it. So I will start to act like a believing person, and I will start to act like somebody that has a binge eating disorder, you know? So I actually started to acknowledge that, you know what, I don't have bulimia. I don't have binge eating disorder. I don't have anorexia. I just have a certain type of habits that I have been repeating for so long that have just become mainstream in my life. Certain type of habits that I can break because I can change my situation if I change the way I think about it and if I change the way I view these things, you know? So stop telling yourself that you're ill. Stop saying that. Just say, like, these are certain type of habits that I have been doing before that have worked for me to like suppress my emotion but that have also made me depressed. So I'm just human, you know? I'm not ill. I'm human. Humans make mistakes. Humans do things to themselves that hurt themselves, but humans can get out of it as well. It's fine. It does not matter how many times you're gonna fall as long as you get up. It's fine, you know? As long as you're moving forward, as long as you move forward, you're fine. Nah, do not starve yourself because once you starve yourself, you are going to binge afterwards because your food, your body just wants all the food. That's the issue here. It's gonna become a whole cycle.

What I want you to do instead is from now on, every single day, every day, do not skip a day. Even if you're busy, every single day, have one meal, one meal at least. And a lot of people are gonna say, "Yeah, one meal is not enough." Believe me, for somebody with an eating disorder right now, one meal is not is a lot, you know? So I did that. I started with one meal, then I started two meals, and I said that like that, you know? And then I was like, "Oh, okay, I can actually, I don't even have to count my meals. I can just eat whenever I want, and it's fine." You know, like I still look good. I still have the body of my dreams, and it looks even better now than it ever did before, you know? Because I'm not focused on food that much anymore. I am busy with other things. I eat when I'm hungry, and I don't make it that complicated.

But when you have an eating disorder, the only thing on your mind is the food, and it drives you insane. It's like you're going to bed, you're thinking like, "Oh, I, once I accomplish my goals, I will be able to eat this. Oh my god, once I accomplish my goals, I'll be able to do this." So the biggest issue with an eating disorder is the fact that, you know, when you're fighting with somebody outside, you can block them, you can ignore them, whatever. You'll sleep at night, you don't hear from them, it's fine. But when you're fighting your own brain, that's the biggest war ever. Because at night, when you're sleeping, you're stuck with yourself. There were so many times during my eating disorder, during my depression, that I told my mom, "Mom, I just want to take out my brains, and I just want to put them out of my body, because they're making me go insane." And I think that's the biggest thing, you know?

And that's why I'm so, like, saying to you, guys, if you can control your mind, you can become so successful and you can control your whole life. I swear to God, this thing up here, it rules everything.

I also started doing—I started to not focus on my body anymore. I did not care anymore how my body looked. I just wanted my body to be healthy. I want my organs to work. I want my hair to be thick. I want my skin to be plump. I want me inside to feel happy, nourished, and give it good foods. I drink lots of water. I am bloated during the day, obviously, but my metabolism started working again really well, and my—I don't hold as much water anymore because when I was dehydrated and I was not drinking enough water, what your body does is hold on to the water that your body has. So you look actually more puffy. But when you drink a lot of water, your body knows that there's always water coming, so it just flushes out all the other things that you don't need in your body.

So right now when I go to the gym, I don't go to the gym to have this dream body of mine. I go to the gym for my mind because when I start my day off with the gym or I end my day with the gym, I just feel so confident, and I feel so good about myself. I feel like, "Okay, you accomplished this, you know? This, at least, you did today." And I feel good about that. So just work out, just to work out. Just eat healthy, just to eat healthy, you know? Do things just because. Not everything has to have a reason, you know?

Stop obsessing about, "Oh my God, I want my body to look like this. I want this." You know what? Start obsessing about what you want to accomplish in life. Like, maybe put this energy into goals, into businesses you want to accomplish. You will be very successful, really. But you have to put your energy somewhere else and stop labeling foods as like bad foods. There are no bad foods, really, you know? You just have to eat everything in moderation. For example, I would label sugar as bad foods, and that's why I would binge on them so much because I was like, "Okay, I ate one cookie. It means that I'm—I'm already lost. I lost the game. So I might as well eat every cookie." You know? And that's how my binge brain would work.

So I want you to realize there are no bad foods. It's just food. Things are just things, you know? And just food. If you eat in moderation, it's fine. You don't gain weight, you'll just be fine, you know? When I really changed, I changed when I was like, "Wow, I'm sick and tired of myself. I am just tired of waking up bloated, puffy from all the sugar that I've consumed, today before, from all the salt I've eaten, all these things." Because I am so just obsessed with body image, really, honestly. Because I am so obsessed with that, I just felt so tired of waking up out of my bed heavy. Like my body felt heavy. Everything.

I'm gonna give you the big secret here. You want to know how you can change? You have to just do it. You have to literally be like, "You see? You want to binge? You have to be like, 'I'm not going to binge.' You—you want to starve yourself? You have to be like, 'I'm not going to starve myself.'" You just have to realize that this up here controls everything. There's nothing more I can say. When I changed my mindset, I changed my life. And it's cliché and everybody says it, but once you're there, you'll realize it.

I want you to know that I know that this is not easy. I have been here for three years, and it was hard. This is not something that you can fix in, like, a day or something.

Some people can, some people really can't. I couldn't. I relapsed so many times, so many times. But now I'm consistently free of it because I'm so busy working on my dreams and goals. I'm not obsessed with my body image. I do not care. I go to the gym, I eat my healthy foods, I look good either way, you know? I'm not obsessed with food. I eat when I'm hungry. That's the main thing for me. And I am done feeding the demon, you know? I—I am trying to manifest things, and I know that an eating disorder will block my manifestations. It's very hard, so I'm just trying to be mentally healthy, and to be mentally healthy, I need to eat good, nourishing foods, foods that are like vegetables. I have, you know, I have a pescetarian diet. I don't eat meat, I eat fish, and um, yeah, vegetables, all these things. I cut out sugar as much as possible.

So yeah, I just have healthy diets, lots of water, go to the gym, and I do these things consistently. Some days, some days I'm bloated, I gain some weight. Some days I don't, and I lose some weight. And it's fine. I just don't care. I never weigh myself anymore either. I don't even have a scale. I don't want to see how much I weigh. I just want to see how I look in the mirror, and that's good for me. I just have other priorities, really.

I am just so proud of you, like I said. Um, you are trying to change. You are trying to see that, okay, I'm not doing well. I need to change. Um, and I'm proud of you for even clicking on this video. That's a huge step towards greatness. But I want you to realize it's all in your mind. Your body cannot do anything before you decide you're gonna do it in your mind. Um, a good book I would recommend for this is "Brain over Binge." And other than that, I just wish you healing. I wish that you're always blessed with everything your heart desires and more. I love you guys so much, and I appreciate the love and support that I get so, so much. Really, honestly, thank you. And yeah, I hope to see you in my next video, and I hope you, I hope you can take away something from this. Thank you so much for watching. I love you all.

STOP FEEDING THE DEMON | HOW I OVERCAME MY BINGE EATING DISORDER

HIGHLIGHTS & TAKEAWAYS

1. Recognize the courage it takes to acknowledge and address your eating disorder. By seeking change and looking for solutions, you're already on the path to overcoming it.
2. Understand that your mind has control over your actions. Once you realize this, you can take charge of your thoughts and ultimately change your reality.
3. View binge eating as a separate entity, like a demon, and choose not to feed it. Recognize that by resisting the urge to binge, you are starving the demon and regaining control.
4. Consider the impact of your actions on others and the universe. Wasting food and engaging in harmful behaviors not only affects your own well-being but also blocks positive manifestations and creates negative karma.
5. Remove yourself physically from triggering situations when the urge to binge arises. Find alternative activities to refocus your mind, such as taking a walk, journaling, talking to a friend, or practicing self-care.
6. Pay attention to your trigger foods and avoid buying them. By eliminating those foods from your environment, you reduce the likelihood of succumbing to binge urges.
7. Reframe your mindset from identifying with an illness to recognizing certain habits that can be changed. Understand that you are human and capable of breaking these habits to improve your mental and physical well-being.
8. Avoid starvation as it can lead to subsequent binge eating. Instead, aim to have at least one meal every day and gradually increase the number of meals as you progress.
9. Shift your focus away from your body's appearance and prioritize its health. Nourish yourself with nutritious foods and stay hydrated to support your overall well-being.
10. Realize that the battle against your own mind can be challenging, especially when it's the last thing you face at night. However, by gaining control over your thoughts, you can find success and shape your entire life.

I DON'T CARE IF YOU DON'T LIKE ME, YOU DON'T EVEN LIKE YOURSELF

Summary:

Liz expresses her frustration with people who criticize and try to control her life. She emphasizes that she values her freedom and will not let others dictate her actions. Liz encourages her audience to prioritize their own happiness and not worry about the opinions of others. She believes that many people who criticize are unhappy and insecure themselves, projecting their own issues onto others. Liz advises focusing on personal goals and not allowing negative comments to affect one's energy and well-being. She concludes by expressing her self-confidence and urging viewers to ignore the negativity and prioritize their own self-care.

**I DON'T CARE IF YOU DON'T LIKE ME,
YOU DON'T EVEN LIKE YOURSELF**

FULL TRANSCRIPTION

I do not want to hear your criticism. You can keep it to yourself. My life is already hard enough on its own, and I'm already hard enough on myself. You're contributing with like, "Oh my God, I don't like this about you. You have to change this. Who are you?" Excuse me, did you, did you, did you give me money? Did you pay my bills? Because if you, if next time somebody wants to give their opinion about my life, you're gonna have to pay my bills. Because you ain't paying no bills. You ain't living my life. You are not going through what I'm going through. And you think you have the audacity to tell me how I should live my life? No, it doesn't work like that. If you're not contributing to either my happiness, to my bills, to anything that makes me happy, you're not relevant to me. And if you have an issue with me, you can always call me. You don't have my number, honey. You're not important. I'm sorry. I'm sorry.

Hi, guys. Um, okay, so I am dealing with a lot of things right now. I'm healing some traumas that I have. And you know, in order to heal some traumas, you need to relive the traumas. You need to go to therapy. You need to journal. You need all these things. And I'm working on it. So that's why I'm not making videos, because I'm literally going through my traumas again and reopening them so I can heal from them and I can move on in my life, which is so important.

But so, all these people have been messaging me and saying, "Liz, Liz, Liz, how do I not care about what this person is saying? How do I not care if I don't have friends? How do I know what, like, are you guys in a pandemic or something? Because I'm not following. Why do you care about them? What, like, are these people paying your bills? What are they doing for you?"

The thing with me is, I always grew up in a household where I was always like, "Don't do this. What will people say? Don't do this, people say this." And I wanna, and it was all about that. And I just felt controlled by my environment. And I don't like to be controlled by anyone. I need my freedom. I'm a human. I deserve freedom as well, you know?

Um, so I just came to realize that, you know what, everybody will grow old. Like all these people that are gossiping right now, that are spreading your stuff around, that are doing all these things, they'll all be old one day. They're gonna be grandpas, they're gonna be grandmas. And then what do you think they'll care when they're six years old about you? No, nobody will. Everybody will forget about you. Do you really want to live your life thinking like, "Oh my God, what will they say?" They'll be old and they'll also die, you know? Everybody will die, you know? You guys live like you have so much time. Life flies by like this. Like, "Oh my God, do you guys remember COVID? That was insane. It's already like what, three years ago almost? Or like, it's insane. It feels like yesterday, and now we're here. Life flies by fast. I don't have time to worry about you. I don't have time for you. I'm sorry.

People that are literally living their rock bottom life, living a pathetic life, are the ones to tell you what you should do. Like the comments, you know what? The comments I get on TikTok. Jimmy from his basement telling me what he does not like about me. Well, Jimmy, I don't like you either. I don't like anything about you. But you don't see me saying that, do you? Think any person that is successful right now would have been successful if they would have cared what other people think?

You see, but there's a difference. I'm not saying do illegal stuff. I'm not saying do stuff that are not, you know, if you're religious, if they don't go really well with your religion, you know, that's not you.

If you don't want to do it, don't do it. But you know what? I honestly don't care about other people. I really don't. You can call me selfish, but I am so focused on myself. I, you will never, ever catch me in the comment section. "Oh my God, this girl is so ugly. Oh my God, what are you doing?" I don't care. You live your life. You want to go do that? That's on you. You want to go do this? That's on you. Do whatever. Leave me alone. Leave me alone.

The thing is, also, people say, like, "Yeah, but when it's family, it's so hard. How do you not care about family things?" Uh, I have fought the biggest battle with this one parent of mine, and I'm still fighting this battle. They don't want me on social media. I want to continue my social media. You think if I would have listened to them, I would have the life that I wanted? No, absolutely not. I would have been nowhere, nowhere, and unhappy. Do I want to be unhappy because of somebody that does not care about me? No, I don't. So I choose myself, and I will always continue to choose myself. I'll ignore you, and I'll do my own thing. You'll literally have to unalive me to stop me. That's how bad I want what I want, and that's how bad I'm gonna get what I want. If you have a goal and if you want to achieve something so bad, you will automatically not care about anybody else because you have tunnel vision. You literally only look at the goal, and you're like, "I'm gonna accomplish this no matter what, no matter what." So, whatever these people are saying you can't do, you can. I'm gonna show all of you that I can, but I won't tell you guys. I just do it. I'll show you. I'll show you.

I'm at the point of my life I don't need to prove anything to anybody because I have been through so much stuff in my life, alone, on my own. There was nobody to help me, and all these people that want to give their opinion now, where were you guys? Where were you guys when I was literally in rock bottom? You guys weren't there. You guys have not walked a mile in my shoes, so don't tell me how to tie my shoelaces, honey. It's different.

So, if somebody tells me like, "Liz, I don't really appreciate if you do this," and you know, like good opinion, like giving, like, "Okay, look, this is not nice. Can you change that?" I appreciate that. I appreciate being told what I'm doing wrong, what I'm doing is wrong, and I can improve on that. I appreciate that, and I always try to improve. But you telling me stupid stuff, like, "Oh my God, this is embarrassing. What you're doing. I'm ashamed. I'm this and that," trying to just downplay me as a human being, honey, I will not listen to you. And you have to realize, most people are projecting. You think those bullies, you think those people that are gossiping about you, you think those people that are calling you ugly, stupid, dumb, all these things, do you think those people are happy? Honey, let me tell you, those people are the unhappiest of them all. They're just projecting their own insecurities onto you, and that's how they feel better about themselves. But you know what? They go to bed at night still with the same bitter heart. You know why? I leave those people alone, and you know why I will never, ever seek revenge? Because those people have to live with themselves, and that's punishment enough, honestly.

And to be honest, I just cannot afford to be like, "Oh my God, what would they say? What would they think?" I don't have time for that. I'm very honest. Like, I don't have goals accomplished. I have things to do. If you have time to always be sad about whatever somebody's saying about you, you're not doing enough. This is your fault. You're not doing enough. Because if you're focused on your goal and you're trying to get there and you're trying to do everything possible, the noise becomes like noise, and you don't hear them. You don't hear them at all, you know?

And I swear, like, I swear, I swear, the people that hate you in the beginning, once you become successful, are the same ones that are like, "Hey, this can't give me advice." No, I can't give you advice. Go away. These people that you are wondering, like, "Oh my God, I hope they like me?" They don't even like themselves. You have to wonder, like, do they even like themselves? Like, really look at this person. Not emotionally, look logically. Are these people, do you think these people are happy with their lives? I'm gonna tell you a secret: they're miserable. They are miserable. It does not matter how much money they have, it does not matter how good-looking they are. If their inside is not healed, if the inside does not feel good, they will always try to project it onto you. You have your power of not reacting. Don't punish yourself for somebody else's mistakes. Don't do that. Life becomes very peaceful when you're able to say, you know what, I am not giving my energy to this. I'm giving my energy to making myself feel better, to making myself feel good, and that's it. Because wherever your attention goes, your energy flows.

I read this book about Joe Dispenza who made it so, so clear that if you put your energy onto something that's negative, you're gonna attract more negative. Do you want negative? No. Let them gossip, let them talk, let them do whatever. They're miserable. They're miserable people. They're miserable. These people will never, ever accomplish anything in their life. They'll just be miserable forever. That's it.

Okay, I'm so sorry. This is a short video, but honestly, I don't have this feeling of caring about others. Like, honestly, I don't. I really don't. If you do not contribute to anything in my life, you do not have a right to give me your opinion, to give me your criticism, to try to bully me, or to try to tell me what I should or should not do. Next time you even think about doing that, of like, "Oh, let me make Liz feel bad today," PayPal me money. Give me money, and I will feel maybe a tiny bit bad. But honestly, I do not care about you, and I do not care about your opinion.

So, on that note, I want to end this video. I'm so sorry that it's so quick, but I just want to hop onto YouTube and say, like, don't care about people, care about yourself. Put your energy towards yourself, honey. Whatever they're saying, karma will get them. God sees everything. It will come back to them 10 times harder. And like I said, the worst thing is they'll have to sleep at night knowing that they're in their own body. Like, imagine being so bitter, having that heart, and having to sleep at night. Honestly, I wouldn't want to be that person. Those people are just projecting their own selves, and that they don't even like themselves. So, focus on yourself. I know you can make it. I know you're a badass. And I love you guys so much. Bye.

I DON'T CARE IF YOU DON'T LIKE ME, YOU DON'T EVEN LIKE YOURSELF

HIGHLIGHTS & TAKEAWAYS

1. Don't let criticism from others bring you down. Their opinions don't matter unless they contribute positively to your life or pay your bills.
2. Healing and personal growth require facing and addressing past traumas, even if it means taking a break from certain activities.
3. Stop caring about what others think, especially those who aren't supporting you financially or emotionally. You deserve freedom and the right to live life on your own terms.
4. People's opinions become insignificant over time. Everyone grows old, and their judgment won't matter when they're no longer relevant in your life.
5. Successful people rarely achieve their goals by worrying about what others think. Focus on your own aspirations and ignore those who try to bring you down.
6. While it's important to consider constructive feedback, dismiss negative comments that only aim to control or belittle you.
7. Family opinions can be challenging, but choosing your own path and prioritizing your happiness is crucial, even if it means going against their wishes.
8. Prioritize yourself and your goals above all else. Don't waste time worrying about others' opinions when you have important things to accomplish.
9. Bullies and unhappy individuals often project their insecurities onto others. Recognize that their negativity stems from their own unhappiness, not your worth.
10. Refuse to prove yourself to anyone. Focus on personal growth and achieving your goals instead. The opinions of others hold no power over your worth or potential for success.

YOU WANT TO MANIFEST YOUR DREAM LIFE? I GOT YOU

Summary:

Liz discusses the concept of manifesting and shares practical steps to manifest your dream life.

She emphasizes the importance of letting go of the past, being grateful for what you have, knowing exactly what you want, using positive affirmations, and cleansing your environment of toxic influences.

YOU WANT TO MANIFEST YOUR DREAM LIFE? I GOT YOU

FULL TRANSCRIPTION

You know what? I find it so weird whenever somebody says manifesting is being delusional. Manifesting is believing in your own lies. Aren't we always delusional? You see, what I mean is, every like, we know that one day we will leave this earth, right? But nobody goes to bed at night thinking, "Oh, tomorrow I won't wake up," even though we know it's a fact that we will leave this earth. We still, every night, expect to wake up and to fulfill our goals and go to work and go see our family and whatever, you know? If we did not have this delusional fate and that we will continue to live on and have a long life and all these things, we would probably do nothing. We would not believe in religion, we would not have children, we would not marry, we would not even go to work because why bother? We will not be here one day anyways, you know? So, I think it's important to realize that we're delusional every single day, we're delusional our whole life. So, why not be delusional to the things that you can attract, to the things that you want? I think a lot of times people don't realize, and they don't even dare to ask for more. And sometimes people are just afraid of their own potential. They're just afraid of, "Okay, what if I have everything?" You know? That can be a burden to some people as well. So, I think that you need to start realizing you can receive anything you want, but you have to put in the work.

Hi, guys! My name is Liz, and welcome back to my channel. In this video, I am going to show you guys how you can manifest your dream life. I want you to realize something: manifesting is not some like writing something down 10 times and burning the paper or forgetting about it and that's it, it will come to life and whatever. No, manifesting is a lifestyle. There are certain things that you need to do and change in your life in order to manifest your desires, and in this video, I am going to show you how.

Okay, so the first thing, in order to manifest your dream life and what's very important, is you need to let go of the past and past situations, past people, you know? A lot of people, um, they're still in love with their ex. They're there and, or they're still hanging on to their ex or whatever, and they're wondering, "Why does love not come into my life? Why do I not meet somebody good?" Maybe because you're not letting go of this situation. So, the universe or God cannot provide you with something else because you're showing God, uh, or the universe, I'm going to refer in this video to God because I believe in God, but if you believe in the universe or whatever, please just know that I'm just referring to God because that's my belief. Anyway, you're showing God that you don't trust him. You don't trust that if you let go of this person, that he will bring you something new and better in your life. You don't trust that. You're showing him that. So, in that way, he's not going to give you anything. He's just going to let you learn and learn and learn again until you're sick and tired of this situation and you're ready to let go and open up for somebody new or just focus on yourself.

But many times, when even manifesting money, even manifesting a job, people are not willing to let go of their job that they're having right now that's making them unhappy because they're afraid that they won't find something else. I had a lot of people in my life that were every single day they would come to me complaining, crying, "I hate my job, I hate my job." I said, "Quit." I said, "Quit." Even though like you cannot have this scared, like, "I'm scared. No, I won't have money." Money is in abundance everywhere. You know how much money there is on the earth? There is an insane amount of money. Why do you think you won't get it? You will get another job. You will get another opportunity. Maybe you will even start working for yourself.

Sometimes you need to let go of things that are toxic for you, of things that are draining you of your energy. You need to let go, and once you let that go, you see that God opens up new doors for you. God shows you what he has for you, and then you will be like, "Oh wow, I wish I had done this sooner. I wish I had trusted him more."

The next step is to be super grateful for what you have now. You know, one thing in my life, even when I did not have the best car, when I did not have even when I was riding the bus, when I did not have money, whatever, I have always been very grateful for everything. For everything, it did not matter what it was. The fact that I had food, the fact that I had a phone, the fact that even my health, I was, "Oh, I've always said thank you, God. Thank you, God. Thank you, God," over and over again because I am so grateful for everything that I have.

Every single night before I go to bed, I always list everything that I, before I talk to God because I told you guys every single night before I go to bed, I talked to him about how my day was, about how my life is going, what I want to accomplish. But every single time before I start a conversation with him, I always list up everything I'm grateful for. I always say, "Thank you for giving me food today. Thank you for me being able to afford things. Thank you for giving me health. Even if my skin is clearing up, thank you for clearing up my skin." Things like that, you know?

I think a lot of times people just don't, especially because of social media. Everybody thinks, "Oh, they have more than me. Why do I have less?" Why do you look at people that have less than you? I'm telling you, you are abundant in a lot of ways. There are people in the hospital right now wishing they just had health. They might have a lot of money, but what will you do with money if you don't have health? You know, a lot of things money cannot buy. All the things money cannot buy, they're priceless, and a lot of you have that. You might not have money but you have love, you have all these things that are lacking in somebody else's life, so be grateful for that. Uh, there was this quote that I really liked I read in a book, and it says, "What if tomorrow you were left with the things you were grateful for today?" So, if you, for example, say, like, "Oh, I'm so grateful for this bottle of water today," tomorrow you would wake up with that bottle of water. So always list today what you are grateful for. What? What are you grateful for? You can always list something like at least five things every night before you go to bed, list something. No gratitude, being grateful, it puts you in a positive mindset. It puts you, it in your mind, you're creating like, "Oh wow, actually, I am doing good. I already have a lot of things. Thank you, thank you." You know, God likes to be thanked. He also needs that, you know, um, so if you create that environment of like, even like, you see, I'm talking about being grateful, I get like heightened emotions. It's making me happy. So whenever I get depressed, whenever I don't feel well, I always try to remember, "Okay, Liz, what are you grateful for right now? List three things, at least, that you can be grateful for, even though you're not feeling well. What? What can you be grateful for?" I list them and it instantly lifts my mood. I feel the sense of love, you know? And if you are in that state, it's very easy to attract things, to manifest things.

Another thing is, know exactly what you want. See, a lot of people, they say, "Uh, I want to manifest." Okay, but what do you want to manifest? I want to manifest love. Okay, love can come in many forms. Do you want love from your family? Do you want love from a partner? Do you want love from children? What do you, where do you want love from? Um, I want money.

Like, what type of money? Where? Where do you, what do you need money for like, do you want a job? Do you want any, like, do you want a business? What do you want? You have to get very specific on what you want. If it's a car that you want, maybe you want to buy a car. That's what you need the money for. Manifest the car you want to buy. A house? Manifest a house. Don't be like, "I need money," because it's very broad and you might get money but not the amount you want to buy what you want. You know, that's why you have to be very specific on those things.

Use positive affirmations. I like to do this whenever I am looking in the mirror doing my skincare. I tell myself positive affirmations. For example, my skin. You might think like, "Oh, her skin is very clear." I'm, I have been dealing with a lot of breakouts the past month. It's been depressing me, um, constantly breakouts, breakouts like tiny red bumps. It's annoying. But every single time that I do my skincare routine, I look in the mirror, I say, "My skin is clear and glowing." I say, "My hair is thick and growing." Um, and I love my face. I love my body. I keep telling myself that while looking in the mirror. If there are any goals I want to accomplish, I say that. I say those goals as well. Like, for example, I want a car. "Oh, I'm driving. I'm driving this dream car of mine." You know, I say that to myself.

And I know a lot of people may think, like, "Oh, I don't want to do positive affirmations because I don't believe it, and it feels like lying to myself." I don't think it's really lying to yourself. I see it more as if I am focusing on the goals that I'm setting. So if I say that I have clear skin or whatever, that I know that my goal is to get clear skin, you know? I don't see it as like, "Oh, I'm just lying to myself." No, it gives me focus. It's the same as creating a vision board, and every single day you wake up, you see the vision board. I am just telling myself in the mirror what my goals are, but I'm telling them as if I already have it, you know?

Cleanse your environment completely. Unfollow, unfriend any people that are draining you, any people that are toxic. If you're on social media and you're insecure, why are you on social media? Delete your social media or, at least, take a break because seeing all these filtered people, all these people just posting their best lives, which is totally up to them, you know, it will make you unhappy. It will, it will make you more insecure. It will only make you unhappier. So if you're insecure at the moment, just delete it for a while. Don't look at it, don't follow these people, don't watch them, don't watch the content, and just focus on building your self-esteem.

Because I'm gonna tell you something, a lot of times, you guys want to say, "Oh, these girls, they never look like that, like IG girls, or they're all fake and whatever." I'm gonna disappoint you. There are girls, natural girls, natural-born girls. I have friends, beautiful, drop-dead gorgeous. No filter needed, nothing. They're literally goddesses walking. And what are you gonna do then when you see them on the street? You'll get insecure as well. So, your insecurities, your problem, it's not their fault. They can edit as much as they want if they want to. You are being triggered by it. This is you. This is a "you" issue. All these negative emotions you're gonna feel because of these toxic people, these toxic friends.

And a lot of people also tell me, like, "Liz, I have toxic friends, but I don't want to be alone, and I don't want to leave them. How are you guys so comfortable being unhappy surrounded by the wrong people?"

I don't get it. I do not get it." Like, this is one thing that really frustrates me because I have always been the person. I would literally go to high school, and I would sit alone on a bench. I could not care less. And you know how many people wanted to befriend me? But I did not want to befriend them because I just didn't want to. I didn't feel that their energy was good, and I was really comfortable just sitting by myself. You know how many people thought that I was... A lot of people thought that I was a... A lot of people thought that I was a weirdo, and probably still think that I am. Do you think I care? I don't care. I am happy. I'm happy just sitting by myself.

I only invite quality people into my life, whether it's in a relationship, whether it's in a friendship. Show me what you can teach me. How, in what way, will you elevate me? If there is no way that this person will either elevate me, will make me smarter, will make me happy, or whatever, I do not start a friendship or relationship with that person because I do not benefit from it. And you might say, "No, that's such a selfish way of thinking." Yeah, okay, and let me be selfish. This is my life. I want to make the best of my life. I will not be surrounded by people that make me unhappy. Even though I would rather be alone than be unhappy with like people that are draining.

So, back in the day during my depression and stuff, I had this one friend, uh, who was a big influencer. And he would always teach me about spiritual things, about feminine energy and everything. He would send me like articles, and I would never read them or be interested in them because I was literally thinking like, "This guy is crazy." He was such, he could have been my mentor, like honestly. This was a guy that, um, I think at 21 was in debt, crazy in debt, had no money. And at 23, he was a multi-millionaire. And he did it all by himself, no illegal stuff, nothing. He made his money. And I really looked up to him, but I was not in the mental state to really learn from him other than this one thing. And he literally changed my life with that.

So, I remember when they were sitting and eating and stuff, and I showed him a video of, like, this YouTube channel of, like, these guys reacting to another creator and kind of bullying her, laughing about her content. Her content was very cringy, so they were laughing, making jokes. And now, showing him that, and I remember he, like, he was not laughing. He looked at me, and he was like, "Liz, um, don't you consider the fact that this girl might have put a lot of effort into her content? Even though you find it cringy, she put a lot of work into it." And I looked at him, and I was like, "Okay, yeah, yeah, that makes sense. But it's just funny. It's jokes. It's funny. Lighten up, man." That's what I was thinking.

He looked at me, and he's like, "I see you always watching Netflix shows and watching, like, these stupid guys." He was like, "Liz, like, what are you watching that will elevate you in the future? What are you watching that is gonna make you go further in life and get you closer to your goals?" And I just looked at him, and I went silent because none of the things that I was watching, none of the things that I was listening to was aligning with my future goals. So he completely gave me a reality check right there.

You have to realize that whatever you want, whatever you desire, is already here. You already have it. The only thing you need to do is take the steps towards your desire. For example, you want to move to New York. New York exists.

You need to find a plan on how to get there. You want a million dollars. A million dollars exists. Millionaires exist. Billionaires, trillionaires exist. You need to figure out how to get that. You guys need to stop living in a lack mindset of like, "Oh no, I will never be able to accomplish that." Why not? Why not you? Why can so many people have a great life, but you can't? Why? Why are you not good enough? Why are you telling yourself that you're not good enough? A lot of you guys have so many advantages. Oprah Winfrey was living in her car before she started her career. She was homeless. You guys are watching videos from the safety of your home, and you guys think that you are not qualified.

It's the people that believe, even they do not look at their circumstances. They just believe that they can and that they deserve to have it. Those people get successful. And then you have the people that already have a really big advantage, but they do not believe that they can or that they deserve to have certain things, and they do not get successful. And that's the difference. You have to plan and take action towards your goals, and this is the issue because a lot of people say, like, "Oh yeah, I wrote it down, and that's it." And now, and then what? You're the one that has to take the action. God will help you. God will guide you. You'll probably get there. But for example, if your goal is to lose weight, you're the one that has to go to the gym. You're the one that has to eat healthy. You're the one that still has to do those things in order to accomplish the goal. You cannot sit and be like, "Oh yeah, I'm manifesting, and that's it. I'm not going to do anything anymore." No, because then obviously it will not work.

But what we're talking about is if you have to believe, if you have the hunger to achieve whatever you want to achieve, you'll achieve it, no matter how big it is. You'll achieve it. But you're the one that has to take action. You're the one that has to plan this all out for yourself and be like, "Okay, this I can do. This I will do." And step by step, and step, you will get there. But you will have to start believing that you can, and you have to start taking action towards the goal. So another thing is, ask God for a sign or help.

So I saw this TikTok of this girl, and she was like, "I asked the universe for a sign," and she asked for a lion. And that day, she saw a lion. So she asked, "If you guys are guiding me, show me a lion." They showed her a lion. And I was like, "Oh my God, let me do that as well." And what I did was, I asked. I was like, "Okay, God, if you are, if I'm on the right path, if you are guiding me, show me a lion." I said the same thing as her. I was like, "Show me a lion today." And what happened is, that day, I did not see a lion.

What happened is, and this is like, even when I think about it, I get goosebumps. A friend of mine, she was coming by that day, later in the evening, and she came by and she said, like, "Liz, I have a gift for you." And I was like, "Huh? What do you have?" You know, she was just coming back from dinner. And she gave me this little angel. It was a little angel. And on the package of the angel, it says, "Your guardian angel is always with you." And on the back of it was my birthday. And immediately, I thought of the sign that I asked for. You know, I asked, "If you are guiding me, show me a lion." But I literally got a little angel that says, "Your guardian angel is always with you." Ah, and from that on, I always ask.

Like, if there is a certain relationship, whatever, I ask, "Please God, show me a sign if this person is for me." If he's not, I ask for signs. And I always receive signs. Ask for help, ask for signs. You'll get it. You'll get it. You have to specifically ask. You'll get it. Might not be a day, might not be a week, two weeks. You'll get it. You'll get the sign. You have to ask, forget about it, and you'll receive.

Vision boards, writing things down, visualizing yourself living your dream life. These things actually really work. I have a paper that I wrote on, I think like two years ago or something. Exactly what I wanted. Every single thing. And I forgot about that paper. Every single thing that I wrote down right now is my reality. Every single thing. And it's so detailed. It's insane. I do not want to read it again because it's like, you know, embarrassing. But every single thing that I have right now, I manifested with that paper, and I forgot about it. So those things do work. Vision boards work. Writing it down works.

What I think the science behind it is when you're writing it down, your head subconsciously registers it. So it makes a goal towards that. So even if you forget about it, your head knows, okay, that's where we're going, that's where we're heading. That's why those things are so powerful.

And if you visualize your life, feel the emotions, look at yourself in your head, even like if you want to visualize a car, see yourself driving the car, feel the steering wheel, emotions is what attracts. Because this is energy. Feeling something is energy, you know? For example, you want to attract love. You have to give love. You have to be a loving human being because love attracts love. You have to have self-love as well. If you have self-love, you will see all the love will surround you.

And another thing is, you cannot be desperate. You cannot be desperate. Have you guys ever noticed if you are going after a girl, if you are going constantly after a guy, he is not interested in you. But the moment you switch in your head and you're like, you know what, I don't want them anymore, they all come back. Why do you think that is? Because you do not have that desperate energy around yourself anymore. You are focusing on yourself, you're elevating yourself, and they can actually really feel that, and they can see that, because you start to glow differently. And when that happens, you literally are just manifesting whatever you want, and everything you want comes to you, because being desperate is actually telling God that you don't trust Him, that you don't believe that it will happen, that you have fear. That's why you're desperate.

You're desperate because you don't have it, and you're showing them, like once again, "I don't have it." Well, if you're putting out that you don't have it, you won't receive it.

People often say if you're ordering something from a restaurant, you, in your head, you know that the food is coming, right? So you're relaxed. Well, that's it. You order something from God, you ask for this, then be relaxed. It's coming. It's coming.

And last, I want to say, believe that you deserve it. You deserve a great life. You deserve amazing love, friendship, whatever you want in life. You deserve everything. You deserve it.

People can live their best life. People have money that you cannot even imagine. People have money, you know, Jeff Bezos and stuff.

They're not even the richest people on earth. There are people so rich you will never, ever know who they are because they're private. You will never, ever know who they are. They have insane amounts of money. If they can have, why cannot you? Why can't you have, like, even ten percent of them? Not even one, like, 0.1 of what they have. Why can't you have that? Why are you not good enough?

No, I deserve to have. Me personally, I deserve to have a great life. I deserve to walk wherever, buy whatever. What I desire, I deserve to travel wherever I desire. I deserve. My children deserve to have the best life because why not?

So I hope you guys learned something from this video. You really have to start acting, talking, and walking like you're blessed and like blessings are coming in your life constantly. And that's how you attract blessings.

If you watch this video and think, "You know what she's saying is not right, I don't believe it," then leave this video alone and go somewhere else and live your life. But for the people that want to give this a try, miracles will come into your life, I guarantee you. You don't have to believe me, but at least try.

Okay, guys, thank you so much for watching. I love you guys so much, and yeah, I'll see you in the next video.

YOU WANT TO MANIFEST YOUR DREAM LIFE? I GOT YOU

HIGHLIGHTS & TAKEAWAYS

1. Let go of the past and trust that by releasing toxic situations, you open yourself up to new and better experiences.
2. Practice gratitude for what you currently have, as it puts you in a positive mindset and attracts more abundance into your life.
3. Be specific about your desires and goals to manifest them effectively. Vague intentions may yield unclear results.
4. Utilize positive affirmations to focus on your goals and create a vision of already having what you desire.
5. Cleanse your environment of toxic people and negative influences to protect your self-esteem and well-being.
6. Recognize that insecurities triggered by others' appearances are your own issues to address and overcome.
7. Don't be afraid to be alone if it means surrounding yourself with quality people who bring positive energy and elevate your life.
8. Seek out relationships and friendships that benefit you and make you happier, rather than settling for draining connections.
9. Embrace self-care and personal growth by seeking knowledge and mentorship from those who can guide you on your journey.
10. Trust in your own ability to attract what you want but remember that it also requires consistent effort and action on your part.

CONFIDENCE BABY

Summary:

Liz shares her insights on building confidence and self-improvement. Through personal anecdotes and practical advice, she emphasizes the importance of setting goals, surrounding oneself with supportive friends, taking care of physical appearance, avoiding desperation, accepting personal growth, radiating confidence through silent aura, overcoming embarrassment, and using positive body language. Liz's message is clear: confidence is a journey that requires self-awareness, resilience, and a willingness to embrace change. By following her guidance, viewers can cultivate a strong sense of self-assurance and navigate life with increased confidence and purpose.

CONFIDENCE BABY

FULL TRANSCRIPTION

Okay, so you clicked on this video because you want to be confident. Do you want to walk into any meeting, any room, with all eyes on you? With people actually listening to you and not pretending like they're hearing what you're saying? Do you want to attract that partner that you desire because your confidence radiates, and they cannot do anything but be near you? Do you want to walk into every single room and have all eyes on you, even if you're just in your pajamas? Because that's the energy you radiate. Well, honey, keep watching because I will show you in this video how to get confident.

And before, before you start to comment, "Oh my God, it's easy for you to say, you're pretty. It's easy for you to be confident." I was more beautiful when I was younger, way more beautiful. I was extremely like when I would go out with my mom, people would stop us constantly and be like, "You are gorgeous." And I was the most insecure creature on this earth. People would walk all over me, people would use and abuse me like crazy. You wanted a little dum-dum walking around. Liz was a little dum-dum. Literally, you would ask me anything, I would do that for you.

Through unfortunate situations and through growing up and realizing my worth, I became confident. And right now, no, I won't do anything for you if it's not benefiting me. I won't. I always put myself first, I always do. And even my family starts to respect me. Even they're like, "Oh, okay, she's completely different, you know?" And I'm going to show you how. So keep watching.

Hi, guys! Welcome back to my channel. I want to say, yes, I'm not posting frequently. I want to stress something. I am a person that is dealing with post-traumatic stress disorder. I have gone through so much trauma that it is hindering me in my daily life right now. My behavior is very, um, one day I'm happy, next day I'm not, and it's on and off constantly. But I am working on it because, like I told you guys, if you have anything that you don't like about yourself, whether it's on your appearance or on your character, then change it. Do not stay the same. That's what I've always been preaching, and that's what I will always preach.

So, I do not like the fact how I treat other people because my trauma is so deeply ingrained in me. So what I'm gonna do is I'm gonna go to the therapist, I am going to journal, I am going to meditate, I'm going to pray, I am going to read the books on trauma because I am going to understand myself, and that's what I want for you guys as well. Guys might say, "Like, oh Liz, it's taking so long. In every video, you say trauma." Yeah, honey, I went through 18 years of daily abuse. It's not gonna get fixed in a couple of months. This is gonna take years, and I'm aware of that. And some days, I'm like, "Oh yeah, I'm there, I'm healing," and the next day, I'm like, "Oh, why do I have to go through this? I don't deserve this." But it's always up and down, up and down. So it's hard, it's very hard. But at least I'm trying, I'm trying. So I know I will get there one day. And yeah, I'm just gonna be the cycle breaker. I do not want my children to go through trauma, so I'm gonna stop it with me. Um, so yeah, and I'm literally gonna be the best mom I can, and I'm gonna teach them the best things I can, and all the love that I needed as a child, I'll give my children.

First thing you need to do to become more confident is, okay, so from now on, I want you to set daily goals. Small goals, small goals, okay? For example, um, okay, water. You take water, right? This is one liter of water. You have to start saying, "Okay, from tomorrow on and every single day, I'm gonna drink one liter of water."

And if you actually, like, maybe even say, like, you know what, for the next month, I'm gonna drink every single day one liter of water. Does not matter how dirty you eat, does not matter what junk food it is, does not matter. At least you drink the one liter because that's the promise you made to yourself. Right now, if you start doing this and if you start actually drinking the water, you are gonna become like, "Oh, wait a minute, if I say that I will do something, I actually do it." So you are gonna start to trust yourself, right?

For example, if you have a person that's never on time, you meet up with them and they're never on time. The next time you go on a date or whatever with them, you know that they're not gonna be on time, so you don't trust them anymore. You don't have that trust in them anymore, right? So the confidence in them is gone. It's the same with you. If you promise yourself from tomorrow on, I'm gonna eat clean. From tomorrow, I'm gonna start working on my business. From tomorrow, I'm gonna drink more water. From tomorrow, I'm gonna start my skincare. And you do none of that. What happens is you don't trust yourself anymore. Your word means nothing to you, and that's the issue. How can you trust yourself if you keep promising yourself things and they don't come true?

So, if your friends are all insecure and everybody has anxiety, I'm sorry, but start to make new friends that are confident and that you can learn from. I-I do. I'm not saying ditch your old friends. I think you all need new friends. You guys are toxic to each other because nobody is growing, you know? So, if you have a friend that's confident and can teach you how to be more confident, how to approach people, how to talk to people, that will elevate you in a way. And if you are stuck with friends that are all like, "Oh, let's stay home, let's do this," and all introverts, then nobody's gonna grow. Like, even me, I am very much like, "I wanna stay home, I don't wanna go anywhere, I just wanna be in my bubble." I need people that drag me out. I need people that are like, "Liz, let's go here, let's go, let's go here, let's go meet people, let's go do this, blah, blah, blah." Because otherwise, I will not come out of my shell. I don't. So, it is very important to have friends that you want to be like, you know? And I'm not saying ditch your friends, not at all. You should all have friends that you want to be like, or you look up to, like kind of mentors, you know? If your friends are literally doing nothing with their life and they do not want to improve, let them go. I don't care how hard it is, but let them go because those people are very toxic, you know? Because you're gonna be here at one point, and they're still gonna be here. And the only thing that's gonna happen is they're gonna drag you down on their level or they might come up to yours, and where are you gonna go? You're just here, nobody's elevating you, you know? So, at the end of the day, I think you can still be friends with those people, but make sure you also have people in your life that can elevate you somehow, that can be a mentor, that can be an example for you.

Another thing I'm gonna say is, to be more confident, is to take care of your physical appearance. If you guys saw my self-care routine and how much I put effort into my looks, you guys would be like, "Whoa, okay," because I value my appearance a lot. Because the first thing people see when they look at me is this. I cannot impress anyone with my personality at first because they don't know, I'm not like talking to them or anything, you know? They're just looking at me. I always look very clean, and I am clean. I'm gonna do a video to you guys, like my favorite self-care things and stuff to help you guys. But this is what I mean: skincare routine, hair care routine, gym, my diet. If I don't like something about myself, I go ahead and fix it. Stop being so desperate. Stop, stop being desperate for a relationship, stop being desperate for a job, stop being desperate for literally everything.

You know why I am not desperate? Because I don't attach myself to things or people. If I'm in a relationship, I do not expect that person to stay with me forever because that's being delusional, completely, and that's putting yourself up for unhappiness, failure, and heartbreak. And I don't do that.

I always, I'm very realistic and I think, you know what, this person can leave me anytime. This person can wake up and think, you know what, I don't love her anymore or I don't want this anymore, and that's okay. That's okay. That, imagine thinking that somebody has to be tied to you. No, you're still an individual. This person has the right to leave when they want to. And you know, a lot of people say, like, no, if we have children together, they must stay and everything. If somebody is not happy with you, it's their right to leave because that's their life. You cannot make somebody stay with you and you cannot make yourself believe that they're gonna stay with you forever. No, you always have to have, like, you know what, it's beautiful that what we have is love and I'm very excited, but this, yeah, this might end as everything is going to end one day, you know?

And once you have that mentality of like, yeah, they might leave, then you're not desperate. You know, if I have a job and I think like, this job might leave me as well and I might not have the job anymore, yeah, I'm not desperate for this job because I know another thing will come, you know? This partner leaves, another partner will come. I will always have my options because I'm amazing.

It is okay to outgrow people. It is okay to outgrow situations. It is okay to not have the same hobbies anymore. It is okay to just not want the same career anymore, not want the same things. We, as humans, constantly evolve. We never, ever stay the same. We never, like, when I was younger, right, I wanted to be a princess. Okay, and right now, I'm being treated as a princess, but I'm not, obviously. I'm not a real princess. And at some point, I wanted to be an astronaut, and at some point, I wanted to be a lawyer. I became none of that, you know? Obviously, you change, you grow. Even I think right now, what I'm doing, I think, "Oh, it's my passion. I love this. I will do this forever." Probably not. There will be some point that I would be like, "You know what? I want to do something else because something else is my interest." Right now, I'm older. I want other things, you know? This is very normal.

The friends that I used to have a couple of years ago are not my friends today anymore. Why? I outgrew them. I got a different mentality. So, it's okay if you outgrew, for example, doing one hobby. Like, you danced your whole life, and you grew up, and you're like, "You know what? I don't want to do this anymore. I don't want to dance. This is not something that interests me." It is okay to let that go. You should not be stuck because you spent so many years on it. And the same goes for relationships. Do not think that you have to stay in this relationship because you spent so many years. Years mean nothing, nothing if the situation is not bringing you happiness.

This confidence is not loud, right? You do not come inside of a room, and you're like, "Oh my god, look at my accomplishment! Oh my god, look, look how good I look! Look how good I look!" No. A confident person is silent because their confidence radiates. So, they will sit down, and you'll feel this aura. That's what I mean. Like, confidence, it's not loud. No, no, no, no. That's arrogance. We don't need that. You have to be humble, right?

But aware of your worth. You walk in somewhere, you know that at the end of the day, you're not better than anyone. You're still human. You're the same. They bleed, you will bleed as well. You're the same, you know. But you know your value. You know your worth. You won't settle for less than you think that you deserve. That is confidence.

What is embarrassment? What is embarrassment, really, honestly? You know what? Every time I get embarrassed? I think of, like, you know what? I'm literally on a ball, right? The Earth, and we're just floating around. And then I'm looking at all these humans who don't even know themselves, what they're doing with their lives. If I can tell you one thing, it does not matter if a person is a millionaire or poor, a billionaire, does not matter. Nobody, nobody knows what they're doing with their lives. They're literally all just figuring it out still, even if they're 80. They're still figuring it out. So, everybody's still figuring their life out. Everybody's so busy and engrained in their own lives. Nobody really cares about you. You're not that important. So, what is embarrassment at the end of the day? Who are you embarrassed of? These people that don't care about you, these people that are so much thinking about their own problems and their own lives and that are literally trying to figure out everything. You think they're like, um, even if you think about it, do you remember something embarrassing somebody else did? Like, I don't. I can literally not recall anything. I can recall something embarrassing that I did, but I bet those people cannot remember that either.

It's body language, okay? I'm gonna teach you, Sky, some tricks, right? If you are sitting at a table or meeting, shoulders back, posture should be really good and, like, this chest forward and stuff. This radiates confidence. Now, if I go sit like this, it means that I want to crawl up and I want to be a little bold and I don't want to be seen, right? So, we sit like this. It's more elegant. You look more elevated, and it's better to talk.

Another thing is your hand gestures. I had this comment that a girl made to me, and she was like, "Liz, you use too much hand gestures while you talk." Here's one thing: using hand gestures, immensely powerful. Why? Because what else, other than your voice, can you bring message over with? If I talk like this all the time, am I interesting to you? No, it's kind of creepy, and my message does not come across as it should, you know? But if I talk like this and I use hand gestures and I'm trying to explain to you what I'm trying to say, it's much more impactful, and it gives this dramatic effect.

Another thing I learned is when a person cannot see your hands while talking, they're less likely to trust you. So, if you are sitting at a table or whatever, make sure that at least they can see your hands. Even if you're not talking, just rest your hands somewhere and do that.

Another thing is, I remember when I was working as a student in the restaurant, I used to do this a lot, like close myself off, kinda. It's like closed body language. And the bartender that I was working with would always go like this, and I was like, "Why do you always do that?" And he's like, "Never ever cross your arms because that's closed body language, and that does not invite people to talk to you. So, open it."

Another thing I want you to do is just go up to people and start talking to them. Start talking to random people, and it doesn't matter what they're gonna do to you.

What is the worst that can happen? "No, go away, don't talk to me." Okay, bye. I'm gonna then go to the next person and talk to them.

Start having boundaries. If there are certain things that you do not like and you do not want to accept them, don't accept them. Not from friends, not from family, not from a relationship, from anyone. It does not matter, your boss, nobody. You do not accept disrespect towards your boundaries, right?

This is really gonna elevate your confidence because when I was younger, right, I did not have boundaries. People could ask me like, "Liz, can you do this for me?" I'd feel okay, okay, I'll go figure it out, I'll fix this for you, and I would not ask anything for it, you know? And I was kind of like a pushover. People would, like, make me do everything and then, you know, like, use me kinda. But now they ask me, "Liz, can you do this?" and if I don't want to, no, I can't. I can't do that for you. Liz, can you come here? No, I can't. I don't want to. What are your plans? Nothing, I'll sleep. What's wrong? No, I don't want to.

You know how much people start respecting me because I am like that? Because they are literally like, "Oh, okay." So, I'm gonna ask somebody else who will do these things for me, and Liz, her time, Liz thinks her time is so valuable. So, whenever she does want to meet, I'll make sure I show up and show up as my best self.

I went on a date with a guy once, and um, this guy was very cocky. He thought that, you know, whatever. He was the whatever. He's also very famous. He literally picked me up, right, and his car. He sits inside and he's like, "Get in." I looked at him and I keep standing outside. He's like, "What are you doing?" And I... I told him, "I'm not getting in. You're not opening the door for me. I'm not getting inside of the car." He's like, "I won't open the door for you." I turned around, I went back home. I did not step into his car.

Then he called me. He's like, "What are you doing? Are you insane? Are you crazy?" And then I'm like, "No, no. You don't open the door for me, I don't come on a date with you." And then he's like, "That's not how... how... how you should be. A man should just take care of a woman. These things are outdated, blah blah blah." I'm like, "Okay, bye." That's it. This is how firm I was on my boundaries.

Liz a couple years ago, Liz did not care if you open the door for her or not. Like, Liz would do everything by herself. I won't. Now, you don't open the door, I'm not coming with you. That's it. Do not laugh at jokes at your own expense.

Okay, so um, when I was in school and stuff, right, I used to be severely bullied, and I thought I had friends. No, these people were just laughing at me completely. They were making jokes at me. They were like literally physically tossing me around. I was like the... I was like the punch back, you know? Why? I had zero boundaries, and I would just laugh with them at myself because I was like, "Oh, don't take yourself so seriously." No, no, no, take yourself seriously and make sure nobody ever, ever laughs at you. It's not funny. It's not funny. And you know what they're gonna say? "Oh, you're so uptight. You can't take a joke." Yeah, exactly. Don't take a joke. Don't, because what they will do is, you start to take a joke like they're like, "Ah, you're so dumb." You're like, "Haha, yes, yes, whatever."

And then next time, they're like, "Yeah, you're so stupid." And you know what? Little by little, you're gonna see that these people start to mean what they're saying, and it's not a joke anymore. They really think of you like that.

So, from the beginning, when somebody even jokes to you like, "Oh, you're so dumb. Why did you say that?" Please, please elaborate. Why did you call me dumb? You know what I love? Love, love, love, love. This is my new thing in life, the new mentality, the bimbo mentality. I love it. Literally, whenever somebody makes a rude joke or anything towards you, ask them to explain it. Literally say, like, "So, like, if they're like, 'Oh yeah, um, you're... yeah, you're so dumb,' say, like, 'Huh, why? Why am I dumb?' Don't let anybody ever, ever laugh at you like that. Never. It's... It's literally showing them you can disrespect me, and I'll laugh with you. No, it's not funny. What is funny? Is it funny? You think you are dumb, honey? Then how can I help you?"

This is an unpopular opinion, and people probably gonna be like, 'Oh, what are you saying? This is... This is really not good.' Selfish people win at the end of the day. The selfish ones win. Put yourself always first, think about your own needs first and then everybody else, because who do you have at the end of the day? You have yourself. If you're gonna put everybody constantly in front of you, then what are you doing? Really, what is happening to you? Who are you? Are you even valuable to yourself? How do you want to be valuable to other people if you don't even value yourself? How are you trying to be confident, but you're constantly telling, like, "Okay, I don't want to go here, but she really wants me to come." So you're saying, like, what I want is not important, what she wants is more important, so I'll go. Now, honey, stay home. Decide that what you want is more important than what somebody else wants. What is best for you? What is best for you? People that will start getting angry at you for putting yourself first are the people that benefit from you putting yourself last. And that's it. Nobody else will get angry at you for that.

Know who you are. If you know who you are, nobody else can tell you anything, because you know why you behave the way you behave. You know why you say the things that you do, and you know yourself. If you know a job very well, you'll do that job with confidence because you know the job. It's the same with you. That's why I am trying to improve on my traumas. I'm trying to learn about my traumas. I'm trying to learn about my character, because that way I can become more confident. Because if somebody tells me, "Oh, you did this to me. Why did you do that?" I know why I did that, and I know myself. And that makes me confident in whatever I do. And that makes me confident in my decisions in life. So it's very important to know yourself.

So, how do you get to know yourself? Okay, so for me, I always spend a lot of time with myself and alone. A lot of time, like a lot of time. So, I really started to enjoy my own company. I start to... I know how I am. I know um, what kind of things I enjoy. I know what I don't like, and I know how I want to be treated and how I don't want to be treated, you know? I know why I react the way I react. And now, with my uh, healing that I'm going through, I also start to understand what my behavior means and why I am the way that I am.

So, that's what I'm saying, like, start journaling. Um, start asking yourself questions like, what do I enjoy? What do you love? What, at the end of the day, if you really think about it, how do you know if I'm confident or not?

I can be faking this for all I know, like literally, I can just be walking around and acting like I'm confident, but I'm just the most insecure human being ever. How will you ever know? You will never know if I'm really confident or not.

So, why not just start acting like you are? Start acting like you are confident, even if you're not. Nobody knows. Nobody knows if I walk around like this and just like, "Oh yeah," and just start talking very confidently. Who is going to know that I'm not? Who?

Just praise yourself every single time you look in the mirror. Don't crave compliments from other people. Give yourself those compliments, honey. You look in the mirror, say, "Oh, wow, you look amazing today." Say, um, whatever you're going for a meeting, say, "You know what? You are gonna kill this meeting." Tell yourself those things. I swear, it makes you feel better. It makes you feel so much better.

Like this, I do this every single morning. It just puts you in such a better mood to start doing that. Start being like, you know what? You're amazing. Oh, damn, you went through so much and you're still standing. Yes, girl, yes, boy, yes, yes, yes. Applaud yourself for your accomplishments. Acknowledge yourself. Love yourself. Hug yourself. Kiss yourself. Love yourself. Love yourself. Give yourself the love that you need. It. Give it to yourself.

You're craving love from other people, honey. You can give it to yourself. Take yourself out on dates. Literally, like, I go to the cinema alone. I go to restaurants alone. I go to bars and I dance alone. I don't care. Liz is my best friend, and Liz is the smartest person that I know because we have so much fun together.

Enjoy your company. Enjoy your life. Stop taking things so seriously. And you know what? Once you radiate that, uh, like that vibe of like, "Ugh, I just love it. I just love whatever I'm doing. I know that I'm doing the best for myself. I know that I'm trying the hardest." And even if you're taking, like, little baby steps, if that means for you that you're trying, amazing, amazing. Be so proud of yourself.

And you know, once you have that, like, uh, "Okay, I'm taking the baby steps, but I'm trying," you know, then it radiates so much confidence, and it radiates so much love that people cannot help but want to be around you because you're glowing. You're really glowing. I want you to start right now with what you have. Start with what you have. I mean, your hair is fried, your skin is bad. Um, I don't know, you're not happy with your weight. Um, you don't have the finances. Everything. Start right now. It's good. It's good. Perfect. It's perfect right now that you're just, that you're just, you're an improvement away, right? You're like this blank canvas, and right now we can improve you. We can make you amazing.

You know, imagine you already like being good, and you're like, "Oh, I don't know what to do now." No. You are not your best self, so now we can create her. Think that you're amazing, and I think you should acknowledge that you're amazing, and I think you should walk, talk, and act like you're blessed, like you're amazing, like you deserve to be there. Because you do.

Every single opportunity that you get in your life, every single room you walk into where you think like, "Oh, I don't belong," if you did not belong, you would not get the opportunity. Like I said in my previous video, why do I not want to climb Mount Everest? Why is that not my desire? It's not mine because it's not for me. It's not for me. Everything that I'm doing in my life, every opportunity that I'm getting, is for me, and I'm so grateful because I'm blessed with my opportunity.

So start doubting yourself. Stop thinking like, "Oh, why do I deserve it?" Because you do. Because you do, and that's it. Period.

I just want to say I love you guys so much. Um, please forgive me for not consistently making a lot of videos, but like I said, I'm dealing with things. But there is something coming for you guys as well that I have been working on to heal together and to grow together, and I cannot wait to share it with you guys. But uh, right now, be a little patient with me. And yeah, I hope you guys enjoyed it. I love you guys so much, and I'll see you in the next video.

CONFIDENCE BABY

HIGHLIGHTS & TAKEAWAYS

1. Setting daily goals is a powerful way to build confidence by following through on promises you make to yourself, creating trust and self-assurance.
2. Surrounding yourself with confident and growth-oriented friends can elevate your own confidence levels and provide valuable mentorship.
3. Taking care of your physical appearance, from skincare to grooming, can enhance your confidence by presenting yourself in a clean and well-maintained manner.
4. Avoid desperation in relationships and other aspects of life by embracing the understanding that people and circumstances can change, allowing you to maintain a healthy sense of independence and realistic expectations.
5. It is perfectly normal to outgrow people, hobbies, and situations as you evolve as an individual. Embrace change and allow yourself to pursue new interests and connections that align with your current values and aspirations.
6. True confidence is not loud or boastful but radiates silently through a humble yet firm belief in your own worth and the ability to set healthy boundaries.
7. Overcoming embarrassment is possible when you realize that everyone is too busy with their own lives and struggles to be overly concerned with your mistakes or mishaps.
8. Mastering body language, such as maintaining good posture and open gestures, can exude confidence and make a positive impression in social and professional settings.
9. Embrace self-improvement and personal growth as ongoing processes that may take time and effort, but ultimately lead to increased confidence and a fulfilling life.
10. Confidence is a mindset that can be cultivated through perseverance, self-awareness, and a commitment to continuously learn, evolve, and prioritize your own well-being.

TAKING MY POWER BACK

Summary:

Liz, shares her personal journey of healing from childhood abuse and trauma, which led her to create a journal called "The Wizard List: Guide to Inner Healing." She discusses the impact of her abusive past on her relationships, her struggles with self-worth, and her journey towards self-love and empowerment. Liz emphasizes the importance of journaling as a tool for self-reflection and healing, and she encourages others to connect with their inner child and find strength within themselves.

TAKING MY POWER BACK

FULL TRANSCRIPTION

Hi, my name is Liz, and I am the author and designer of the journal "The Wizard List: Guide to Inner Healing." This is a journal I started creating six months ago, and this is a journal that is very, very close to my heart. Um, as maybe many of you know, I am a person that is dealing with post-traumatic stress disorder, and I started my healing journey for my traumas about six months ago.

Now, when I started the journey, what I initially thought was that, you know, I just have to do therapy and that's it, and I'll get fixed. Um, but that was not the case, and to be honest, I did not even know that I was traumatized. I just thought that, whatever, it doesn't matter because when you are living in a situation where daily abuse is happening, where you're being mentally and physically abused daily, you're not thinking, "Oh, I'm traumatized." The only thing you are thinking is, "I have to survive the day, and I have to make sure I get through this day."

It really hit me when my abuser left the house. I was, I think, 19 or 18 years old when the person left, and then I really realized that, "Oh, wow, something is really wrong with me because the way that I would deal with my friendships, the way that I would deal in relationships, it was not normal at all, and I could see that there is a serious problem."

Now, then, when I really even moved countries and got out of the whole house and everything, I could clearly look at it and be like, "Wow, I literally went through so much stuff that I did not deserve," and I'm just, even till today, I'm just like, "Wow, Liz, you're so strong," and I really, really am. I just never realized how... how I was in such survival mode.

Let me tell you guys why this is such something that's very close to my heart. Um, so like I said, I have dealt with extreme childhood abuse and in my teenage years as well. And I am not talking about um, a spank here or spaying there, no, no. I, I'm talking about like, uh, several times I've, uh, I've come very close to um, not being alive anymore.

Um, there was, you know, you know why, why this is so hard for me to talk about? Because first of all, I'm a very private person, and I do not like it when people perceive me as weak. And me talking about um, talking about, uh, very traumatic events, um, makes me feel weak. I don't want pity. I don't want people to be like, "Oh, this, I'm so sorry for you." I don't want that. I want people to look at me and be like, "Wow, you know, like you're strong. You really survived something."

Um, but I somewhere, I think, because I have this platform, and I talked with my mom about this, and my mom was like, "Liz, your whole platform, the reason that you created this platform was to be a voice for the voiceless. And so all these people that DM you about your abusive households that don't know how to get out and all these things, and you want to keep quiet when they don't have a voice and you do? You have a platform. You can share your story, and you can become, you know, like a sort of strength for them."

Um, but I think that's all easier said than done because me sitting right here, I don't want to say anything. I don't want to tell you guys anything because this is so, um, I don't know, you know, like I've always wondered, like, how can a person be so cruel to a child? I don't get it. Like, why? I've always wondered that.

And six months ago, I was very angry and upset because I kept having nightmares about one of, like, I have specific things because my childhood is very black for me. I don't remember anything from my childhood anymore. I remember that I would, I could, I would get beaten daily. Um, like, I would get yelled at. I was always terrified to come home.

I remember having my school forcing psychiatrists on me every week. There would be a psychiatrist coming because obviously they saw the bruises. I would not talk because if there's anything that I was more ashamed of or than, then he was talking about what happened to me because I was embarrassed. Um, and I, I just thought I need to keep the secret because my abuser told me that otherwise he would take my life. And that was, yeah, that was also, you know, and I wondered so long. Like, I was so angry at first because I was like, "How could you do that to a child? And how could you, like, you know?" Like, guys, I'm talking, like, I would, like, I have stitches on the back of my head and stuff from, um, yeah, from severe injuries to my head.

I always wondered, like, how far does it have to go before somebody notices? Like, a doctor or my school knew, but I would not tell anything, so they couldn't really do anything. Um, but you know, when the ambulance took me, how many times before they realized that I did not, like, run into a door? How many times before they realized there's something wrong?

But I think when, when, when you are not talking about it, when you are not communicating, um, what's happening, they can't really do anything because even if somebody intervened, I would much rather live in a household like that than go into foster care because that's all I knew. I literally, the abuse was familiar to me, and that's all I knew. I, yeah, also, like, it was always, like, really unprovoked. If I could tell you, like, the devil in human form, this person was the devil in human form and it was not only me that got abused. Like everyone that I loved got abused. And I think you, as a child, seeing that injustice happening to your family but you're feeling so powerless because you cannot do anything to help them, that really hurts your soul.

And then when I got older, I became this whole control freak. Like, I needed to control everyone around me and every single thing because in my childhood, I had no control at all. I remember, like, even in my teenage years, like, come on. Like, I would go to work, right? Um, and I would come home from work and um, this person would beat me up because I stayed an hour later at work. But obviously, I needed the job because I needed the money. And then my employers would get mad at me when I wanted to leave earlier because they were like, "You don't want to work." No, I wanted to work, but I was scared to death to go home because there's somebody literally waiting to beat me up because I was an hour later.

And just when I was younger, um, I saw injustice happening to my mom. I would constantly defend my mom against this person, and my mom told me, "This is where the hate started from this person towards me because I would defend my mom." But I, I just, I just, you know, I've had this urge to protect my mom because I love my mom so much and she has been through the worst. And I don't think she deserved any of that. And me as a child seeing that, that really hurts me. I remember every time she would leave the house, um, she would leave, then I would leave with her. I would just sit on a bench somewhere outside with her, just next to her, so make sure she's okay.

If I'm telling you that I saw horrific things that not only happened to my loved ones about horrific things that happened to me. Like, I'm not exaggerating at all. I just, I can't talk about it. I really am trying, and I can't.

I started my healing journey six months ago, and I found this love in journaling. I found this love in writing down my emotions because I could really feel that in that way, I can connect to my inner self, to my inner child, to really understand what I'm feeling. And, to be honest, this helped more than therapy and anything.

But I would go to bookstores, I would go to shops, and I would look for that journal that had questions about your inner child, that had questions where you could really connect to yourself. And I could not find that journal. So, I decided six months ago, you know what? I am gonna create that journal. I'm gonna make sure that I put the questions that were people can really connect to what happened to their childhood, what they were like as a child, who the person was that hurt them.

And I really formulated these questions so well that, uh, I 100% think that if anyone is dealing with childhood trauma, with even abuse 'til this day, I honestly, truly think that the journal can really help. Because I even wrote myself in this journal, and it really brought up some emotions, but I felt so much lighter after writing it down. It has inner child affirmations. It has different practices you can do to connect with your inner child, and it has beautiful questions.

So yeah, my journal is available on Amazon. I will link the journal in bio. I have this one question in my journal that says, "If you could say anything to the person that hurt you the most, what would you say? And when I was writing in the journal, I wrote it all down, and I am going to read that to you guys. So the question is, "If you could tell the person who hurt you the most everything you wanted to say, what would you say?"

I wonder if you care. I wonder if you know what you did and how much it affected me. Six months ago, when I was creating this journal, I was thinking about all the things I would write down. I would tell you exactly where you traumatized me the most, things from the young age of 3 till 18 that I remember vividly. Things that I've never expected to haunt me and have nightmares about in my early 20s. And now, it never just goes away. I could not pray it away. No amount of therapy made it go away. And every time I tried to ignore it, it would show up in my relationships, friendships, and the way I treated myself.

I learned that I have to accept it but not be a victim of my circumstances. Six months ago is also when I started my healing journey, and today, I can proudly say that I genuinely don't care about you. All the years of daily physical and emotional abuse, and I can proudly say you did not break me.

Six months ago, I wanted to expose every cruel and inhumane thing you did to me. Today, I realize it's not my place to expose your sins. And if I'm being really honest, I pity you. You had the same childhood as me, filled with immense abuse. You never got to experience what love is. But see, that's not an excuse because of you, I never got to experience what love is. Yet here I am, acknowledging my flaws, reading the books, going to therapy, and journaling. Isn't it ironic that I grew up to become the person that I think you need the most.

I remember from an early age trying to understand why I was not lovable or even worthy of being treated as a human being, but I also understood from an early age that I would never get the answers to those questions, and I'm okay with that now. I really try to understand you, but everyone has a breaking point.

I'm sorry your parents didn't love you, but I didn't do that to you. I'm sorry you went through the exact same mental and physical abuse you put me through, but I didn't do that to you. I'm sorry you grew up to be a cruel person filled with hate in your heart, but I didn't do that to you. When a parent fails to love a child, the child does not stop loving the parent. The child stops loving itself.

After years of hating my face, hating my body, thinking I'm not smart, I should be more serious, and nobody will ever love me because you told me so, I can confirm that that statement is true. If there was any self-love or confidence I was born with, you definitely took that from me. I had to completely learn how to be confident, how to deal with my anxiety and depression, how to love myself, and how to function in society. I had to re-parent myself.

But one thing you did not and will not take from me is my strength. And no, I am not strong because of what you did to me. I am strong despite what you did to me. All the love I was supposed to be given, I give myself today, and I created a platform where I inspire others to do the same. You will find it shocking to see how many people do think that I am worthy, lovable, and smart. I get daily messages from strangers filled with immense love and gratitude. It wasn't that hard, was it?

One thing I am grateful for is you showed me exactly what not to do. I will continue to do the work and fix every part of me that you try to break, and one day when I am ready and decide to have a child, I will make sure that my child knows what pure love is, that physical violence is not needed to get my point across, and that it is okay to communicate instead of yell, hit, or even worse. This cycle ends with me. All the things you took from me, I will give my children and myself twice as much. I'm not angry, nor am I sad. I have no feelings towards you. My main focus is giving myself all the love I know I deserve. And you, I will let God deal with you. But I promise you one thing, this space that you would abuse daily until it was black and blue, this face that you could not stand to look at, I will make sure that you see this face on every screen you look at. I promise you that. Mark this day as the day I took my power back.

Guys, thank you so much for being so patient with me. I promise to upload more regularly right now because honestly, I don't have... I feel indifferent, completely. I don't care about this person anymore. And really, honestly, journaling really helped me. This, honestly, truly did help me to write my feelings down, to just get everything off my chest that I cannot say out loud. I can just write it down. So yeah, just thank you for being patient with me. Thank you for understanding me, and thank you for the immense love I get from you guys. I feel heard, I feel valued, and for that, only, I can't thank you guys enough because I feel like you guys gave me my life back. So thank you so much, and I will continue to make each and every one of you proud. I just hope that we can heal together. I hope that we can grow together. And I think that if we do the work, we'll all get there. Thank you so much. I love you guys.

TAKING MY POWER BACK

HIGHLIGHTS & TAKEAWAYS

1. Healing from trauma requires more than just therapy; it involves self-reflection and inner work.
2. Liz experienced severe childhood abuse and trauma, which deeply affected her self-perception.
3. She initially struggled to acknowledge her own trauma and didn't realize the extent of its impact on her life.
4. Liz found solace and healing through journaling, which helped her connect with her emotions and inner self.
5. The lack of available journals focused on inner healing and connecting with one's inner child inspired Liz to create her own.
6. She emphasizes the power of self-love and self-acceptance in overcoming past traumas.
7. Liz's journey involved learning to let go of anger and resentment towards her abuser and focusing on her own growth and well-being.
8. She recognized the importance of using her platform to raise awareness and support others who may be experiencing similar situations.
9. Liz reflects on the cycle of abuse and vows to break it, promising to create a loving and nurturing environment for her future children.
10. Through her healing journey, Liz has regained her strength, reclaimed her power, and found a sense of indifference towards her abuser, focusing on her own well-being and sharing her story to inspire others.

MY THERAPIST IS PSYCHIC, THIS IS WHAT I LEARNED

Summary:

Liz discusses her clairvoyant therapist who not only provides therapy but also possesses psychic abilities. She shares various lessons learned from her therapist, including the importance of not engaging with negative comments or messages on social media to protect one's energy, visualizing light for protection and cleansing, recognizing that thoughts may not always be one's own, and reclaiming personal power through mantras. The therapist also emphasizes the significance of accepting abundance and believing in one's worthiness for success.

MY THERAPIST IS PSYCHIC, THIS IS WHAT I LEARNED

FULL TRANSCRIPTION

You know, I have a therapist now. The difference from my therapist and a regular therapist is the fact that my therapist is clairvoyant. Psychic, um, she does not practice her psychic abilities. She does help people who are possessed, you know. She also does hypnotherapy, things like that.

But my therapist has been seeing ghosts, entities since the age of four. When you walk into her, uh, into your therapy session, immediately she can tell your energy. If I'm anxious, she gets anxious. Uh, if I'm angry, she knows I'm angry even though I'm not showing it. She literally sometimes tells me stuff that's going on in my mind that I haven't told anybody.

Now, I don't go there obviously for the psychic thing. See, I just go there for my therapy sessions. But this woman has taught me so much about spirituality and a lot of really valuable things that I'm gonna share with you guys. I think I cannot share this because she told me, like, she has a lot of famous people that also go to her. Um, and they use these stuff as well. But, um, I'm gonna share it anyways because why would I not share it with you guys when I'm the one paying for this? It's quite expensive and I'm just gonna give it to you guys for free.

Hi guys, my name is Liz and welcome back to my YouTube channel. Okay, let's get right into it because I have some tea for you guys. Um, okay, first things first, I went on a trip, I think like a month ago or something, to Seychelles with my partner and it was very nice, blah blah, whatever. I never really showed my lifestyle because, like I always say, I'm very private. Um, but I have a good lifestyle. Um, and I was like, I posted things about my vacation and I had a lot of people, like starting to say, like, "Oh, you're doing this," making stuff up about me and like DMing me and a lot of hate. And I was thinking, like, I never get hate. Like honestly, truly, I do not get hate. And then I was thinking, like, why are these people so angry? And then when they were constantly, like, saying, "Yeah, this is what you're doing. This is who you're with. Um, you're just dating rich guys and all these things." Me? No, I'm just with my partner. And then I got, like, really upset. And then I started to, like, reply back. And I was like, "No, that's not true." And then I was, and then I felt this need that I had to prove that I was with my partner. But then, I'm not normally like this. And I'm normally like, you know what, you guys are jealous, I don't care, you know, whatever. But that time, I really felt like I need to justify myself.

So, what happened is, because of that, during the trip, I felt anxious all the time. I did not want to post, I didn't want to do anything because only energy I felt was this negative, jealous energy from people. So what happened is, um, I went to my therapy session after I came back from Seychelles and I told my therapist, I was like, "So, I was the whole time I was anxious, and I was trying to justify myself. And I was thinking, 'Liz, what are you doing? Why are you justifying yourself to these people?'" And my partner, he told me as well, "Liz, what are you doing?" He's like, "Come on, well, let's just enjoy our time. Let's just enjoy our vacation. Why are you justifying yourself?" And I don't know why, but I kept doing it.

So then I told my therapist, and you know, she looked at me, she's like, "Liz, when you were younger, did you constantly have to justify yourself to your parents, like, where were you, what time, uh, did you get home? Where did you go? Why did you go there? And did you always, were like scared because of that? Did you grow up like that?"

And I was like, yes, I actually did. Like, I was terrified always. Um, and she said, well, these people are triggering your inner child. Your inner child feels like she has to justify herself again, like you did with your parents. So then I realized, oh my god, I've never ever thought about it like that.

After that, she looked at me and she said, "I'm gonna tell you one thing. Never ever respond to a negative message, to a negative comment, or try to even not engage into negative conversation or fights or whatever." And she told me, "I'm gonna tell you why. Spiritually, when you are talking to somebody or responding to a negative comment, or responding to a negative message, what happened is you exchange energies. That person gets your positive, your light energy, whatever. You get their dark energy, and they feed off you. So what you need to do in order to protect yourself is not respond. The minute you respond, you lost. You lost energetically. You gave your, uh, your energy away. And what happens is you feel anxious, you feel sad, and you feel bad. But this is not your energy. Your energy has been disturbed by their message. And this is your fault because you have responded to it."

And she told me, "Social media is such a dangerous place." Because she said, even for example, she was talking with one of her clients, right? She did not know that this client was possessed. So what happened, just through talking, the possessed woman, her entity, the energy that was possessing her came into the house of my therapist. Just talking to what's up, this is how dangerous it is to talk to strangers, to talk to, react to negative messages, because you don't know who you're talking to. So she said, "Liz, every famous person knows this, every celebrity knows this. That's what, that is also why they never respond to anyone on social media or they don't even engage in conversation, because your energy is sacred. The minute you exchange or talk to anyone, you're exchanging energies. So, you should protect yourself, not react, even when it's a fight, even when it's anything. Try to not say anything and remove yourself from the situation."

The thing is, I told her, when I go out in public, to places filled with a lot of people, I come home and I feel very tired and drained, like I just need to sleep all day. She told me, this is because, uh, you're an empath. When you're an empath, you're walking out in public, empaths are, like, easy, you can steal energy from them all the time because they, they're very open. You know what happens with empaths? Is they need to protect themselves. So, she said, when you are walking around in public, uh, with a lot of people around you, what you need to do is visualize light around yourself. So, lights coming out from you and, like, around you, like almost like a tornado kind of, but it has to come from inside of you, the light, right? And she said, like, walk around like that. Works as a protection shield.

She also said, when you post something on social media. Before you post a picture, before you, uh, post something, say, "I post this, uh, picture with lights. I post, um, this video with light around it." And then, just for three seconds or something, visualize light around the post. That way, you can protect your posts against evil eye, against bad energy.

The thing she told me to do is when, when you feel drained, when you feel really bad, you can recharge yourself by going to a tree, right? Um, and you put your back against the tree, and you stand there for like 10 minutes. And you have to visualize all the negativity, all the darkness from you going inside of the tree, inside of the roots of the tree.

And she even said, if you have problems, you can tell the tree the problems. Um, she said a tree is good for cleansing, taking all the negativity from you. She said, like, especially if you're an empath, if you feel drained, if you feel bad, you can even do this daily for 10 minutes. Stand against the tree, visualize the tree taking all of the negativity from you into the roots.

When you shower in the evening, it's very, very important to shower. Why? Because throughout the day, you, you, uh, you exchange energies with people you meet, people, whatever. When in the, like, before you go to bed, you need to shower everything off, so in the morning, you can wake up refreshed, right? Um, now, in the shower, you need to do an aura cleanse. An aura cleanse is basically when you are, uh, putting water in yourself and you're showering, you have to visualize all the darkness and the bad energy just with the water floating off of you. You can, you can, like, what I do is I visualize darkness, or whatever, coming off of me and just that I'm cleansing myself. And you can even say mantras like, uh, "This water is cleansing me completely from any negativity that has attached to, uh, to me today or whatever," you know, things like that you can say. So aura cleanse in the shower, very important.

She also told me, Liz, you do realize that most of your thoughts are not even yours. The thing that you're thinking can be from an outside entity, can be from an outside energy. So, for example, and this is so true because one time, uh, when I was younger, I had this friend, and she was possessed. This girl tried to take her own life four or five times, and she kept telling me, "The voice is telling me to do it. She's like, 'I want to live, but there's a voice in my head that keeps telling me to take my life.'" And then, like, a scholar came, she got an exorcism, now she's fine. Um, and you know, everything was fine with her, but, um, I know when I was in my depressive, in my severe depression, I had two spiritual attacks. And when you are vibrating very low, you're in a depressive state, a state of sadness, it's very easy for you to get attacked spiritually.

What happened during those spiritual attacks is, for example, I woke up in the morning, and all of a sudden, I was, like, just watching my feet in my bed, whatever. Um, all of a sudden, I got these weird thoughts, and so negative and bad. I was literally going insane. My mind was going insane, and it did not stop. Like, I was scrolling through Instagram, and I was, like, uh, uh, "This person is stupid, this person is ugly, this person, love," and it kept going. And I was like, "I'm not thinking this. This is not me." And I, I, like, I remember, I, um, I did not know what to do, so I started reciting, as well, like, uh, uh, things from my religion so it would stop. But it did not stop. So then, and then, all of a sudden, I got a thought in my head, like, "Just jump out of the window. Jump out." I jumped out of the window, and I was, like, "I want to do that." So what I did is I got up, I literally went into the shower, I put it on cold, and I did the whole, like, I put myself under the cold shower, and then it stopped. But that was so scary, and then I realized sometimes what you're thinking is not your own thoughts, so don't trust your thoughts always. Don't think, "This is me that wants this." Imagine you were an outside entity, you were a negative energy, a demon, whatever. How would you try to overpower a person? Obviously, by implementing thoughts inside of their head. So she told me, you need to realize not everything you're thinking comes from you. Sometimes, we're being manipulated to do things. So be aware of that.

She also taught me, every time before you go to bed, you need to call back your power.

So, you have to say this mantra, which is basically, "I call back my power from every entity, place, person, and situation that has been stealing my energy and power from me now. And I give back any energy and power that is not mine to carry." She says you have to say this in order to get your power back to you and in order to also give back any power that you took that was not yours to carry.

What she also told me is, Liz, your life will only get as good as your beliefs. So, for example, she had a client, right? And that client, she came in, she has her own business, and she told her, like, "Look, I every time in my business, I don't really receive abundance. I don't really receive money, and I don't know why." And then, um, my therapist told her, "Yeah, that's because you have limiting beliefs in your head, and you do not accept the money, you do not accept the abundance." And she said, "No, that's not true. Like, for example, if she goes on a date, what she did was she would let the man pay for her dinner, but then what she would do is she would pay the man back after the dinner or transfer him money. What happened in her business is she would make a lot of money, but afterwards she would get a fine, she would get into a car accident, and she needed to pay a lot of money. You see, she needed to pay the money back again somewhere else. And why is this? This is because when she's going to a dinner date, she is not allowing abundance to come in. She says, "Okay, I'll accept it, but I'll give it back to you," which gives a sign to God or the universe that, "Okay, you're not willing to accept abundance." So what we are gonna do is in your business, you are gonna pay back as well.

In order for her to really get everything she wants, get the success she desires, she cannot do that if somebody offers you something, you accept it. You have to. You want abundance and you want money, you should accept it because this is giving a sign as in, "I think I'm worthy. Somebody offers me something very kind, I can take it. It's fine, it's okay." And then you'll start to see that in other aspects of your life, you'll start receiving a lot more money and a lot more success.

Your desires are not random. Every soul knows what they want because she believes that before we were born, there is a contract made up. In that contract, it says all the things that you are supposed to do. Now when we have desires, when we really want something and we're like, and nobody believes in us, but we're like, "I need to accomplish this." Why do you think that is? It's literally because it was written in your contract. It was written for you. You need to do this, right? So she said, it's not random. You need to listen to your desires.

I also watched an interview recently, and this woman she said, "If you are jealous of something, it's not bad. Use this jealousy as a direction because that jealousy is showing you what you want. That jealousy, for example, you're jealous of a girl that is living a luxury lifestyle, whatever, right? That's because you want that lifestyle. Honestly, your jealousy just shows what you want. So use that as in, like, okay, so that must be what I want. So how do I get there?"

During my last session, I told her, like, you know, it's for me, it's either I have success and stability but then no love, or I have love and I don't have success and stability. And she said, "Liz, that is not true." She said, "You can have it all. These are your limiting beliefs. You are believing these things and then you manifest them, right?"

Because for me, it's very hard to feel emotions. I can love a woman, I can love a woman very deeply. It does not go the same way for a man.

And maybe this is because of my trauma or whatever, but it's also because I don't allow myself to love a man that much, right? Because maybe I'm terrified of getting hurt, maybe I'm terrified of being abandoned. These are all like issues that are underlying, and I'm aware of them, you know?

So she told me, if you believe that you can either have only money and success or only love, then you'll get either one of them. You have to start believing and affirming, "No, you know what? I can have both. I can love my partner and I can make a lot of money at the same time because a lot of people have both, so I can have it as well because I deserve to have both things."

She told me, before you go to bed, listen to a guided meditation for what you want. For example, if you want love, if you want money, look up on YouTube. There are so many, so many. Look up "meditation for money," "meditation for love," "meditation for health," right? Put it next to you when you're almost falling asleep, and then your mind registers it, right? I'm telling you, if you listen to these things consistently, like for a week, even a couple of days, you will start to see change in your life. But you also have to believe it. Like, I'm listening to a meditation right now. I 100% think that this meditation is gonna help, and it's actually really already helping. So, um, and Joe Dispenza, by the way, in his book, talked about this, that when you are falling asleep, you're on the border of your soul leaving, on the other side and the reality, right? So, when you're falling asleep and the first thing when you wake up are the most important times because what you listen to or what you read then is very easy to manifest.

So, that's what I'm saying. When you're about to fall asleep, look onto YouTube: meditation for love, meditation for money, meditation for health. You put it next to you, you listen to it, and that's it. Consider it done because it's coming, guys. Thank you so much for watching. I hope you guys learned something. These were all the things that she taught me that I could, like, you know, gather for you guys to tell you guys later. Um, and yeah, in my next video, I will literally show you how to effectively (and this really, really works) manifest everything you want. So yeah, I love you guys, I just love you guys so much. Bye.

MY THERAPIST IS PSYCHIC, THIS IS WHAT I LEARNED

HIGHLIGHTS & TAKEAWAYS

1. Negative messages and comments on social media should be ignored to avoid exchanging energies and protect one's own positive energy.
2. Visualize light as a protection shield when in public places or posting on social media to ward off negativity and the evil eye.
3. Recharge and cleanse yourself by leaning against a tree, visualizing negativity transferring into its roots.
4. Perform an aura cleanse during evening showers to wash away the negative energy accumulated throughout the day.
5. Not all thoughts originate from oneself; be aware of external influences and manipulations.
6. Reclaim personal power by reciting a mantra to retrieve energy and release any energy not belonging to oneself.
7. The quality of one's life is determined by their beliefs, and limiting beliefs can hinder abundance and success.
8. Accept abundance when it is offered to demonstrate worthiness and openness to receiving more.
9. Accepting kindness and generosity in one aspect of life can positively impact other areas as well.
10. Embrace self-worth and believe in deserving success in order to manifest desired outcomes.

THIS VIDEO WILL CHANGE YOUR LIFE

Summary:

Liz shares powerful techniques for manifesting a better life. She emphasizes the importance of writing down your dream life as if it has already happened, as this sets clear goals for your mind to work towards. Liz also highlights the significance of surrounding yourself with positive influences, such as uplifting media and supportive friends, as they shape your reality. She suggests creating a "mind's movie" with daily affirmations and listening to guided meditations related to your desires. Lastly, Liz emphasizes the power of self-affirmation in the mirror and expressing gratitude for manifestations, along with taking practical steps towards your goals.

THIS VIDEO WILL CHANGE YOUR LIFE

FULL TRANSCRIPTION

This video, I'm literally about to change your life for the better. I truly, genuinely, 100%, believe that if you watch this video, your life will be changed for the better. If you do what I say in this video for at least 30 days, two months, three months, you will see a positive change in your life. If you do not see a positive change, you can come back to this video and tell me, "You know what, Liz? You're a fraud. You're a liar." You can comment it. This is how much I believe in this video. I'm about to change your life, so keep watching, guys. My name is Liz, and welcome back to my channel.

Okay, let's get right into this video because this is genuinely my most important video. Okay, first thing I want you to do: I want you to take pen and paper, and I want you to write down your dream life as if it already happened, as if you're already living it. You write that down. This is important, and I'm gonna tell you why.

Okay, so, uh, one year ago, right? One year ago, I was really still depressed. Like, you know, I was—I did not know what to do. Like, I—I was, like, in such a rut, kinda, and I didn't know how to get out of it. So, I had nothing to lose as well, you know? I was like, "Ugh, I just really don't know where I'm going. This is not what I want. My manifestations are not coming through. Why is this not working? Whatever." My last resort was always to write something down because I did not believe this would actually work. Okay, what happened? I take the pen and paper, mind you, this wasn't when I was in rock bottom. I write down, "I am living in this country. My partner is this person. My partner spoils me and buys me everything I want. I am a successful YouTuber. My career is being a successful YouTuber. I earn a lot of money with YouTube. I travel wherever I want. I can afford whatever I want." I wrote everything that I wanted done as if it was happening right now.

One year later, I'm living exactly the life that I wrote down. And let me tell you something, I did not believe in this. I did not believe in, like, you know, writing it down. I knew a lot about manifestation. I knew a lot about it. I just did not believe that if I wrote something down, it would actually happen. And I also still do not believe that it happened because of the paper, you know? What did happen, though, when I wrote it down, subconsciously my mind, I—I forgot about the paper, right? But I knew I wrote it down, and I knew it would happen. And I don't know why, like, I just knew. I registered it in my mind.

And what happened is, my mind started working towards my goals, even though I was not even thinking about it anymore. My mind—it's almost like your mind does not know the difference between reality and what you put them, like, uh, what when you write down, right? So you write, "I am living this lifestyle. I have this, blah blah blah." Whatever. Your mind does not know what's real and what's not. It only knows what you tell your mind. So that's why as well, like, if you constantly think about the past, if you constantly think about, like, that heartbreak, and over and over again you cry about it, cry about it, what happens is your mind thinks that over and over again you're getting heartbroken. But that's not the reality, but your mind doesn't know that, you know? So that's how you can manipulate the mind into thinking that you're living a great life, you are healthy, you are, uh, well, you are wealthy, you have a good partner, you know?

So when I did that, I think what happened is my mind registered, "Okay, these are the goals. This is where we're going." There is no way that she won't get this because she decided that this is what she wants, and this is what I decided.

This is the reality that will happen. This is a reality I create for myself. This is what I want. And you know what is beautiful about rock bottom? You have nothing left to lose. That's why I tell people that are watching my videos that are depressed, congratulations, because you can be the most powerful manifester. Because you have nothing to lose. Nothing.

Stop watching stupid videos. Stop listening to stupid people. Stop listening to stupid music. Okay, when I was in my depressive-like life, whatever, my depressive-like episodes, like, this was insane. The only thing I would listen to is sad songs because, you know, I resonated with them. They made me sadder. I would look at stupid people doing literally doing stupid things, not involving me at all. And so, I was stuck in a rut because what I watch, what I listen to constantly is my reality. People that I hang around with is my reality. Show me what you watch, show me what you listen to, show me who you hang around with. That is you. That is you, and you cannot tell me otherwise.

Mom used to tell me, "Liz, the friends you have is who you are." And I would be like, "No, that's not true. Whatever. What are you saying?" Because obviously, like, I did not have, like, you know what? I didn't even have friends. So that's worse. That's even worse. Now I realize, like, if I start hanging out with certain people, you know how quick, how quick my habits turn into theirs, and their habits turn into mine. How quick we change into each other. And it does not matter how evolved I am right now, how much I know, how much knowledge I've done, how much I have healed. One person that I'm hanging out with can literally change me completely. That's the power of the people that are around you.

There's one thing if you have a toxic family and, like, you don't really have anywhere to go. Then I would say, stick to yourself. Try to, like, really be by yourself. Try to evolve alone, on your own, you know, things like that. But imagine, imagine being able to choose your friends, to choose what you look at, to choose what you listen to, and then choosing the toxic ones. Do you hate yourself? Like, really, do you hate yourself? Don't look at me and say she does not know what she's talking about. Whatever. Okay, come back to me in two years with the same friends you have and tell me that you guys are not the same.

Oh, as well, how hard and draining it is for people that want to be successful, that want to become better, to have friends that constantly pull them down. You know how draining that is? And imagine choosing that burden.

Okay, I got this idea from Joe Dispenza. Basically, you create a mind's movie with daily affirmations. What is a mind's movie? Okay, so I made this with a TikTok. Like, I just made a little TikTok video. It's like one minute, and I have this on my phone. I saved it privately. It's on my phone.

Basically, what happens is you go onto Pinterest, right? And you search for pictures. For example, you want a luxury lifestyle. You search "luxury lifestyle" on Pinterest or Google Images, doesn't matter. You take the images you like. Then, for example, you want money, you search "money." You take images of money. You want health, yeah, you can even like "healthy" or whatever, you look it up. You want love, you search for a partner that you want or like loving couple pictures like that, right?

Then you go, I'm gonna show you exactly how to do it, like on the end of the video. I'm going to show you. So basically, it's just a whole movie of pictures. And then you put a voiceover, a voice note, and you go like, you say the affirmations. You say, "I am living a luxurious lifestyle" over the picture that is like, you know, luxury. Then the picture of healthy, "I am healthy," and blah blah blah. And you go like that, like for each picture.

And what happens is, before you go to bed and when you wake up, the first thing you do is you look at that little movie that you created on your phone. And you repeat what it says, and you listen to your own voice saying it, right? What's happening then is your mind, yeah, is going to register the goals because it's easy to say, "Oh, I want to be successful. I want this, I want that." What does success mean to you? What does it mean? We don't know what that means unless you literally create a whole movie and you see, and you can visualize it for yourself, right?

If I say, "I am living a luxury lifestyle" on my video, I can see myself. I can see myself living a luxury lifestyle, you know? I can visualize it. I can put emotions into it. And when you put emotions into something, that's who you attract, that's what comes into your life.

So, I'm telling you, if you do this, like even for 30 days, every single day, you look at your little movie that you created before you go to bed and when you wake up, 100%, you'll start manifesting things. I said this in my previous video.

Listen to guided meditation, at least for 30 days. Listen to a guided meditation. Choose one, choose one. If it's money that you want, if it's love that you want, if it's health that you want, if it's, if it's, I don't know, a house that you want, whatever, self-love, whatever. Listen to a guided meditation about it every single day.

I listen to one on YouTube. It's for money, right? I've been listening to that one now for almost a month, yeah, exactly a month. Um, literally, like, my income started exploding. Like, literally, money coming from everywhere. Brand deals, uh, my YouTube channel completely exploding. Like, everything, money. Every single day, even if I don't upload, I make money. I make money. That's how powerful these things are, I'm telling you. Listen to a guided meditation every single night before you go to bed. Listen to one particular one every night. Do it. Say affirmations to yourself in a mirror. Listen, affirmations have changed my life. Affirmations have just completely changed my thinking, my mindset, my reality, my world. Literally everything.

And you know why? There is something so powerful, everywhere here. There is something so powerful of looking yourself in the mirror and saying, "You are mesmerizing. You are beautiful. You are powerful. You are living a luxury lifestyle. You are loved. You are admired." Saying things like that, looking yourself in the eyes and saying that to yourself. Listen, in the beginning, when you do that, right, it's gonna feel fake. It's gonna be like, "Uh, I feel like I'm lying to myself. I feel like this is not real." But the more you do it, and I swear, because you repeat it, you repeat it, you repeat it, you start to believe it.

When, um, on Kickstart, there was this one affirmation, it became famous. "I do not chase, I attract. What belongs to me will simply find me." I started saying that, right?

And in the beginning, I was like, "Ugh, I don't believe it. I don't believe it." After a while, you know what happened in my head? I literally, without even realizing, started believing that I do not chase. And I stopped chasing everything. I only attract. And what belongs to me will find me. So what happened is I became so laid back, so detached from everything. And my manifestation started coming in like crazy because, you know why? Liz was not giving out her energy anymore. Liz was preserving her energy. All her energy was with her. So my manifestations were like, "Damn, that girl is whole. We want to be a part of that girl's life." You know, there was no leakage anymore. I wasn't leaking to everyone, ever trying to please everyone. "Oh, are you okay? Are you okay?" No, no. Is Liz okay? Are you okay, Liz? Are you okay?

Say affirmations to yourself in the mirror. Say affirmations to yourself in the mirror. Look up self-love affirmations. You can look this up on Google Images, like Pinterest, whatever. Self-love affirmations, health affirmations, wealth affirmations, love affirmations, any affirmations. Repeat them to yourself in the mirror while looking at yourself. I do this every single morning, and I lose every single night. Do this.

I have one thing that I've been brought up with, and it's basically being graceful. Being graceful is a beautiful thing, you know why? Like, it just when you receive something and you just say, "Wow, thank you that I got this manifestation, that I got this goal of mine. Thank you so much. Thank you, God. Thank you so much." Like, I literally am so grateful that God cannot do anything but give me more because look at her, she's smiling, she's glowing, she's happy. Thank you, thank you so much. And then, he's like, "Wait, let me give her more. Maybe she'll get happier, you know." And I just believe that I get blessed like that because you guys don't realize how good your lives are, you know. Like, even right now, most of you guys are living the manifestations that you wanted. You already got them. But did you show gratitude? Did you say thank you?

Thing is, do the work towards the goal, right? You cannot write down, "I want to become a successful model," and just sit like this in your room. Honey, first of all, what we're going to do is, um, we're going to apply to agencies. Yes, we're going to apply to agencies. We're going to take care of the hair, we're going to take care of the skin, take care of your body. Um, make sure you go at places where you can be seen, where you know you can be approached and all, all of that. You have to do the work towards it.

But you know what's beautiful? When you write it down, you don't have to worry. Because when you apply to the agencies, when you go somewhere, what God will do, or the universe, they put people into your life that are like, "Hey, do you want modeling? Have you ever considered modeling?" You know, things like that. You'll start to see, like, "Oh, wow, this works," you know.

So, for example, I'm trying, I was, uh, trying to manifest more money, right? I didn't have to do anything anymore. I listened to guided meditation and my YouTube blew up even more. So, I started earning even more money just from doing nothing, because I have already created, I've already done the work. I've already created the YouTube channel. Now, if I listen to these meditations, they'll just grow and grow and grow, and I'll just get money, money, money, you know. But you have to do the work. You can't just sit and be like, "Yeah, that's it. I wrote on I want a YouTube career." Imagine, I never filmed a video. No, I did the work. I did the work, and I was consistent, and now I'm here.

Now, once you've written it down, once you have everything, once you're doing the work, I want you to be patient. You have to be prepared as well. You know what happens when you're trying to manifest something? Sometimes, you lose people that are not meant to be with the highest version of you. Let me repeat that. You lose people that are not meant to be with the highest version of you. Your contract with them ends because you're about to evolve, and you have to recognize when that's happening, and you have to let those people go.

Because what happens is, and I've seen this in my life, when I was not willing to let go of an ex, right? Because it was stable, it was comfortable, I was getting everything I wanted. I would have never found this partner of mine because I was still clinging on to the comfort. I had to completely let go and be like, "You know what? No, this is not what I want anymore. I want something else." That's when my manifestation came in. And you have to recognize when it's time to let go. Sometimes you need to get uncomfortable to get comfortable. Sometimes you need to get uncomfortable to get comfortable. Wow.

And, of course, believe that you deserve it. You deserve and stop blocking your own blessings. You know what? Sometimes blessings come in the form of an opportunity. If, for example, a boss comes to you and he's like, "You know what? Yeah, you could have... You could work here, and like this promotion, you could get if you want and blah, blah." Don't laugh it off and be like, "Yeah, whatever." Say like, "Oh, yeah, really? How? How can I get it? Because you have to understand, sometimes God sends people as blessings, and if you do not accept the blessings, how can your manifestation come true? You know, that's why, like if somebody wants to do something for me, if somebody offers me something and I think, like, "Oh, this is actually really nice," I always accept it. Because that is showing, as well, to God, I believe that I deserve this. I believe that I deserve good things to happen to me. And that's why good things will happen to me.

Once I made the switch in my life that I believe that I deserve to live a good life, that I don't have to feel bad about that either, that's why my life started really becoming good. And I just believe that I literally create my own reality, literally. As well, I had this belief in myself that was so much stronger than my fears that I just literally, there was no choice but to accomplish it. I went against every single person in my family, around me, every single one, to achieve what I want to achieve. And today, every single person is proud of me. Every single one of them is proud of me because I did what I said I was going to do. And there was no stopping me. You could not stop me from achieving what I wanted to achieve. That's how focused I was.

And you know, people like that are just dangerous. They create this focus, and they just go for it. And you know, at that moment when everybody's against you, when the odds are against you and everything is against you, and you're the only one that's like, "I'm gonna make it, I'm gonna make it, I'm gonna make it," you know who is with you then? God is. He's like, "You know what? I'll help her because now I can see that she wants it."

When I was younger, I used to look at these videos that were like, "If you want something as bad as you want to breathe, then you'll be successful." And I've never, ever understood what that meant. But I would listen to it, listen to it, and I was like, "What does that mean, as bad as you want to breathe?"

You know, until I was in a situation that was like everybody was against me, I was alone, I was crying, I was so lost. But you know what? I was not gonna do quit because there was no way, there was no way that I was not gonna get what I wanted. This time in my life, I had suffered enough abuse in my life for me not to turn it around. This time, I was going to take control. And this time, I want you to take control. Enough, enough, enough crying. Enough being sad. Enough saying tomorrow. Start now with what you have. Start, no matter how small it is. Get the knowledge. Put yourself out there. Work towards the goal. I know you can do it. Thank you so much for watching, guys. I'm literally about to go to sleep, but I wanted to make this video before I go to bed. I really love you guys so much. I want you to realize how far you've come, what you've accomplished in life. How beautiful that is. How beautiful it is that we get wiser every single day. That we're trying every single day. That we're trying to become that version that we always wanted to be. That we're trying to heal the traumas that we didn't create. Applaud yourself. Love yourself. Tell yourself, "I am amazing. I am wonderful. I am strong." I'm proud of you. Thank you so much for watching, guys. I love you.

Okay, so first, you go onto Pinterest. You go into Google. You collect all the pictures that you want for your dream life. And then you download the app called InShot. Then you click on "New." You select all the pictures that you have for your dream life. You just select all of them. So when you've selected all the pictures, you click on the green thing. Then it creates. You wait a little. Okay, so now you have all your pictures lined up next to each other. So it should be if it's about luxury, lifestyle, like the pictures for luxury lifestyle, should all be backing each other. Then you're gonna click on "Text." When you click on "Text," you put your affirmation. You type it down like, "I am living a luxury lifestyle." You write it down. And if you click on the color palette, you can add color. You can edit how thick you want. You can edit the whole text.

So now, you're gonna match your affirmations with your pictures. So you put the right text underneath the right video. And you can drag it like underneath. You can see the dragging button. Then you go for like your dream mansion. You write, "I live in my dream mansion." As you go on like that for each picture, right? And you can drag it how long you want the text to stay underneath which picture. So you just keep doing that for each picture. "I have my dream relationship." You drag it, whatever. You know the gist by now.

So once you are done typing the affirmations on the pictures, you click on the little music note. And you select "Record." And you are going to start saying the affirmations out loud. So you put a voice note over every single thing. So if it says, "I am living a luxury lifestyle," you say it. You say with the voice note, "I am living a luxury lifestyle." And like that, you go for each affirmation that you have typed down. And once you're done for each affirmation, you just save it. And you listen to it every day.

THIS VIDEO WILL CHANGE YOUR LIFE

HIGHLIGHTS & TAKEAWAYS

1. Write down your dream life as if it has already happened to set clear goals for your mind to work towards.
2. Surround yourself with positive influences, including uplifting media and supportive friends, as they shape your reality.
3. Create a "mind's movie" with daily affirmations and visualize your goals to attract them into your life.
4. Listen to guided meditations related to your desires every day to align your mind with positive energy.
5. Practice self-affirmation in the mirror and repeat empowering statements to yourself to change your mindset.
6. Express gratitude for the manifestations you receive, as it attracts more abundance into your life.
7. Take practical steps towards your goals and actively work towards them, rather than just waiting for things to happen.
8. Remember that your mindset and the people you surround yourself with can have a significant impact on your life.
9. Be graceful and show gratitude for what you have already manifested to attract more blessings into your life.
10. Understand that manifesting a better life requires a combination of mindset work, practical actions, and positive influences.

BECOMING SELFISH IS THE BEST THING I EVER DID

Summary:

Liz grew up with a people-pleasing mother and learned to be an extreme people pleaser, always putting others before herself. However, she realized that she was feeling drained and unloved, and decided to become more selfish. Liz learned to set boundaries, prioritize her own needs, accept that she cannot save everyone or change people, stop seeking validation from others, and have conversations with herself to understand her emotions better.

BECOMING SELFISH IS THE BEST THING I EVER DID

FULL TRANSCRIPTION

I grew up with a very, very loving mother. My mom was literally the whole example of a people pleaser. She would go above and beyond to help every single person around her, even if she did not have the means to.

When I was growing up, I saw her be like that with other people, and that gave me an example as to how I should be with other people. So, what ended up happening is, I became an extreme people pleaser, and I would do anything and everything to help everyone around me.

But I was always the one that ended up feeling drained, that ended up feeling used, that ended up feeling lost. And honestly, I had all these people around me that were like, "Oh, I love you, I love you." And then I was like, "How is it that everybody claims to love me, but I do not feel loved?"

Until I realized, Liz, you are doing this for yourself, and you are creating this reality for yourself. I was just tired of everybody coming to me with the problems, trauma dumping on me, not even asking me, "Hey, Liz, how are you? Are you okay?" Because I would always put up this front of like, "Oh, I got everything, I got this, I'm strong enough, I can do whatever. So when it came time for me to be like, "Hey, you know what? Like this situation, I didn't really feel good about it." Oh, whatever, Liz, you're strong, you can handle it. Whatever, let's handle it. Then I was like, "Okay, but like when you needed help, I was there though. So where's my help now, you know?" And that was my issue of like constantly giving out help, giving out help, but not allowing myself to receive help and not allowing myself to be vulnerable and show people that, "Hey, listen, I have emotions. Things hurt me as well. And maybe sometimes I want to talk about my problems, I want to talk about my emotions." Like, shouldn't this be a two-way thing? Why is everybody always dumping on me and everybody needing my help and everybody needing something from me? But maybe I need someone too.

Enough, Liz, enough with your stupid self-pity, and you go and you become selfish. Yeah, exactly, selfish. Ooh, what a scary word. Everybody's scared of the word selfish. But you know what? Being selfish literally saves me, literally saved me completely. Because I just came to a point where I realized, "Hey, listen, when they need someone, Liz is always there. But when I need someone, why is everything empty? Why am I overextending my whole body for everyone and they're not even extending out a hand to help me?"

Hi, guys, my name is Liz, and welcome back to my channel. Okay, so let's get right into this video. What I did to become more selfish: First things, I stopped going into arguments with people who are not willing to listen? I am a person. It takes a lot to make me angry. I'm very chill. I'm very chill, and it takes a lot to hurt me as well. Like, I don't get easily hurt. I'm very chill. I don't care if you did hurt me. However, by disrespecting me—and I mean like severe disrespect—and I tell you, "Hey, listen, you disrespected me. I did not appreciate that," and you keep trying to twist the story, to manipulate it and be like, "Oh no, it wasn't that way. I didn't mean it like that," and you keep going like that, I will just not engage in the conversation anymore. It's done. Listen, my boundaries were crossed. You crossed them. You know you crossed them. Done. The conversation is over. You're not willing to say, "Hey, hey, Liz, listen. I'm sorry that that might have hurt you. I'm sorry that I did that to you. I'm willing to work on this, or this won't happen in the future." If you're not saying that, we're done. Done. Conversation is over. You're not worth my time. You're not worth my energy. That's it.

Another thing is, I started prioritizing my own needs and wants. Whatever I want goes first. That's it. I do not care anymore.

I'm so tired of constantly giving, giving, giving and just feeling empty at the end of the day. Now, what I do first is I fill my own cup first. Like, am I okay? Am I whole? Yes, okay. Then I can give to you as well. But if I am empty, I cannot give you anything because I don't have anything to give.

So basically, what I started doing is, like, when my friends, for example, ask like, "Liz, do you want to come out? You want to go there?" I used to feel very bad and just go with them anyways because they want to go. But now, I'm like, "No, I don't want to come." And if they ask like, "Why? Why not?" Well, I don't want to. And that's enough reason. That's okay. Liz doesn't want to, and that's enough reason. I don't have to say why, I don't have to explain anything. I just do not feel like it, and I don't want to come. That's enough for me.

Um, so I really started to be like, whatever I want comes first. Stop being always available and trying to save everyone. See, the issue with me was, my phone was always on. I'm always on my phone. Like, whenever somebody would text me, immediately I would text back. Like, if they need advice, I would give them advice. I would give them every single thing. But you know what? That's what happens then. You're always the one that people reach out to when they have problems. But what about, you know, when just everything is going good? Like, can you, you know, why am I always the one that's being trauma-dumped on? Why are you always telling me this stuff? Maybe I don't have the mental capacity to handle that. Maybe I am going through some stuff as well, but because I was this people pleaser of like, "Oh, just whatever, I'll make sure that you're okay," it was like, why doesn't anyone make sure that I'm okay? And that's because I do not even make sure that I'm okay. I was showing them, "Hey, listen, you can always come to me," and that's also like me not having boundaries. If you have strong boundaries and you say like, "Hey, listen, I don't want to listen to your problems today. I have enough of my problems, enough and even more," you know? But you don't care about that, though. You just come to me because I allow you to come, and I have no boundaries. So at the end, they, that is my mistake.

And so, I had to learn to not always be available. If I do not want to answer your message, I won't answer your message. Maybe I will answer in like two days, three days, but I don't answer immediately anymore. I don't care. I genuinely do not care. I don't have the mental capacity or the energy to give you any more.

Realize, I was trying to save everyone because I feel for them. I see my family and friends, and I want them to have the best life ever. I want them to be amazing and the best version of themselves. But then I literally realized, like, you cannot save everyone. You cannot save anyone, to be honest, if a person does not want to change, if a person does not want to be saved. You will not save anyone, and you'll just lose your energy trying to do that.

Realize something. I just think that people get problems, certain problems in their life or certain situations because God gives that to them. And it's for them to learn, and it's for them to, um, to go through so they can become wiser and so they can fulfill their life purpose, kind of.

And me always stepping in and trying to help and be the savior, I think that shows a message to God as well. Like, I'm trying to put myself in His place, you know what I mean? Like, why am I trying to save them? That's not my place to do so.

So I think as well, if you're always someone that's trying to save someone, you'll just, you'll just block your blessings by doing that. Start being okay with people misunderstanding you. They do not have to understand you. And you know what? It's very reasonable that they don't understand you. Listen, you might want to do something in life. You might have this dream of yours or whatever. But you have to realize, people have come from different cultures. People have different parents. People were raised a different way. People went to different schools, different neighborhoods. They will not understand you. They do not have the same mindset as you. They do not have the same heart as you. Like, you cannot make them understand you and make them feel for you because they're not you. They are not you. So you trying to constantly be like, "Oh, but you have to understand it," or be like, "Oh, why do they hurt me? I wouldn't do that to them." They're not you. They're not you. That's it, and you have to accept that.

And if you're constantly gonna go through life thinking that everybody has the same heart as you, honey, listen to me. I have done that, and I have been hurt multiple times until I understood. People are just different, and that's okay. That's okay. Let them be.

Another thing is, stop trying to change people. Listen, our human nature is comfort. Humans love comfort. In order to change, it takes a lot of discomfort to change. And it takes a lot of courage, it takes a lot of strength. Most people don't want that, and that's okay. It's not because you want those things and you want a great life or whatever, and you want to accomplish all these big goals, that they have to want that.

A lot of people are okay with their small-minded living. Are okay with their things because that's all they know, and that's their comfort. A lot of people don't think that there's anything wrong with them. A lot of people go through life thinking that they're smart enough. They have it all figured out. They have no traumas. But that's okay because you cannot change that. See, a lot of people DM me and they say, "Liz, you changed my life. You changed my life. Your videos changed my life." I didn't do anything. I didn't do anything because as much videos I'm going to make, I can make 10 hours of content daily. You can listen to them, get motivated, but if you do not want to change, you're not going to change. I cannot force you to, and you have to understand that.

If you're constantly giving your energy to try to make it, trying to make people change to become the best version of yourself, you're wasting your energy that you can use to become your best version, to create your dream life. And you know what? Lead by example. If you start to create a dream life for yourself, everyone in your family and everyone you love will start to see you as an example and also try to change something in their life because they see it's possible for you. That's how you change people, by just giving them an example.

Stop needing people to validate your self-worth. Listen, I don't need anyone to tell me how good I am. I don't need anyone to tell me how beautiful I am, how smart I am because I see those qualities in myself already.

I know that I am smart, I'm beautiful, how good I am at what I'm doing. I know these things. Obviously, when I get a compliment, I'm very thankful, grateful, amazing. But I don't need that from someone. I don't need you to tell me that because I can see those qualities in myself already. If you only feel that you're a good person when somebody else tells you you're a good person. If you need that validation from other people, then honestly, you're just a slave to other people because their opinion can change your reality when you are the one that always creates your own reality. So what anyone else says, see, if somebody says to me, "Liz, you're so good. I love you so much," and if that will make me happy and make me go up in my self-worth, then the same way, when somebody says, "Oh, I hate your videos. What you're saying is so stupid," that will make my worth go down. So what that makes me is literally their little puppet. They can make me go up and down. No, you have to be strong in your own self, and you have to look at yourself and be like, "Oh, you know what? I'm amazing. I literally went through so much stuff in life. I'm still standing and I'm still going for it, and only for that, I am amazing." And you have to recognize that in yourself.

Well, another thing I start doing is just talking to myself. Like even when I go to bed and stuff, I just talk to myself about my day, how I felt. When I am stressed, what I started doing is basically be like, "Okay, Liz," literally talking to myself, like, "Okay, Liz, why are you stressed? What are you feeling right now?" And things will come up like, "Oh, this is why I feel. I feel like I have to do this and this and this." Then I'm like, "Okay, but don't you," I literally tell myself, "Okay, don't you think you can do it? Like you did it before, like do it again." And it's like a whole conversation with myself. And I really started realizing, like, "Wow, see, I give everyone advice, but I can give that advice to myself as well because I need it sometimes." And honestly, it just really was life-changing. Going on dates by myself, talking to myself, hugging myself, literally like saying in the mirror how amazing I am to myself, being more in my feminine energy. So I used to be very, very always in my masculine energy, always chasing things, always trying to accomplish whatever. And you know what? I've realized because being in your feminine basically means letting it flow, just receiving things and just being calm, nurturing things like that, you know? And I realized when I just was like, "You know what? I am not gonna, literally, I'm gonna stop chasing everything and just attracting," that's when everything also came in. Because I am so relaxed, like I do not want to stress anymore about anything. I just do whatever I feel is good for me. I do whatever I feel is good for my body, and it makes me very calm. It makes me very open to receive all my blessings, to receive all my manifestations. And I think when you are not desperately looking for things or desperately chasing after things, then you're really whole, and your energy is whole. When I am whole, anything I want in my life will come to me anyways because I am not desperate. The energy of desperation is gone. I can attract anything I want whenever I want.

Another thing is only adding great people into my life. Listen, you won't know how a person is from the beginning immediately, you know? Sometimes you click in the beginning and then it fades out and whatever, it doesn't matter. But whoever I date, whoever I allow as a friend right now, has to add value, and I'm not talking about money or all these things. No, in terms of "Are you making me happy?" or "Is it like a give-and-take thing?" You know, I pour into you, you pour into me. Is it like that? Or am I again pouring in and there's nothing coming back for me?

So, I start to realize that, yeah, like I said, people that are very always negative, training things like that, "Oh, everything is against me."

My life is so bad." And they're not willing to do anything. I don't allow them in my life. I'm sorry, I do not have space for you. Go figure. Figure it out, like I had to figure it out.

Obviously, when my friends have a go-to depression or bad days or whatever, they always come to me, and I still always will help them because I love them. But my friends try to improve. They're always trying to improve. They're always doing stuff to improve. I will not be friends with people that are okay with being miserable and then complain about being miserable. You cannot be my friend.

I don't need anyone's permission to do whatever I think is best for me. I know myself well enough right now to know whatever I want, whatever I want to have, get whatever I can get, and I will get. And I don't need you to say, "Liz, you can do it." I know I can do it, and I will do it.

You know, I don't need to ask anyone for anything because I'm the one making my own money. I'm the one doing everything that I need in order to support myself and support people that I love. So, you saying, "Oh yeah, don't do this, do this, whatever." No, I don't care. I don't care. Your opinion is irrelevant to me because how cocky are you to think that you know me better than I know myself? You have not gone through anything that I have gone through. You have not lived my life, and yet you are here deciding whether you think it's okay or not what I'm doing. None of your business. Goodbye.

Thank you so much for watching this video, guys. I love you guys so much. And yeah, I'll see you in the next video.

BECOMING SELFISH IS THE BEST THING I EVER DID

HIGHLIGHTS & TAKEAWAYS

1. Stop engaging with people who disrespect and manipulate you; set boundaries and end conversations that cross them.
2. Prioritize your own needs and fill your own cup first before helping others.
3. It's okay to say no and prioritize your own desires without feeling guilty.
4. Don't always be available; take time for yourself and don't let others constantly dump their problems on you.
5. Realize that you can't save or change everyone; focus on being an example through your own actions.
6. Accept that people may not understand you and that their perspectives may be different.
7. Stop trying to change others; focus on creating the life you want and inspire others by leading through example.
8. Don't rely on external validation; recognize your own self-worth and be independent of others' opinions.
9. Have conversations with yourself to understand your emotions and offer self-advice and support.
10. Embrace your feminine energy, let go of constant striving, and attract what you desire by being in a state of calm and nurturing.

YOU ARE A CLOWN

Summary:

Liz expresses her disappointment in being asked a question about whether someone should confront a person who ghosted them. She emphasizes that ghosting is disrespectful and advises against seeking closure from someone who has shown a lack of interest or respect. Liz urges viewers to maintain self-respect, avoid desperate behavior, and focus on their own well-being instead of fixating on individuals who have ghosted them.

YOU ARE A CLOWN

FULL TRANSCRIPTION

Guys, I'm disappointed. Like, honestly, I don't know what I did to you guys for me to get asked a question like this. Because there must be something that I am doing wrong. Because ain't no way that I've been putting out content for almost eight months and I get asked this question.

So basically, I'm just having a great night, wrapping it up, and one of my followers messaged me. She's like, "Hey Liz, um, I've been seeing this guy for two weeks. We went on a couple of dates. After those two weeks, he basically ghosted her, so he didn't reply anymore when she sent something. And he doesn't want to, like, you know, reach out. Whatever," she basically said. He ghosted me, right? So she already said something, he ignored it. Whatever. He doesn't want to see her anymore.

She asked me, "Liz, do you think I should ask him why he ghosted me?" What did I do to you guys? Like, no, honestly, like, what did I do to deserve this? What is this? What is this behavior? I do not get it. You are telling me this man did not even find you worthy of a reply, and you want to ask, "Hey, why did you not find me worthy of a reply?" Is it like, is it a game? Like, I don't know, are we playing a game? Like, how much more can you embarrass yourself? Like, I don't know. Was the whole ghosting not good enough for you? No, no, I'm being serious. No, you know what? Actually, let's, you know, come here, come. What are we gonna send him? Like, what exactly is a message? Please, please, online, tell me. What is the message? Is it, "Why did you ghost me?" Hey, question mark? I don't get it. What are we sending here anyways, instead of um, texting him, when you're on your phone anyways, uh, I want you to go to, um, a shoe site. Yeah, like any shoe site, whatever. W shoe.com. And, uh, click your pair, like your shoe size or whatever. And I want you to find, uh, clown shoes. Yeah, uh, when you find the clown shoes, I want you to take them and put them on because that's what you, it's literally what you are. You're just a clown. And you know what, matter of fact, while you're at it, wait one second. I have this lovely oil. It's from L'Occitane. Basically, what you can do is you spray it on your hands, right? Oh, it smells so nice. You rub it inside of your hands. And then after, actually, send that message. Of course, you take the guy's feet, right? And you start massaging it.

Ghosting is one of the most disrespectful things a person can do to you. I'm not, like, I'm literally being serious here. Unless, of course, there are these scenarios. Somebody has a mental illness, somebody, uh, his mom died or he died or she died, I don't know. Whatever. You guys always like to be like, "Oh yeah, but there's people that are, ooh, okay, yeah, there's people that are ill." I am talking about a normal, healthy person, right? A healthy person that you were communicating with, and that all of a sudden, when blank sees your message, doesn't want to answer, doesn't want to give you any explanation. How disrespectful is that, and I've been ghosted once in my life, uh, by this guy I was talking to. He did not even live in my country, um, but we were talking and whatever, and all of a sudden he goes to me. He probably went to his other girlfriend or whatever, I don't care. Listen, listen, I asked, hey, like, I tried to send him, and I asked, like, "Hey, why did you go with me?" Listen, listen, I, yeah, me, I do embarrassing things for you so you guys can learn from my mistakes. Don't do it because, you know what, I didn't get any answers, nothing.

You know what I did afterwards? I literally changed my phone number. And sometimes when I lay in bed, I think about that, and I think, "Wow, wow, Liz, that was an embarrassing moment in your life." It comes off so desperate. Like, how desperate are you to be like, "Hey, listen, I know I'm not even worthy of an explanation, but I still want you."

Whoa. You know what, to be honest, like, if you do behave like this every time, listen, listen, you are going to send someone, whether it's a girl that goes to you or a guy, whatever, if you are going to send that person, "Hey, why did you ghost me?" or double text them, please, please, do not say that you know me. Do not say that you subscribe to me. Do not say that you watch my channel because I'm embarrassed. I'm literally embarrassed because there's all ain't no way. Ain't no way that my subscribers do behaviors like this. We do and somebody goes to us, um, we don't do anything.

Okay, listen to me, listen. People will ghost you in life. This is normal. I got ghosted, uh, a lot of people get ghosted, whatever. This is normal. You're maybe not his match or her match. They didn't feel the vibe anymore. They have somebody else's interest. There is, uh, someone else in the picture. So many reasons, so many things. Maybe they don't even want a relationship. So you have to go into things thinking that, thinking like, "Hey, listen, this might not work out, but that's okay because there's so many other people, so many other chances that do want me and that I am good enough for." And you know what, if I don't even want someone, that's fine too because I enjoy my own company as well. Always have to go into dating knowing that, you know, people date other people, especially in this day and age.

You know what your issue is with you people? You guys like to fantasize. You meet someone, you're like, "Oh wow, I'll marry this person, I'll have seven children with them." No, no, that's just not reality. Hey, keep being real in your head. Just think like, "Hey, listen, this might work out, this might not work out. If it does work out, fine. If it doesn't, fine."

I don't care who likes desperate people. Please, please, who likes desperate people? Show me one person that likes someone that's desperate. I mean, narcissists like desperate people. They do because then you're easy to manipulate, and they like that you're feeding their ego, that you're chasing after them. That's what they love. So especially if you've been ghosted, you know what the best thing to do is? Just ignore them. Ignore them, act like you didn't even realize you were ghosted. Oh, you're left? Amazing.

Without, there's this guy that I used to watch on YouTube. His name is, um, RSC Blake Jr, I think. And he basically told the story of when his wife and he were, like, together when they were younger, whatever. He basically broke up with her, right? And he said, like, "Look, this is not something that I want. Like, I don't want to marry you, whatever." When he broke up with her, she never reached out to him again. She did not text him, she did not call him, she didn't know anything. He said, "I was shocked. He said, "I was shocked. She did not care." So that made him want to chase her even more because she has this air of like, "Okay, if it's not you, someone else." You know what she did instead? She started dating someone else. And as well, you people settle for like anything, like literally, like, "Oh my god, he texted me 'good morning,' please, please, that is so embarrassing."

Like, literally, when you have women over here that get like crazy cars, they get houses, whatever. It's not even about being materialistic, to be honest, because somebody might not be able to afford that, but they give their time, they give their love, they try to do as much as they can, and they really put in effort. And you, you are being ghosted. You're being ghosted, please, just don't talk to me. Don't talk to me.

I know, I just know that you want to post quotes being like, "If you're not even worthy of a reply, then don't think that you're worthy to have me in your life." Who cares? Like, who genuinely cares about your stupid quote? No, tell me, who cares then? Like, you start posting really provocative things or like a lot of stories, you having fun, going out. Please, act normal. Please, just please, act normal. This person does not want you, don't you get it?

If a person wants you, you know, and they're going through something or whatever, at least they have the respect to tell you. They'll either be in a kind of break, they'll be off social media, whatever. They will tell you. If a person even remotely respects you and is normal and wise enough, they will say, "Hey, listen, I don't feel like this is working," and they'll communicate it. If a person does not respect you at all, has zero, zero, zero respect, they'll just ghost you. If anything, aren't you mad? Why are you trying to text them and be like, "Hey, why did you ghost me, girl?" Just focus on yourself, and if you want to date other people, why are you only dating one person? I don't get it. Like, why is literally one person your only option? So that one person, and that one person ghosts you? Really, that's your only option? What is that, desperate?

Everything runs from you. Like, imagine a guy that is constantly chasing you. Who's ever interested in that guy? Nobody is. A guy that's a girl that's constantly chasing a guy. Like, the men that watch my channel, are you ever interested in that girl? No, nobody is. Even if you go somewhere and there are these annoying people that are constantly wanting you to buy stuff and the

Just realize that, hey, listen, sometimes people are not your match. Sometimes people are not interested, and that's okay. Let them be. Why do you care? Why do you care? They're not the last people on earth. You know how many people there are? You haven't even met people at all. You're just waiting for that one person, holding on to that one person.

The only way you can save yourself and not be a clown is by not replying anything, not posting anything. Just go on like you were before and act like you didn't even realize. Hey, let them ghost you. What, like, that's it? It just goes? Okay, whoa, so special. Listen to me because I don't think you guys get it. If they wanted you, you would know. Ain't no way that a person, when they want someone else or when they want something, that they will not make it known. You would know. You're confused because they don't want you.

Listen, if the ghost comes back, right after like three weeks when his little fling didn't work out, and they're basically like, "Hey, I'm sorry. I was sick," or "Oh, my grandma died" and whatever, and you know he's lying, make him pay. Make him seriously pay for something, buy you something. If you want to see, like, again, if you're like, you know what, if they come back because they always do, if they come back and they basically, you don't want to talk to them anymore because you feel so disrespected, even better, leave them alone. You know, this is your chance to ghost them back, you don't leave you alone, they're the desperation. You don't want to buy from them. It's annoying.

Just realize that, hey, listen, sometimes people are not your match. Sometimes people are not interested, and that's okay. Let them be. Why do you care? Why do you care? They're not the last people on earth. You know how many people there are? You haven't even met people at all. You're just waiting for that one person, holding on to that one person.

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But I'm telling you, if you're going to reach out and you're going to be like, "Why did you ghost me?" I promise you, either they'll show their friends and they'll laugh together, have a good laugh. He'll show his new fling, his girlfriend, have a good laugh. And he's not gonna respond to you or reach out. But if you just ignore him and you just go on with your life, watch him reach out. And if he doesn't, who cares? Who cares?

And then you have these people that are like, "No, but you need to be grown and communicate." Who's communicating with you? That's the issue. They're not talking to you, you're talking to yourself. That's the issue.

What we don't do is we do not reach out anymore. We go completely ghost, you know, ghost the ghost. We do not post sad stories, pictures. We do not post happy things. We just go on, what we used to do, you know, like same thing, and we don't care. We go on with our life. We date other people. We become the best version of ourselves, and that's it. We did not reach out.

And if you do, please, always, please, stop being a clown and don't ask me this question again. Do not ask me a question like that ever again. You got me. I will not sleep good tonight because of this. Thank you so much for watching, guys. I love you guys so much. And please, like, I'm not even kidding, this is like triggering.

I love you. Bye-bye.

YOU ARE A CLOWN

HIGHLIGHTS & TAKEAWAYS

1. Ghosting is disrespectful, but it's a common occurrence in dating. Don't take it personally; it often means the person isn't a match for you.
2. Desperation is unattractive. Don't chase after someone who has shown no interest or respect for you.
3. Focus on yourself and prioritize your own happiness. Don't rely on one person as your only option for love or validation.
4. Avoid embarrassing yourself by seeking explanations from someone who has ghosted you. It's better to move on gracefully.
5. Posting quotes or provocative content won't change the fact that the person doesn't want you. Act normal and avoid unnecessary attention-seeking behavior.
6. Respectful individuals will communicate their lack of interest or the reasons behind their actions. If someone ghosts you, they likely lack respect and aren't worth your time.
7. Realize that not everyone will be interested in you, and that's okay. There are plenty of other people out there who will appreciate and want you.
8. Being constantly chased can be off-putting. Avoid being desperate and let things unfold naturally.
9. Don't settle for less than you deserve. Don't waste your energy on someone who isn't interested or respectful.
10. Instead of dwelling on being ghosted, focus on personal growth, dating other people, and enjoying your own company.

THIS VIDEO WILL MAKE YOU CONFIDENT

Summary:

Liz emphasizes the importance of confidence and self-improvement. She explains that confidence comes from pushing oneself out of the comfort zone and developing skills through consistent effort. Liz encourages people to let go of perfectionism, focus on the value they provide to others, and prioritize self-care. By taking small steps, being open to new experiences, and maintaining good posture, individuals can boost their confidence and create a positive impact on their lives.

THIS VIDEO WILL MAKE YOU CONFIDENT

FULL TRANSCRIPTION

People always come to me. They're like, "Liz, I'm not confident. I'm not confident. I don't feel confident in who I am. Whatever. Why should you be confident? No, tell me. Why should you be confident?"

How does your life look? Because most of you guys do not care about the things you eat. You guys watch reality shows for fun. Um, you guys never read a book. You guys have no skills. Um, never leave your house, never do anything to get yourself uncomfortable, and then you want to be and you want to complain about, "Oh, I'm not confident."

Of course, you're not confident. You haven't developed anything. You don't even know yourself. How can you be confident in something if you don't know what it is, you know?

If we look at the biggest athletes, if we look at footballers, they are so confident in how they play and whatever they do. Why? Because they show up every day. They train and they know that what they're doing is the best that they can because they have trained their whole life where they have developed a whole skill.

These people have discipline. These people do not think about, "Uh, I feel like it or I don't feel like it." No, how you feel does not make you become a professional footballer, does not make you become an athlete, does not make you become a successful business manager.

Whatever you want to be confident, your feelings should be off. It's not about your feelings. Listen, you don't feel like going to the gym. Who feels like going to the gym? No, listen. There's some people they actually enjoy going to the gym, right? Um, I don't. I don't enjoy going to the gym. But afterwards, words, I feel like a million bucks. I walk out of the gym, I'm like, "Yeah, I did that!" And I feel so confident about myself because I do things without thinking about them. Now, I wake up in the morning, it's automatic. I go to yoga, I go to the gym. That's it. Afterwards, I feel amazing because I push myself to do things. I push myself, I push myself, and then every time I create a new limit for myself and then I'm like, "Yeah, Liz, you can do more. You can do get comfortable with being uncomfortable."

Okay, what do I mean by this? So, uh, recently I have read this book. It's called "The Mountain is You." It's an amazing book. I would recommend it to everyone. It's an amazing, amazing book. In this book, the author goes on to describe that we, as humans, were not wired for happiness. We are wired for comfort. So, our whole goal in life and what we're looking for, because people say, "Oh, I want money. Money will make me happy." It's not the money, it's the comfort that comes with money. You just want to have a stable and comfortable life. You just don't want to worry about bills. That's why you want that, you know? It's stability, it's comfort. That's what our human nature is. That's what we want as humans.

So, you, for example, doing something uncomfortable. Like, imagine you never went to the gym. Then you go from never going to the gym to going five days a week to the gym. That's a whole shock to the body because your body is not used to it. So, what your body does is it tries to protect you because now it's in fear mode. It's like, "Oh, I don't notice. This is uncomfortable. I should protect you because this must be bad if it's uncomfortable."

That's why, instead of shocking yourself into something, do small things but do them consistently. Start going to the gym two days a week, then you do three days, then four days. Go for 10 minutes, go for 15 minutes. Little by little, but make sure your body gets used to it. Because once your body is used to it, your body can recognize it as something good, as something comfortable.

If you look at doctors, if you look at physicians, if, like, they're not like, "Uh, I don't know what to do with this knife," and trembling and being insecure while they're operating. No, they get it done. Why? Because they know their craft.

Okay, so if you start going to the gym, you don't know how the machines work. Once you go there consistently, you will know how the machines work and everything. And listen to me, those other people in the gym, they don't care about you, okay? Don't think like, "Oh, everybody's watching me, they will judge me, blah blah." Everybody is there to become the best version of themselves. Everybody has the same goal. They are trying to become the best version. They have their own insecurities. Don't worry, they're not looking at you.

You go there, you go there consistently, and you make sure that you get good at it. Because that's how you become confident in what you're doing and that's how you become confident in yourself. Because you push yourself, you do uncomfortable things until they get comfortable.

I grew up with an extreme fear of heights. Like, I was so, so scared of heights. If, when I was younger, if I would stand on a staircase and you could see through it, I would not stand on it. I would literally, my feet would be trembling, scared of heights. You know what I did last year? I went and I jumped off an airplane. Literally. Because I was like, "I do not grow in my comfort zone. I will never be confident if I don't do things that I am not comfortable with, until I develop skills, until I push myself." And every single time, I can prove to myself that I can do better. I can do better. I can do better. That's how I became confident. And I damn yeah, I did that. I jumped off an airplane even though I'm scared of heights, and I used to have this issue where I would get red in the face like a tomato, right? Somebody would come up to me, talk to me, I would get red instantly. And I kept getting red, kept getting red until one time, I was like, you know what? I don't care anymore about getting red because every single time somebody talked to me and I'd be like, "Oh no, I'm getting red, I'm getting red," I would get even more rather, and it would just be an awkward and embarrassing situation for me.

Until one day, I was like, you know what? I don't care. I'll get red, whatever. What does it matter? So, somebody was talking to me and I noticed I was getting red, and from that moment on, I was just getting red more, red more. And then they're like, "Oh, you're getting red." I was like, "Yeah, it happens." They're like, "Okay, they don't care, I don't care." And once I start to develop this mentality of like, "Oh, whatever, it doesn't matter, it's not that big of a deal," literally the redness starts to go because I had accepted it, that it's something that I need to feel, really feel until it goes.

I had severe social anxiety when I was younger. I would not talk to people, anything. I would always look down and, um, basically there was one YouTube video that said if you have social anxiety, um, try to, when there is a bus that comes, to wave at the people in the bus and look at them.

Then I was like, "You know what? I'm gonna do that. So basically, there was one bus that came and I did, after school. I was standing there and I was like waving at the people, and some waved back and some they didn't react, they didn't even notice. They don't care. But then I was like, "Whoa, I actually feel better because of this." You know, because I pushed myself to do something that I would not normally do.

So, and then even more now, like I'm used to being very secluded and on my own and everything. But outside, even I just talk to random people. I just go up to people, I talk to them. You know how interesting people are? Literally, people love it when you talk to them. When you can learn stuff, meet new people, just go up to them, talk to them. It's not that big of a deal. You can just go up to people and have a conversation because it's beautiful.

If you own a business or anything in life, just networking is very important. You can meet the right person by just going up and talking to them, and they can connect you to someone else. And that's it, you have a whole new career. You know, things happen like that sometimes.

Even I believe that God sends you certain people to teach you something, right? So, if you really listen to people when they come up to you, when you talk to them or you go up to them, that can be a message, that can be a signal for you. But just be open. Another thing is, let go of perfectionism. Listen to me, the first video I have ever uploaded on YouTube, I did not want to upload. Why? Because my lips look crazy. My lips look crazy. Okay, I know that in every single video of mine, my lips look crazy. Okay, I have this ring light, this lighting makes my lips look crazy. I don't know, they don't look good. They don't look like this in real life. If you go to my TikTok, you can see it. If you go to my Instagram, you can see it. They don't look like this. But I did not want to upload that video because of my lips.

So imagine, I even refilmed that video. Imagine I had never uploaded that video. I would not be where I am today. I would not be a successful YouTuber today if I had not uploaded that because I did not think that I looked perfect. I was embarrassed. I thought, "Whoa, this is really ugly," you know? But I'm glad I uploaded it because, you know what? The issue is when you are thinking about your creating a craft, right? Or you're creating a business and you're insecure about your business or whatever, you cannot be insecure if the only thing you're thinking is, "How is my service to people, right?"

So I am making videos and I'm thinking, "Is what I am saying good? Will it help people, uplift people?" Yes, that's true. That is good. Then, does it matter the way that I look? No, I can look like an overfilled crazy lip person. I do not care. I get comments on it constantly. I know it looks crazy on camera. I don't care because this is not my reality. As long as what I am saying and what I'm delivering for you guys and uplifting you guys is good enough, I'm fine with it. You guys can laugh as much as you want with me. At least, I'm helping people because that's my only option. Perfectionism is basically a fear of, "Oh, what will other people think? What will they say?" Um, yeah, let me break this to you: people don't think in general. Literally, they... Some people, really, honestly, they're uneducated. They don't know what they're saying. They have a different background, different culture. And you're thinking in your head, "Oh my god, what will they say? What will they think?" Honey, literally, they're not thinking. Okay? So that should not be your concern.

Perfectionism stops you from doing it anyways. You know how many successful businessmen I know, and businesswomen, that literally started their business without even knowing what they're doing? Literally, they just started selling stuff or delivering a service, and then they were like, "Okay, now I'm gonna figure out how to do it."

Create routines. So, I have a morning routine and a nighttime routine. When I wake up, the first thing I do, put my clothes on. I go to the gym or I go do hot yoga. Afterwards, I come home, I do my skincare, I shower. Immediately, I feel fresh, I feel re-energized. Everything, I say my blessings, I say what I'm grateful for, I thank God, and that's it. I'm gonna go about my work. I'm gonna go about my day. Then when I go to bed, same thing. I do my skincare again. I shower. I shower my body. Then I go to bed. I do a little meditation afterwards. I say my prayers. I say what I'm grateful for and I talk to God about my day. And that's it. I go to bed.

I have a morning and a set night routine. Why? Because it organizes my mind. We, as humans, are creatures of habit, so we need certain things that can lead us to an organized mind. An organized mind is an organized life.

Imagine if I woke up, I don't even like clean my bed, I just leave it as it is. I just don't do my skincare. I just go outside like this. I will feel sluggish, I will look sluggish. You know, I prioritize my self-care always.

I'm going to explain to you why self-care is so important. Listen, if you do not care about what you put in your body, if you do not care about how you move your body, if you do not care that when you're really ill and sick and the illness is not going away, to even go to the doctor... If you don't care about your clothes being clean or ironed or whatever, that is a form of lack of self-respect, literally. And nothing else. Because most of the things are very easy. We all have water, we have soap. You know, you can clean yourself. If you respect your own body, if you respect yourself, other people will respect you, and you'll have more confidence in yourself.

My main priority is always to look clean and smell good. If I don't have to look perfect, I don't have to look glamorous, whatever. I just look clean and I smell good, and that's good enough for me. Because the way that I take care of myself shows to the world how they should take care of me. If I do not find myself worthy of care, they won't find me worthy of care. If I don't respect myself, they don't respect myself. If I walk in somewhere, they can see that I'm a person that respects herself just because of the way that I take care of myself.

Work on your posture. Listen, I went to a chiropractor today because I want even better posture, and he basically explained to me that the way we get good posture is by moving. He's like, "It doesn't matter. You don't have to go to the gym, do this and that and blah blah. Choose a sport that you like." For example, I love hot yoga. I'm really into hot yoga right now. Yoga, by the way, is really, really good for your posture. So, I do hot yoga now a lot, and I've seen improvement in my posture automatically. I sit more straight. And he said, "If you take a child that has been doing sports since he was young and take, for example, a brother that hasn't, the child with the sports will have a better posture than the brother because he is all the time moving."

That's the thing," he's like, "even when you're sitting on a computer, they say you have to sit like this, straight, right?" He said, "No, that's not true. As long as you can sit like this, this, this," but he's like, "as long as you're moving, if you're moving, it allows your back muscles and everything to just get stronger. You know, so just make sure that you move a lot. That's how you get good posture."

Create another version of you until it becomes you. Listen, I grew up being silenced. I was not able to speak my mind, to speak my thoughts, anything. It was just, "You shut up and you're not smart, and you're gonna shut up." That's what I got told every single day. So basically, what happened is I grew up, I always wanted to be a youtuber, I always wanted to give advice because I loved doing this. What happened is, I could not do it. Why? Because Liz, I decided, you know what, I have to go in therapy because I can see that the way I'm behaving is really not normal. Um, so I went into therapy for my PTSD, and I'm still in therapy. I'm still healing.

But I had to create another version of me. I had to create the Wizard Liz in order to get this done because I could kind of act. I could put the Wizard Liz in front of the camera, and she could talk. And she was confident, and she would say anything that she wanted to say, and it would be amazing. And she believed in herself, and she thought that anything she said was valuable. Meanwhile, Liz was still healing.

But now, I became the Wizard Liz. I know that what I say is valuable. I know that anything I do is amazing because I'm helping people. And I know that I'm helping people, and that's the only thing that I've ever wanted to do. So, I became confident in whatever I'm doing. I acted like the highest version of myself and I became the highest version of myself.

Visualize what your highest version is, what are your highest version's hobbies, what are your highest version? What is her job? What does she want to do? What is she good at? Um, how? Who does she date, you know, or who does he date, whatever. Think about this. You create this whole person in your head, and every single thing, whatever you do, you think first, okay, is this something that the highest version of myself would do? If it's not, you don't do it. You do not do it.

If you're trying to text an ex, what you think to yourself is, "Is this something that the highest version of myself would do?" And if it's not, you do not text your ex because you're trying to become the highest version, okay? And the highest version does not act that way.

I created this mentality. It's called the "okay" mentality. He ignored your text message? Okay. And you tried a business and it failed? Okay. And, um, they do not find you attractive? Okay. And literally, who cares? No, no, who cares? Why is it such a big deal?

Listen, most of the time, uh, people will not find you attractive. That's normal. Uh, people don't have interest anymore. That's normal. You failed? Well, yeah, it means you tried something. Good for you. Do it again and do it again and do it again until you're good at it, until you're successful. Do it again. Don't have moments in your life where you can literally look at it and be like, "Okay, and what does it matter?"

Hey, listen, I don't think you guys realize, one day, we're all not gonna be here anymore. And isn't that peaceful? Isn't that so peaceful? The fact that one day, we will all not be here anymore. All these people that are laughing at you, are telling you you're stupid, are bullying you, all these things, ah, these people won't be here anymore. And you won't be here anymore. Do you really want to waste your precious life, your precious energy giving to those people? Believe me, they're not worth it.

Let's put this energy in becoming the best version of you. Let's put this energy in putting these people down by just becoming the best version of you. Realize how weird people are. Literally, I have been very lucky to be able to travel the world. I've traveled to many countries, I've met lots of people, lots of cultures, different people. I genuinely love people. I think they're amazing. But every single person that I've ever met, everyone had something weird about them, a weird quirk, like all these weird little things. And I think that's beautiful.

I think in today's day and age with social media, we kind of forgot how real people really are. I mean, if you look at Instagram, everybody's so uptight and so perfect, and you know, all these images. But people are weirds. People have insecurities. People, laugh in a weird way. People talking, a weird, amazing. These are humans. This is amazing. If you would actually go out and meet people and talk to people, talk to older people, talk to younger people, you would realize how everybody is so different in their thinking, and that's so beautiful. People, I need the more I realize, "Oh wow, everybody's a little traumatized." Oh, these people also have issues from their childhood and everything. I'm not the only one, you know?

So, I think just, you know, yeah, just meet people. Sign up for classes, sign up for dance classes, sign up anywhere and meet other people, and you will see those people are just exactly like you.

Another thing is, if you are insecure, do not have social media or limit the things you watch. I'm gonna explain to you why. Listen, um, I watched this TED Talk, and it was basically about this woman who was talking about Cuba and how the dance culture in Cuba is. And she basically said, in Cuba, they don't have commercials, so they don't see the normal social beauty that we see on the daily, that we see on Instagram, that we see on everything.

They don't have billboards like that, right? So in Cuba, a woman that's 80 thinks she's beautiful and thinks she's amazing, and she can still move her hips like that, and she's confident in herself because she doesn't get shown images as to how she's supposed to look. You know, social media is literally so bad for that, like so bad. If you're insecure about your looks, do not watch these filtered people. Do not watch these models. Listen, some of them are genuinely naturally extremely gorgeous, you know, but do not look at them because it's gonna drain you. It's gonna make you even feel worse about yourself.

For me, I'm not even on social media at all. I post my stuff, I post my videos, I never watch any accounts, I do not read comments. I... I don't do anything. I post, I leave. I don't watch any TikTok videos. I don't do anything because I need to protect my mental health. I do not like social media. I never liked social media. Um, I do watch YouTube self-development videos, listen to podcasts. I like these things. But to actually go ahead and look at celebrities, look at them people living a lifestyle and things like that?

No. Why? Why? It's gonna drain me completely. Start realizing that you're not that important.

Literally, being nothing important is the most amazing thing ever. It gives you freedom. It allows you to do whatever you want to do that you feel is good and best for you.

Okay, listen to me. People have lots and lots of problems. You guys don't even know. People are literally, they're, they're, they're still sucking their traumas. They're still stuck on so many things. People are not healed. They, they have, uh, they have so many things that they're still worrying about.

Today, you are least of their problems. You know, even me, I'm a public figure. People might look at me, look at my videos, they listen to my advice. But when they go to bed, uh, in the night, they think about their own problems, you know? They think about what do I have to get done? I have to do this more, blah blah.

They don't think, "Oh my God, what is Wizard Liz doing?" You know, nobody thinks that. I'm not that important. But that's amazing because I don't want to be that important, literally. I want people to focus on themselves, and that should give you more confidence because anything you do really isn't embarrassing because people don't really think about it, and they don't really think about you, you know? You are thinking about you, they are thinking about them. That's it. Love yourself was in the process.

Listen, when I say create this better version of yourself, doesn't mean we have to hate this version. Okay? I have goals that I'm trying to reach and that I'm going to reach, but right now, oh, I love Liz right now because she is amazing.

Liz gets up every single day, working very hard for her goals and dreams, trying every single day, and yeah, she has bad days some days, but you know what? It doesn't matter because she always comes out on top of it. You try to break her? Nope, she comes back again. I'm like a cockroach, you try to kill it, but she comes back multiplied. You know, you cannot get rid of me. That's the issue. You can't, because I have this hunger, and I want to win, and I'm going to win.

So, Liz right now, she's amazing. I love her so, so, so much, and I tell myself that. I tell myself, "You're amazing. You're beautiful. I'm proud of you." Every single day when I look in the mirror, when I do my skincare, I go over my face. I'm like, "Wow, you have beautiful eyes, you have beautiful hair, you have beautiful lips, you have beautiful teeth." I say that to myself. And then I go on to say, "I'm proud of you. You have accomplished so much. You're trying like every single thing that I have done, that I look like that, I just say to myself." I literally grab myself, I hug myself, I say, "You're amazing." Like, I talk to myself. And you know, like when I made that video of talking to myself in the mirror and saying that I'm mesmerizing, that I'm beautiful, some of my followers said, "Liz, I love you, but this is cringy." And I just want to say to that, why is it cringy? We talk like this to our friends, to our family, to our lover. But talking to yourself like that is cringy? Why? Why? If you are not willing to look yourself in the eye and tell yourself how amazing you are, how beautiful, how mesmerizing, how proud you are of yourself, you will not be able to accept those compliments or love from somebody else. Because you cannot even say to yourself.

Listen to me. Next time you walk into any meeting, into any presentation you have for school, into a date, whatever, you walk into that place like you own the place. Literally. You're scared for that job interview? Why did they choose you to come in? If you were not qualified, you would not be called to come in. Okay? You're scared to do that presentation in front of people? These people are there to listen to what you're saying. You have the time to speak your mind. It's a form of respect they have for you. You're scared to go on that date? Think about, "Do I even like this person? Are they even good enough?" Why are you going on that date, thinking like, "Oh, I hope they like me." No, no, no. Do you like them? Do you like them? Is what they are saying valuable? Is it interesting? If it's not, hey, just leave. Another guy, another girl will come. You deserve to have a good life. You deserve to have a great life. You deserve whatever that means to you. You know, some people, they just want a normal, stable life, and that is great for them. And that is amazing. That is amazing. But if you want more, you deserve more. Anything you want, you can get. Anything someone else has already done, you can do as well. Even when it hasn't been done before, you can be the first one to do it. You can do things. Things exist. Things already happened. If it's possible for other people, it's possible for you. You don't need to prove yourself to anyone or anything. If what you're trying to do is a good thing, if you have good intentions, that's it. Good enough. Good enough.

Listen to me. People come from different backgrounds, different parents, different cultures. They were raised in a different neighborhood. They will not understand you, and they do not have to understand you. They don't. If you are looking for validation from your parents, from your friends, from whoever outside to give you validation and say to you, "Hey, listen, you are amazing, or your idea is amazing." If you are looking for that, you will not get what you want because people do not understand it. The vision was not for them, so they don't understand it. It was given to you. So when something is given to you and you want it bad enough, you do not listen to and you don't need to hear that. You don't need to be like, "Okay, they think it's good, so now I can do it." No, the fact that you think it's good and you think that you have good intentions will be enough to accomplish what you want to accomplish. You will not need to hear it from anyone.

The point where I became really successful was when my back was against the wall. My whole family was literally against me. I said, "Listen, this is so embarrassing. You're just embarrassing us, right?" And then I was like, "I do not care." Then, then I'm gonna go 100% for it because I know I have good intentions. I'm not doing anything wrong. And that's when I actually really, really became successful. And right now, funny enough, this is not embarrassing anymore. And this is something to be proud of, to be celebrated, because people only come when you are successful, then they're like, "Oh wow, we knew you could do it," you know? But that's just life, and I had to accept that. And I do not care about that, but that's how it is.

Realize that you know nothing. I think coming to terms with the fact that we all don't know anything is amazing, literally. Because the more that I realize that I know nothing, the more I'm willing to learn. And I think knowledge is beautiful.

See, when I meet people, I literally love to let them talk. I used to be the kind of person that would interrupt or be like, "Yeah, yeah, whatever," or like, "Yeah, yeah," when they're talking, like, exactly, yeah, yeah, give them reassurance constantly. But now, I'm just looking at them and let them talk.

Because, first of all, I do not need to give them reassurance for what they're saying if what they're saying is valuable. They will say it without me saying, "Yes, yes, obviously." I'm not a little bit, but I don't say it anymore, you know? As well, I actually listen to what they're saying. I'm not just listening to react. I actually want to hear what they're saying and I want to think about, "Okay, what is it that they just said to me?" You know? I think that's really important.

Listen to people. People can teach you beautiful things. I have had conversations with doctors, with people that work in retail, with people that work all over. I've had the most beautiful conversations with people, and I have learned so many things. It's insane. You're only gonna learn if you're willing to listen to them and if you actually believe that what another person teaches you can be valuable, and that you don't know it all.

And I will, for example, I will never know it all. Never. I listened to this meditation and it had a saying which is basically, "The universe always provides." I replace that with, "God always provides." It's the most beautiful affirmation that I have been repeating to myself lately. Whatever happens, I say in my head, "God always provides." If I can tell you guys one thing in my life, when I needed something, when I needed somebody to leave my life that was negative, when I needed protection and I asked God, God has always delivered. There was not a time that God has failed me, ever. Ever. So for me, I live my life thinking, "When somebody is removed out of my life, and it hurts me. I think it's okay because God provides."

God knows what he's doing. He has a better plan for me. I was meant to be successful. I was meant for greatness, so whatever he does is for my greatness. It's not to sabotage me. He's trying to provide for me and trying to help me. So what I do is I allow him, please help me, you know? I thank him for every single thing, every single thing. I am thanking God when I go to bed, even if I had a bad day, because that bad day taught me something. There are no bad days, honestly.

I listened to, uh, I heard this in a movie, "Bulletproof," and it basically had a quote which was, "There is no good or bad, there's just fate." There is no good or bad, there's just fate. Anything that happens in your life was meant to happen to literally put you to a point where you are now, and that's it. It was not good, it was not bad, it was meant to happen. And living like that is easy. But knowing that God always provides and how I will always be good because God has my back makes me powerful.

Thank you so much for watching, guys. I hope you guys enjoyed the video, um, and yeah, I'll see you guys in the next video. I love you so much.

THIS VIDEO WILL MAKE YOU CONFIDENT

HIGHLIGHTS & TAKEAWAYS

1. Confidence comes from stepping out of your comfort zone and developing skills through consistent effort.
2. Avoid complaining about a lack of confidence if you haven't put in the work to develop yourself.
3. Great athletes and professionals are confident because they consistently show up, train, and improve their skills.
4. Don't let feelings dictate your actions; push yourself to do things even when you don't feel like it.
5. Start small and gradually increase your discomfort to allow your body to adapt and recognize uncomfortable situations as positive.
6. Don't worry about what others think; people are often focused on themselves and won't judge you.
7. Engage in networking to meet new people, make connections, and potentially open up new opportunities.
8. Learn to listen to people and be open to messages and lessons they can provide.
9. Let go of perfectionism; focus on the value you provide and how you can help others.
10. Establish routines, prioritize self-care, and maintain good posture to enhance self-respect and boost confidence.

WHY EVERYONE IS ALWAYS OBSESSED WITH ME

Summary:

Liz discusses why people become obsessed with her and shares insights on how others can achieve the same. She attributes her ability to attract others to her high energy, positive mindset, detachment, self-awareness, and prioritization of personal growth. Liz emphasizes the importance of maintaining a high vibration, avoiding drama and gossip, staying focused on self-improvement, and not getting attached to people or outcomes. She advises being detached, not desperate, and creating avenues for manifestation. Liz also stresses the significance of making decisions that benefit oneself, whether in relationships, friendships, or career opportunities.

WHY EVERYONE IS ALWAYS OBSESSED WITH ME

FULL TRANSCRIPTION

Throughout my whole life, I would always have people extremely obsessed with me. But I was a friend, whether it was a relationship. Anyone that came into my life and got to know me, when the friendship ended because of disrespect or betrayal or anything, these people would stalk me till this day and try to become friends again.

And everything and everyone, like my relationships, the guys would always worship the ground that I walk on, literally make sure that I'm always okay in every aspect of my life. And then I was thinking to myself, why is it that everyone is always obsessed with me?

My mom would even say, my sister would say, they would be like, "Liz, when people come into your life or get to know you, they are like parasites. They stick on to you and they do not want to leave you at all." You know, and then I really started thinking about, okay, why is this so? I started to analyze my behavior, and I think I understand now the human psychology behind why they become obsessed with me.

Is this a good thing? Well, I think it's 50/50. I think it's scary because it can become dangerous as well, like stalkers and things like that. But in the same way, you can use this to your advantage. So in this video, I am gonna share with you why I think everyone becomes obsessed with me, so people can become obsessed with you if that's what you want, of course.

Hi guys, my name is Liz, and welcome back to my channel. Let's get right into it. Okay, so first things first, my name, the wizard Liz. Why did I choose the wizard? Basically, when I was a student, I used to work in this restaurant, and I always had customers coming there. I worked behind the bar, and it was so insane. Like, I had women that came up to me and were like, "My husband finds you mesmerizing, I just have to tell you." And I would have people constantly come up, like, "Whoa!" And people would even ask my boss, like, "Can she serve me?" And then they were like, "No, she only works behind the bar." But they were like, "Whoa, she's amazing, like, she's so mesmerizing."

Um, one day I had like this group of clients, which they all came from a business meeting, women and men, and they were ordering coffee. And I was like, "Do you want some cookies with your coffee?" And then they were like, one guy looked at me, he's like, "Literally, whatever you sell me or want me to have, I will take because you, it's almost like you put a spell on us. That's how mesmerizing you are." So then I was like, "Well, I guess then I'm a wizard, you know." And that's, I never forgot that. So then I was like, "The Wizard Liz." You know, that's how my name is created. And to be honest, I want you guys to be Wizards. I want you guys to walk into rooms and people be like in awe of your energy, you know? Like, "Whoa, she or he is amazing." That's how I want people to think about you guys.

So first things first, um, I think why everyone is obsessed with me is my energy. It is so important. It is not about looks most of the time. Do I look good? Yes, we're not gonna act like that's not true. But I'm also not the most beautiful person on Earth, you know? So it is my energy that attracts people.

See, when I was working that job as a student, and all my colleagues would be like, "Liz, when you work and when you walk in, it's like a sunshine. Like, we are happy to come to work just because you're here." You know? And my energy is always very high.

Listen, I was watching this video of this movie from Elvis Presley, and everyone that was talking about Elvis and why he's such an icon, they said he has such an energy about him that the other artists did not have. He, you could really feel the authenticity. You could feel the love he had for his music. And it was his whole energy, right?

So with me, how do I keep my energies high? Because first of all, I don't engage in drama or gossip that much. Obviously, like sometimes I talk about things and things like that, and that can be considered gossip. But I don't, like, I don't spread rumors about people. I don't try to tear people down because that's all low vibrational things. You cannot be in a high Vibe if you're tearing other people down, you know?

Um, also, I am just always like, focused on myself, and I'm always like, "Um, yeah, how can I get better? What can I do to get better?" Um, obviously, I have bad days, you know? I have bad days. And then, when I used to have bad days, I used to get very depressed. But now, I'm always like, "Okay, what can I learn from this bad day? What can I do for this bad day to make it better? Or what is it that my emotion is trying to tell me about myself?"

To feel those emotions, I'm not like, "Oh, this is a bad emotion" or something. Like, a couple of days ago, I got very competitive over someone, and then I was like, "Liz, why are you feeling this?" And then I was like, "Okay, let's feel the emotion. Let's feel the competitiveness." And then, then I was like, "What is it that you're missing in your life that you want from this person?" And then I was thinking, maybe their consistency is what I want. I want to be more consistent. Then I was like, "Okay, Liz, okay, good. Then we have to get consistent, you know?" So don't shun away your emotions. Really feel the emotions. That's how I, I'm always like vibing high.

And as well, I just, I don't watch negative news, things like that. It really will bring me down. I don't watch negative videos. Um, I just, uh, I really like, I like laughter. I like things that will lift up my vibration always, you know? And then I do things like yoga. Yoga is really good to align your chakras as well. Like, it makes you so, it's so nice, and I feel so good. Like when I work out, when I go to yoga, it's just an energy that I'm like, I feel so balanced. I feel accomplished when I'm doing things that I love, like making videos like this. That makes me feel accomplished. That's how I always keep my vibe and energy high. And when that's high, then obviously other people can feel that. We can all feel energy. Another thing is, I am very detached. Why am I detached? First of all, I... I don't know. I always had this analytical thinking about life. I always saw life as in, I can accomplish anything I want, but there's a certain reality aspect to it.

So, for example, in my head, I never think that, for example, if I have a relationship or anything, that that person has to stay with me forever. Because I do not... I do not define myself from a relationship or a friendship or a job. No, nothing defines me. I define me. I do not get attached to those things. And... And this is really good because if those things leave, I am not completely shattered. Yes, it hurts sometimes, and yes, I have to get over it. I've been through heartbreak as well. But I get over it fairly quickly because I never, in the first place, went into something thinking that this will last forever, you know? I think one thing that is promised in our life is that nothing lasts forever. And I think once you develop that mentality of like, "Hey, listen, this might leave," you know, a relationship, for example.

I really dislike it when I see people completely do everything in their relationship and base everything solely on their relationship and then after years when it ends, these people don't know who they are anymore. You know, when I go into a relationship, then I'm always like, my partner is working on themselves and I'm working on this on myself, and we do that separately. We always try to become the best version of ourselves, and then together we can work on the relationship. But it's never like, oh, everything has to be together and this and that. No, we still have our separate lives because we are individuals. We are individuals, you know? Even if we leave this earth, we will leave this earth alone. You know, we came here alone, we will leave alone. You have to understand this. It's very peaceful to live like that because when there are no expectations, there is no disappointment.

And the kind of person, like, if me and my ex broke up or if a friend left my life, I was like, okay, it was not meant to be. Our soul contract ended. They were supposed to be in my life for a period of time to teach me something or to give me joy or to elevate me in some way. But when their purpose was done, they were meant to leave, and I'm okay with that. So what I do then is I don't stalk them, I don't reach out anymore. I don't do that. I just float and I go on with my life. And I think they see me then like, damn, she's just elevating and she doesn't care. It's not that I don't care, I understand the purpose of people in my life, and I understand when it's time for them to leave. Um, so I see that as a beautiful thing, to be honest. I see, I serve my purpose in their life, they serve their purpose in my life, and now our contract is supposed to end, and that's okay. That's really okay because I am so detached. I am also not desperate. I don't chase for things. I let things come to me because you know what? The thing is when you're chasing, it means that you're not whole, and what you chase will run from you. This is always the case. But if you're whole and if you're vibrating on a high level, then you can just sit back and relax because those things will automatically be attracted to you.

You know, I've seen this many times when women, for example, go out or men and desperately are looking for love, they don't get love because you're desperate. But once you make that click in your head, you know what, let it just come to me, it always shows up. It always, always does. But see, the thing is, I create avenues. For example, with my work, right? I made the YouTube channel, I made the videos, I make the content. But now I don't have to be desperate about it because every video that I uploaded is amazing. So I can just sit back and let my manifestations come in because I did the work already. I'm not telling you to just do nothing, you know, create the avenue, and then just watch it come into your life.

I only make decisions that will benefit me. So whether it's a relationship, whether it's a job opportunity, whether it's someone that I allow into my life, these are always people or things that will benefit me in the long run. So, for example, in my relationships, I always, I always date people that show me that they love me. I do not like to hear things. I do not like to hear, "Oh, I love you, I love you." I don't need that. I need you to show me that you love me because I am a very caring and loving person, and I want that from my partner. Once there is something that is not benefiting me in the relationship or I am feeling like I'm being stagnant or I'm not being elevated in any way, I leave the relationship. I'm very easy with this because I have to grow in life. I have this life, and I want this life to be my best life. I cannot waste my time. I don't want to be tomorrow, like 80 years old, and look back and think like, "Oh Liz, why did you go into this relationship? You wasted it. You didn't learn anything. Like, nothing elevated you.

No, you stayed too long even though it was toxic." No, you can never, ever catch me in a toxic relationship. I only date people that are literally obsessed with me, literally. All the guys that I have dated, my exes, till this day, they would still marry me like this because it's just the way that I choose my partner. If they do not show me that they love me, I don't date them. I need to show, you need to physically show me, you know?

And yeah, in job opportunities, I don't, I don't, I'm not taking every job opportunity that gets to me. Look at me, I never do promotions. Why? I'm waiting for the biggest ones. I'm doing big promotions. I'm not doing silly little things. I'm not doing it. Why? Because I know I can do big things. I deserve to do big things. So that's what I'm doing. And yeah, as in friends, you know what? I've made lots of mistakes with female friendships, and to be honest, I think I'm gonna do a video on that. And I am the kind of person, if you're my friend, if I am good and if I get rich, you will get rich, literally. Like, I am so giving and generous, but I, the same way that I love, I can switch as well. If you betray me, you're out. I don't care. You're out. There's one disrespect, you're out. I do not care how many years I've known you, how close you were, how much you know about me, you're out.

Another thing is, I do things that I want to do. So, for example, say I have a date that I'm going to. If I do not want to go on a date and I just want to spend time with myself, do some self-care and things like that, I'll say, "Hey, listen, I cannot make it today." And yeah, they get upset and stuff, but then I don't care because I chose myself and I chose what I wanted to do first. When you put yourself first in every aspect of life, people will put you first. When people just see you put yourself first, they think like, "Oh, wow, what does she think she has? Like, what is it about her because she thinks that she's so important?" You know?

And when I say, like, put yourself first, it's not like neglect other people because I'm very loving towards everyone, and I give so much. I give so much to everyone. But if Liz wants to do something for herself, Liz will do it. And she knows what's best for her, and I always show up for myself. So I think that just vibrates other people, like, "Whoa, she thinks she is important, so she must be important."

Another thing is, my time is precious to me. Listen, I am not gonna waste my time, years, everything, on a relationship, on a friendship that does not benefit me, or in a job, I'm just not gonna do it. If I think that this thing is not elevating me, not benefiting me, I am out. You guys just don't understand how quickly old age comes. I watched this YouTuber, I think it's over 60 with Sandra or something, and basically it's an older woman, and she was talking about, yeah, you young girls don't understand how fast I went from being in my 20s to being in my 80s now. And she's like, you guys have to enjoy your life, that's what I would really say because time flies. You know, if you're in a toxic relationship, if you're in a job that you don't want to do, all these things, please, please find something to get out. Find a plan to get out because our time flies. Our time is precious. We have this life. Let's make the best of it, you know? Let's make the best of this life. I do not want to be old and look back and think like, "Oh Liz, why? Why did you waste time on this? Why did you do this?" No, I want to look back and be like, "Yeah, I lived my life. I'm a cool grandma. I did so many fun stuff, and I enjoyed the best that I can enjoy." That's how I want to look back.

So yeah, I value my time. So I don't just give everyone my time. No, if you're valuable to me, if what you're gonna give me is valuable, then yes, I'll give you most of my time, and I'll give you lots of love as well. But if you're not, then no, it's precious to me. Don't waste my time.

Another thing is, I am private and exclusive. So I do not share my personal life. I do not share the things that I want to share. Other than that, nobody knows anything. The only people that actually know things about my life are my family. I'm telling you, everything else you hear is not true. If it did not come from my mouth or my mom's or my sisters', anyone else doesn't know. Why am I like this? I have made big mistakes of trusting the wrong people by trusting these people. And I'm telling you, if you think that your friends that you've been years and years friends with will just take it to the grave and everything, I'm here to disappoint you because I've seen friendships of more than 10 years, people betray each other. Be careful. Be careful what you share. Be careful.

What happens when you are like this is you create a whole mystery around yourself. Don't do this on purpose. This is genuinely how I am. I'm a very, like, I like to be on my own. One day, I'm just hoping to go live in a country that's just filled with nature and just have a house there and just be on my own, literally, or be with my mom or my family, you know? But I don't, I like to be on my own. So then it creates a mystery. But the human brain loves fantasies. I read this in a book from Robert Greene. They love fantasies. So, um, even my mom, I was talking to her. I was like, "Mom, why is it that people create these rumors about me?" Like, because I heard a rumor, it was so stupid, and I was like, "Why did they say that? That's so stupid." And then she was like, "But Liz, it's because the human brain loves fantasies, and their life is kind of boring, you know? They're boring. So you are interesting to them. They'd rather fantasize about you and make you something that you're not than come to terms with their own pathetic life."

Yeah, the less people know about you and just, you know, they like to then create stories about you, so you're on their mind. People will become obsessed. Like, that one thing as well about oversharing, if you used to do this, I'm gonna tell you something now. You have to think about, "Are these people worthy of knowing this about me?" Because once you share something, you can never take it back. So you have to really think about, "Are they worthy of knowing this about me?" You know, some things, you know what? You have to keep it to yourself. Not even tell your family. If you really need to tell someone, talk to a tree.

Another thing is, I'm not always available. Like, you can't call me up and be like, "Liz, come here and this and that." No. Respect my time. It's literally like, you have to tell me, "Hey, Liz, are you okay? Can I come over? Do you want to come over?" And if I feel like it, yes, I will come. But it's not like, "Oh, last minute, you have to come here. You have to do this, do this, blah, blah, blah." No, I will not do it. Simply, I will not do it because I don't have to be available for you. That's not my responsibility.

I take calculated risks. So, um, when I started my brand, when I started my business, when everybody was like, "Hey, Liz, you're about to lose us. You're about to lose your whole family if you continue this." Okay, so then I was like, "Okay, guys, listen. I'm gonna do this anyways." And you guys will turn around when I am successful.

I know you guys will turn around. So I took the risk of losing my whole family and doing this, and now I have everyone, and I can help everyone. I can, you know, I can do things for them now, which is such a blessing. And now everyone is so proud of me.

But see, I took calculated risks. So what even happens is my family, everyone in my family now looks up to me and is like, "Whoa, we can also do things." Like, I'm kind of like the cycle breaker. I started to heal myself, I created my own brand, I'm really healing all my family members, I'm doing everything. And then they're looking at me and being like, "Whoa, she really did what she said she was going to do." And now they cannot do anything but respect me for it. So they look at me as in, like, "Whoa."

But when you take calculated risks, when you're not afraid to do certain things, I'm not saying, put your life in danger, you know, when you're not afraid to do certain things and you don't quit and you go for it, then other people start to admire you. They come to you for advice. The conversation is different now. They talk to you with respect because they can see that you can do it. So they want that in themselves. So you are even more mesmerizing for them.

I've always been like that. I've always been the kind of person, if I want something, I do not care how, but I was going to get it, always. And I think other people find that so interesting. And it's just the fact that, "Oh, she doesn't quit. Like, nothing can stop her, and she still goes for it." I think other people just admire that. I mean, they're like, "Whoa, I want that as well."

I am very authentic, like extremely, extremely authentic. I genuinely just want the best for others. And if somebody gets successful or anything, I don't get envious. I get motivation. Like, I look at them like, "Whoa, if they could do it, I can do it as well," you know? That's how I look at others. And I think that energy of truly being because every friend, every relationship, everything, every person has ever met me, said, "Whoa, you are truly who you are." Like, I do not have a whole fake thing and create like who I am, and then I'm nice online, and then I'm really mean in real life. No, I'm just really not.

And why is this? I think this stems from my mom. My mom's also very authentic, very giving, even at her job. One of her colleagues came up to my mom, and she said, "When I first saw your daughter online, on YouTube and stuff, I thought she was fake, she was faking it, like being this whole trying to help people or whatever." But then she said, "Knowing you, that you're her mom, I absolutely love her, and I just know that she's very authentic because my mom is literally like the best woman I can ever, like, there is not a bad thing in this woman's bone."

My mom is literally like me. She's always helping people at work, she's always like healing others. She's very spiritual as well. Like, I can see, even when I'm becoming older, that I'm becoming so much like her, and I just think that's such a privilege because if I can be anything like that woman, I'm just, ugh, I'm so proud of myself.

Literally, I want the best for others. When I had friendship, when I had everything, I'm like, "Come down here, I'll pay for your ticket. I will pay for everything. Let's do this to make you better."

Let's do this to make it better." Like, when they have a problem, okay, if we can fix it.

See, the thing with me is, I do not see problems. I've never seen problems in my life. Never. The thing is, I only saw solutions. Always. See, I come from a very, very abusive childhood, right? So I was mentally and physically extremely abused. But the thing was, always, in my head, I was like, "Oh, I'm gonna get out of this. I'm gonna get out of this, and when I get out of this, I'm gonna create a good life for myself." I always knew that that was gonna happen. And I always knew that I would be in this, like, in the media world. I always knew. I always knew that I was meant for something really big. I had that feeling ever since I was young.

So I just have this thing of, like, when somebody comes to me with a problem, I'm like, "Okay, let's fix it. It's easy. Let's fix it. Let's do this." You know? And I do fix it. So that's why people, they gravitate towards me. They're like, "You make my life better. Every single person that has ever been in my life, I have genuinely made their life better. They have left my life a better person. Always. Always without a doubt." And even, like, my exes used to tell me, like, "I literally became so much better because of you" and just you leaving my life is a loss. It's a big loss when you have this energy of everything will be good, and you have that strong faith, and you just want the best life, and you want the best for others. You want the best for yourself. You take care of yourself. You love yourself to such an extent that, to be honest, if I was a man, I would 100% beat myself 100%, because there is no person that has ever, ever come out of my life more depressed. They always left better, always, but left a better human.

So, it just... It just, I think people think it's just fun to be around me. I am just very detached as well, you know? I don't chase them. I'm not desperate. And yeah, it's just like I'm just like this ball of energy, and they want to be around me.

Thank you guys so much for watching. I hope you guys learned something. And yeah, I love you guys so much, and I'll see you in the next video.

WHY EVERYONE IS ALWAYS OBSESSED WITH ME

HIGHLIGHTS & TAKEAWAYS

1. Energy is key: Liz believes her high energy is what attracts people to her more than her looks, and she encourages others to focus on maintaining a positive and authentic energy.
2. Avoid drama and gossip: By avoiding low vibrational activities like spreading rumors or tearing people down, Liz maintains a high vibration that draws others to her.
3. Embrace emotions: Liz advises feeling and understanding emotions, using them as an opportunity for self-reflection and personal growth.
4. Be selective with news and media: Liz recommends avoiding negative news and videos that bring down your vibration and instead seeking out uplifting and positive content.
5. Practice self-care: Engaging in activities like yoga and working out helps Liz feel balanced and accomplished, contributing to her overall high vibration.
6. Be detached: Liz's analytical thinking and understanding of impermanence allow her to remain detached from relationships and friendships, focusing on her own growth rather than becoming dependent on others.
7. No expectations, no disappointment: By not placing expectations on relationships or friendships, Liz avoids disappointment and embraces the natural flow of people entering and leaving her life.
8. Don't chase, attract: Liz advises against desperate chasing, as it repels what you seek. Instead, create avenues for manifestation, do the work, and allow things to come to you naturally.
9. Make decisions that benefit you: Liz emphasizes the importance of making choices that align with personal growth and elevate your life, whether in relationships, friendships, or career opportunities.
10. Prioritize self-love and self-care: By putting yourself first and doing what you genuinely want to do, others will see your self-worth and prioritize you as well.

HOW TO STOP FEELING SORRY FOR YOURSELF

Summary:

Liz discusses how she strategically created a triggering video to help people confront their own insecurities and triggers. She emphasizes that triggers can be opportunities for self-reflection and growth, urging viewers to journal about why they were triggered to identify areas that need improvement. She also highlights the importance of focusing on personal development rather than comparing oneself to others, and shares her own experiences with beauty privilege and the hardships her mother faced. Ultimately, Liz encourages viewers to cultivate gratitude, take responsibility for their lives, and overcome self-pity by changing their habits and helping others.

HOW TO STOP FEELING SORRY FOR YOURSELF

FULL TRANSCRIPTION

So, in my last video, I had triggered lots of people. They did not like the video where I said why everyone is obsessed with me. Now, what you guys didn't know is that I have posted this video strategically to trigger people. Why did I want to trigger people? First of all, you only learn through your triggers. You can never know what is wrong with you until you actually feel a feeling, and you can ask yourself, "Why am I feeling this?" Right?

A woman sitting in her dining room, just talking about how people got obsessed with her, how people find her mesmerizing, and talking about her long-term relationships and friendships that they got obsessed with her, should have never triggered a confident person. Why? Because they can see and listen to the advice that I'm giving. They do not care about what I'm saying because what I am saying, they can see in themselves as well. The way I am talking about themselves, they can do that about themselves as well. But imagine you're a person, you're not comfortable in your own skin, you're not comfortable to talk to yourself like that. You will get really triggered by that video, and that's absolutely the reaction that I wanted to create.

What would I suggest you do right now with the trigger? Take a journal, right, and write down why did this video trigger me? Write everything down that comes to your mind. If you say, "I hate this girl," whatever, doesn't matter. Write everything down because, like, behind every emotion, there is an explanation. And this is not about me, this is about you. There is something within you that you need to work on.

People that truly want to change, people that are at rock bottom, people that have no hope, they will look at the video. I could have said, "I have three toes," I could have said, "I have purple hair, I have a third eye right here that's completely open." They would not have cared because they would have just listened to the advice because they need help. And those are the people that I'm trying to reach.

But I am going to show you in this video how we can deal, and I'm gonna explain to you guys how we are all privileged. There's literally men right now that have got this big platform that are literally saying, "I hate women." They're saying, "I hate women, women deserve to be cheated on, women deserve to be lied to," and these men are praising them like gods. But don't you dare be a woman that is good-looking, say that she's good-looking, don't you dare, because you're the real criminal here, you're the real narcissist here as well.

Um, my mom, she called me, she's like, "Liz, I heard about your new video and that you put it in the title that everyone is obsessed with you." She said, "Liz, why did you do that? I did not raise you to talk about yourself like that." I literally told her, "Mom, if I don't talk about myself like that? Who's gonna talk about me like that?"

Hi guys, my name is Liz, and welcome back to my channel. First of all, I want to say something: pretty privilege exists. 100%, pretty privilege exists. Do I benefit from pretty privilege right now? Yes, I absolutely do. Why? Because I can make pretty work for me. Okay, at the height of my most beautiful years, most beautiful, I was most depressed. I would not leave my room. I would not want to go outside. Nothing.

Beauty did not work for me then. Why? Because I had low self-esteem, low self-worth. I hated my life. I just didn't want to be alive, and I wanted to hide away.

Pretty doesn't work then because I did not make pretty work for me. If pretty privilege was really the case, then I also believe that every beautiful woman out there should be successful. I believe that if you look at big celebrities, right, they're beautiful, they have fame, they have power, they have all the privileges, and yet they still get cheated on. And some of them just stay in that relationship because the mind is not right. Let's be honest here. You know, you can't fix it when the mind is not right.

If you are constantly gonna whine about, "Oh yeah, she has pretty privilege, so it's easy for her," whatever, um, okay, you have two arms and you have two legs. Well, there's somebody out there that doesn't have that. Well, you have leg privilege, you have arm privilege. Let's talk about that. You can see, you have not been blind privileged.

And screw all of that. Let's talk about the fact that you have food on your table, you can afford a phone or a laptop, or whatever to watch me on the screen. People do not have that privilege. Some people that are watching me come from a loving family, were not abused. You know what I would trade my beauty for? Just not being... just having a good childhood. Because there are mental scars that I am still trying to fix. Therapy after therapy after therapy.

You know what? Beauty is something easy. Beauty is so easy. You know why it is easy? Because most of you guys are not ugly. Most of you guys just look unhealthy. If you have a healthy body shape, if you have just healthy, normal skin and fine, healthy hair, that's enough to have pretty privilege. That's enough. You do not have to look like a model as well.

Instead of thinking like, "Oh, this girl has pretty privilege, whatever," think about how can I get as pretty as I can if that is what you want. It is not wrong. Thing is, as well, I cannot help my friends. It's been years, years of me trying to help them. "Hey, you deserve better. Oh yeah, you can get this, you can that." Blah, blah, blah. You deserve it. I can't help them. Why? People don't want to change. People don't want help. They're extremely pretty. Pretty is not working for them. Being hot is a mentality. You act like you're hot, people will perceive you as hot. You act like you're ugly, everyone will think you're ugly.

Okay, I have this one friend. She was extremely gorgeous. Extremely gorgeous. Like, even when I saw her for the first time, I said, "Whoa, I don't know people actually exist like this," because you look like an Instagram filter, and that was her in real life. And she constantly, when I was with her, "Liz, I'm so ugly. Liz, I'm so ugly. Liz, I hate my body. Liz, I'm really ugly." And I constantly, "No, you're not. No, you're not. No, you're not. No, you're not. No, you're not. No, you're not. No, you're not."

Until, you know what? This girl became unattractive to me because she kept reinforcing in my brain that she was ugly. So, I believed that she was ugly, even though she was physically very pretty.

I know girls, extremely gorgeous, extremely beautiful. They have the shittiest personality I've ever seen in my life. Mean, mean, mean. Like, even people... everyone that knows about them, right? They're so beautiful, they don't even want to date them.

They don't want to go near. People don't want to befriend them because they're mean. They spread rumors about people, try to literally make people's life a hell. You know what happens? Your character shows on your face.

My mom was the most beautiful woman in the whole city, in our home country. Most beautiful woman. If I could put a picture of my mom, you would literally say, "Whoa, this woman should have been a supermodel."

Literally, she was so beautiful. And it's still a very beautiful woman, you know what happened? By the way, I don't know if you guys knew this, but I'm a refugee. Like, I'm an immigrant. We fled our country because there was a war going on, right? So my mom went from having university degrees, working in a university, and it's very hard to get those. She would study day and night to get those. She went from having all of that to all of a sudden, our country being invaded, having a crazy war that lasted for years.

My mom went from being at the height of everything to having nothing. And now she has children that she needs to take care of, right? And she was in a marriage with a man that abused her and gave her no money, nothing at all. I want to ask you guys, where is my mom's pretty privilege? Because this one woman is drop-dead gorgeous. Where, where is it, you know?

So what did my mom do? My mom literally, imagine, she saw bombs and bombs flying everywhere. She lost family members. She saw dead people on the ground. Literally, all these traumas are happening, but she was in survival mode. Her only thing was, "We have to get out, and we have to save the children." So she came to another country. She doesn't know the language. Her university diplomas mean nothing in this country. She went from working a university job to literally cleaning toilets to provide food for us because all the money that we were getting from the country, her husband would take and leave nothing for himself, you know?

So she had to deal with an abusive husband for years, years, meanwhile providing for her children and making sure her children have food on the table. My mom sold her jewelry so we would have clothes to go to school. I do not come from a wealthy family. I do not come from anything but really, really lots of abuse. And you guys don't get it because I gave you this much about my life. If I really went into detail, you guys would be shocked that I'm even alive today.

One day, I sat down, I asked my mom, I said, "Mom, you have been through so much trauma and all these things you lost and everything that happened to you, don't you feel sorry for yourself? Aren't you sad?" You know what she said to me? She said, "Liz, life is not for the weak." There is nothing that has literally touched me more and changed my mentality than what my mom said to me. Because this woman had life punch her down so much and still, I have never seen this woman complain ever about anything. She said every single day she has so much gratitude for what she does have right now. Yes, she said situations happened. It was not nice, but whatever. Right now, I did learn the language. I bought a house. I did everything. I fixed it. I fixed it, and she's grateful for it. She said, with literally, God's blessing and with my strength, I made it. And she did, and that woman is so powerful. She's my biggest hero, and I look up to that woman.

Everyone has their own problems, literally, everyone does. There was this video that my sister sent me of this guy saying, like, his mom told him there was a saying, right? If we could all, uh, get into a group, and we should all throw our problems in a pile, everyone would take their own problems and run, because people have it worse than you, and people have it better than you. But it all does not matter. You can create the best life for yourself if you decide that you are going to create the best life for yourself up in your mind.

Okay, I read this book. It's, uh, "13 Things Mentally Strong People Don't Do." I'm gonna tell you guys, uh, the tips they gave on how to stop feeling sorry for yourself. So basically, what happens when you feel sorry for yourself, first of all, it's a waste of time, right? You could use this time to actually heal yourself, work on yourself, try to become better. You're wasting time because at the end of the day, nobody cares. You're gonna wallow in your self-pity and how you are not privileged and blah blah blah, and nobody will care because nobody does care. Because life is harsh. Either you get tough, or you let life make you tough.

It leads to more negative emotions. You will start to feel self-pity, then you will start to feel anger and jealousy and everything. And then it will become a self-fulfilling process. See, everything that happens, "Oh, but it's just because life hates me, and everything is bad, and everything, and I don't have anything." That's literally what you're gonna go for every single time something bad happens, instead of just looking in the mirror and be like, "Hey, you know what? How can I fix this?" As well, it prevents you from dealing with your other emotions.

If you have other underlying emotions, these are emotions that you have to deal with, right? But you can't because you're just wallowing and feeling sad for yourself. So I'm telling you, nothing is involving you. You are not evolving. It causes you to overlook the good in life.

So basically, I'm telling you there are people right now, maybe from the hospital, watching. They just want to be healthy, literally. So feeling constantly sorry for yourself, you don't see the good things that you have. So you don't appreciate them. So what happens? Nothing comes to you that's good because constantly you're giving out this vibe of "I do not have, I do not have." So what do you get? You get nothing.

It also interferes with relationships. Complaining and constantly feeling sorry for yourself, who finds that attractive? Like, who constantly wants to listen to someone basically saying that they're ugly, that they don't have enough, they don't have enough money? Who wants to listen to them? Please, who?

So how do we turn self-pity around? Basically, what you need to do right now is you need to change your habits. Because feeling sorry for yourself constantly is a habit. See, things might have happened to you. You did something wrong, somebody did something wrong to you. You learned from your mistakes or and you went on with your life, right? You need to come to terms with the situation. It happened. It happened, hunting is fine. It happened. Okay, now we have to go and deal with the situation, deal with emotions, not focus on the things you lost, but focus on the things you still have right now. Focus on the strength you still have right now and how you can move forward with it.

First thing is what you can do to stop feeling self-pity. Basically, volunteer to a worthy cause. Right? Basically, you can go help in the hospital, you can give food to the homeless, whatever. Once you are in an environment where you see people that have it less than you, that will humble you real quick. You will know that your problems are like this.

Start something new. Okay, so either you start a new hobby, you should maybe start drawing even if you're not good at drawing, start drawing. You start dancing, you do yoga, whatever you want. Start something new because what is going to happen? You are changing your lifestyle. When you start something new, if you change your lifestyle, you will automatically start to change different habits that you used to have. If you had a habit of constantly feeling sorry for yourself, with a change of lifestyle, you will let go of the need to constantly feel sorry for yourself because now you are trying new things, you're doing different things.

You have to start to look for every good thing in every situation. That's why I tell you guys, when somebody leaves my life, enters whatever or like, I always think like, okay, it was not meant to be. I am being protected. God is protecting me from people or, go up and let this person enter my life to teach me something. I really always look at the positive in every single thing. So another thing I want you to do is ask yourself, "What is another way I can view my situation?" Okay, so basically there is this thing that you can do. Try to literally, when you are in a situation of, again, like self-pity or feeling sorry for yourself constantly, get out of your body, right? And look at yourself as an outsider. Look at yourself in the way you're behaving when you're beating yourself up. And look at yourself and see yourself doing that to yourself. How does that feel? Ask yourself, "What advice would I give a loved one about the situation?"

Most of the times, when we give a loved one advice about the situation, we try to encourage them so much and we say, "Hey, you'll get out of this. It'll get better." Like, we lift them up, right? But when it's about us, no, we can't do that because it's weird, it's cringy. We need to be humbled. It's narcissistic, it's not whatever. Works for you is good. Whatever that is. If it means looking yourself in the mirror and talking to yourself nicely, good. If it means hugging yourself, good. Literally, but do whatever you would do to a loved one in the same situation. Do that to yourself. Remind yourself of the times that you have been able to get through tough situations, that you have been able to deal with problems.

You guys are much stronger than you realize. Like literally, you wake up every day, you try every day so hard. You're even watching videos like these. This means you're trying. This means you're trying to evolve, and I think that should be applauded. You know, be proud of yourself. You have come such a long way. There were probably times in your life where you thought that you could not make it, and yet you still made it. Be proud of yourself for that. Be so proud of yourself for that.

Instead of saying bad things always happen to me, start to realize that good things happen to you as well. You know, make a list of people, circumstances, or situations that have loved you, that have been there for you, that have actually made you happier and that actually made your life better. You know, be grateful for them. So, exchange your self-pity for gratitude. You can keep a gratitude journal. I have a gratitude journal. I write down the smallest things I'm grateful for. I write down the big things I accomplish. I write it down.

And you know what's so fun about it? Like, months later, I open it again and I read it, like, it's like eight months ago or something. Like when I hit my 10,000 subscribers, I wrote it down. "I hit 10,000 subscribers," you know. But that's so joyful, and that makes me so happy to even read that and to realize how blessed I really am.

Say what you are grateful for. I, for example, I always say this before I go to bed. I list every single thing I thank God for. Every single thing. I have a bed to sleep and food on the table, water. The smallest things I thank God for, right? And when I wake up, I started to do this five-minute little meditation of me, just really grounding myself and then being like, "Thank you for waking me up. Thank you for giving me good sleep. Thank you for giving me a platform. Thank you, I think, for literally everything I have because I'm blessed, and I know that I'm blessed. And yes, bad things happen, but the bad does not outweigh the good, and it will never outweigh the good because my mindset is right."

Ask other people what they are grateful for so you can start up a whole conversation about gratefulness, which is so beautiful. Like, you will feel the energies. It's really high. It's really good. Ask what they're grateful for so you can maybe learn what you can be grateful about. You know, it's very beautiful.

Teach your kids to be grateful. Teach them to every single day say something that they're grateful for. I think it's beautiful. To all the parents that watch me, teach them, say, "What are you grateful for today?" And they say something. It's so beautiful.

To end this video, I basically want to say justice for Masha Amini, a 22-year-old Iranian girl that died in custody because she was not wearing her hijab properly. I am disgusted, disgusted. And lots of Iranian people have been cut off from the internet right now. It was reported that during the protests, they have, there have been 60 people that have died already as well. I'm disgusted. This war, and on women, needs to end. This is a war on women. You know why they always put women against each other? Because women united is way too powerful. Women that are all together is way too powerful. The situation is disgusting. I think we should all spread awareness for this, and I don't want the situation to give Islam a bad name because truly, if you guys knew the core of Islam, and if you have learned about the core of literally Islam, the religion itself, it's a very spiritual and it's a very peaceful religion. But it's people with their misogynistic and sadistic ways that want to twist the religion, that put dirt on their religion. This is a disgusting situation. Masha Amini deserves justice.

HOW TO STOP FEELING SORRY FOR YOURSELF

HIGHLIGHTS & TAKEAWAYS

1. Triggers can be learning opportunities that reveal areas for personal growth and self-reflection.
2. Journaling about triggers helps identify underlying emotions and areas for improvement.
3. Pretty privilege exists, but it doesn't guarantee success or happiness without a healthy mindset.
4. One's character and behavior impact how others perceive their physical attractiveness.
5. Mean-spiritedness and negative behavior can overshadow physical beauty and deter meaningful relationships.
6. Privilege comes in various forms, and focusing on what one lacks only hinders personal growth.
7. Gratitude and appreciation for what one has can attract positive experiences and opportunities.
8. Overcoming self-pity requires accepting past circumstances and focusing on personal development.
9. Volunteering and helping others in need can foster humility and perspective.
10. Taking responsibility for one's life and making positive changes can lead to personal transformation and growth.

THE WIZARD LIZ GUIDED MONEY MEDITATION

Summary:

Liz emphasizes that money is neither inherently good nor bad, and it is up to individuals to determine its impact. She encourages listeners to recognize their own worth, embrace the idea that they deserve comfort and abundance, and shift their mindset to attract financial prosperity. Through affirmations and visualization exercises, Liz guides participants to manifest money and cultivate a sense of gratitude.

THEWIZARDLIZ GUIDED MONEY MEDITATION

FULL TRANSCRIPTION

Foreign, abundant soul, I welcome you to this guided money meditation with me. Before we start this meditation, I need you to realize that money is neither good nor bad. It is you who controls what you can do with the money. The more money, the more it amplifies who you are. Money is comfort. Money is a beautiful source that can help lots of people. I need you to realize that you deserve to live a good life filled with as much money as you desire.

It is not bad to want money. Money is a way to a comfortable and easy life. A life we, as humans, naturally desire and deserve. Comfort is our human nature. I need you to realize we create our own reality. If you change your mindset, you will change your life. Once you demand and believe that you deserve comfort and abundance, you will start attracting it. You deserve an easy and good life. You deserve to have anything you desire. You deserve to be able to afford whatever you want. You deserve to be financially free. Be grateful for all the times money has helped you through life. You would not be able to listen to this meditation if it was not for money. Everything around us is money. A pillow that you sleep on, the food you eat, the glass of water you drink, everything is money. Money, we need money in order to survive. It is a good thing to have money. Listen to this meditation for 30 days and watch your life and mindset about money change. Let's get started.

I want you to close your eyes and lay in a comfortable position. And cleanse your jaw. Relax your shoulders. Wiggle your hands and feet. Wiggle your arms and legs. While you wiggle, feel that you are releasing all the tension and make sure that you're completely relaxed. Release all limiting beliefs you might have around money.

Now, I want you to take three deep breaths. Inhale deeply and when you exhale, I want you to loudly sigh it out. Let's do it together. Deep inhale. And sigh it out again. A deep inhale, and sigh it out. Last time, deep inhale and suck it out.

Now, I want you to visualize yourself sinking deeper and deeper into the surface. Now, visualize your heart chakra opening with a white bright light shining out of it. Really feel the light coming out of your heart. Visualize a bright light shining out of your heart chakra. You feel grateful. You feel blessed. Once you're completely relaxed, you are ready to accept abundance into your life. Now, I want you to repeat each affirmation after me.

"I deserve to have the money I desire."

"I deserve to live a comfortable lifestyle."

"I deserve to get anything I desire."

"I am worthy of a luxury lifestyle."

"I am worthy of financial abundance."

"Being financially abundant is my birthright."

Now, again, deep inhale and let it out. Now that you know that you deserve to have all the riches you desire, I want you to really feel and be open to receive. The following affirmations are now your reality. Repeat after me.

"I am a money magnet."

"Money loves me."

"Money is obsessed with me."

"I always attract financial abundance."

"Money comes to me in the easiest, highest, and fastest way."

"My income is constantly increasing."

"Money flows to me from multiple sources."

"Anything I desire, I receive."

"I am grateful to be wealthy."

"I am open and ready and allow financial abundance to pour into my life."

"I release all expectations, and I know the money I desire is on its way to me now."

Foreign, I am grateful. I am abundant. As so it is.

Now, I want you to lightly start opening your eyes. Wake all your fingers, make all your toes. Bring back your awareness to this reality. Know that this is your reality now. In the following 30 days, you will see an increase of money coming your way. Listen to this meditation every night for 30 days and watch your whole mindset about money and life change.

THE WIZARDLIZ GUIDED MONEY MEDITATION

HIGHLIGHTS & TAKEAWAYS

1. Money is neither good nor bad; it is our actions and mindset that determine its impact.
2. Comfort and abundance are natural desires that we all deserve in life.
3. Our mindset plays a crucial role in shaping our reality and attracting financial abundance.
4. By demanding and believing in our deservingness of comfort and wealth, we can start manifesting it.
5. Express gratitude for the times money has aided us and acknowledge its role in our daily lives.
6. Money is essential for survival, providing basic necessities and opportunities.
7. Having money is not a negative thing; it enables us to live a more comfortable and easier life.
8. Consistently listen to the meditation for 30 days to observe positive changes in mindset and financial circumstances.
9. Visualize and affirm the belief that you deserve the money and lifestyle you desire.
10. Open yourself to receive financial abundance and let go of expectations, trusting that what you desire is on its way.

HEARTBREAK AND FAILURE IS YOUR SUPERPOWER

Summary:

Liz discusses the idea that life is a test and emphasizes the importance of experiencing heartbreak and failure to evolve and grow. She advises viewers who have experienced heartbreak to communicate with their former partner to gain closure and move on. Liz encourages embracing and expressing emotions fully, allowing oneself to cry and release anger. She suggests writing letters to the person who caused heartbreak or to oneself and burning them as a symbolic release. Liz also emphasizes the significance of learning from the situation, honoring personal needs and boundaries, and focusing on personal growth rather than seeking revenge. She urges viewers to combat limiting beliefs and have faith in finding love and creating a better life, as well as reminding them that hurt can lead to significant personal growth.

HEARTBREAK AND FAILURE IS YOUR SUPERPOWER

FULL TRANSCRIPTION

I believe life is a test. I think the whole core reason of us being here is just to experience things. It's just to evolve in every single way possible. The only time I personally have ever evolved in life was when I went through heartbreak, even through abuse, through trauma. That's the only way I evolved. If I did not have a childhood growing up with abuse, um, if I did not go through hardship in my life, I would not even be doing what I'm doing today. I would not be the wizard list because honestly, if my life had always been good, I wouldn't really care to do this. Because I don't even understand other people's feelings. I don't understand why they need help. I don't get them. But it's because I went through depression, it's because I went through abuse, it's because I went through hardships that I can relate to people, that I know how hard it is to be in that situation, and that I know what it takes to get out of there. So that's why sometimes when I'm so firm in my videos or maybe I can come off as rude or arrogant, it's really to wake people up. Because for me, I needed someone to talk to me the way I talk to you guys. I really needed that. Because for me, like butterflies and rainbows wouldn't cut it.

Hi guys, my name is Liz and welcome back to my channel. Okay, so in this video, I will be talking about how we can turn failure and heartbreak into our superpower. If you have been going through a heartbreak and a relationship ended with someone, I want you to do something. This is going to contradict completely what I have been, uh, preaching before, but this is very important. I want you to go ahead and ask the person that you have been in a relationship with, um, why this happened. I want you to ask them why and what happened and talk about this with this person, and I'm gonna tell you why.

See, in order for us to heal and start a healing journey and to move on, we need to be able to focus on healing. You know, if you're constantly thinking about, "Oh, why did this happen? What could I have done better? Maybe they felt this way or maybe I didn't do this enough," and all these assumptions will clog your head. You know, so if you have the chance to get a clear reason as to why this happened or why you guys broke up, then it would be easier for you to move on because you know what happened and you won't create stories anymore.

Even if they really hurt you, like cheated on you, whatever, if you really need an answer for what happened, go ahead and ask them. This is a person you probably attached yourself to in a healthier or unhealthy way. It's not really easy to let go of that, you know? And I would go as far as to say, if this does not cross the person's boundaries, keep communicating with them until you're fully ready to be like, "Okay, I can move on now as well."

If you ask the person, "Why did this happen?" and they do not respond to you, honey, that's a response. They don't really care to give you that knowledge. They don't really care to help you in the healing process. They don't really care about you. If they're not responding, then leave it. That's a response. The disrespect is a response.

Me personally, if abuse was in play or cheating, I honestly don't need to know why it happened. I don't need a response. I'm gone. I am out. I am gone because my boundaries were crossed. Disrespect, you know, I'm not dealing with that.

What I need you to do is right now, when we're in a state of healing, I need you to feel every single emotion deeply, whether it's sadness, whether it's anger, whether it's frustration, whether it does not matter whatever emotion because these emotions are not bad. You know what's bad? Suppressing these emotions and having to deal with them later on because if you have suppressed anger, that will turn into bitterness. You will use that anger to literally pour it onto other people who had nothing to do with the situation, and they don't deserve that. It's all because you are not willing to deal with what happens. You're going to make other people suffer. No, you know, realize that this is normal.

You are gonna feel sad right now. It's very normal. You went through a heartbreak, you lost probably a relationship that you thought was gonna last forever. You maybe didn't even lose just a relationship, but also your best friend. This is very, very hard to deal with.

And if you started something, a business or whatever, and you failed, you maybe had really high hopes and then your hopes were just being torn. And it's normal that you're gonna feel sad right now.

I literally want you to cry your eyes out. If you want to cry, cry as much as you need. If you're gonna wake up every day with puffy eyes because of how much you cried, then do that. Then do that because crying is also releasing emotions out of your body.

If you need to go somewhere, to the woods or your pillow, and you need to yell inside the pillow because that's how you get your anger out, then do that. The only thing you have to make sure is that the emotions get out. Get out.

And does not matter if you stay like this for one week, for two weeks, for three weeks, maximum a month, baby. Because over a month is already you deciding that you don't want to change. We have to pick ourselves up as well, but in the moment, it's fine. It's fine to feel those emotions. It's very normal. You are not the only one going through this, you know? There are lots of people going through the same thing as you. This is very normal. You're not weird or weak or whatever for feeling this way.

But feel them and make sure you don't wallow in them, you know? Don't make them your comfort zone. We still have to pick ourselves up and get out of it, but that we can do later. Right now, baby, we're gonna cry. We're gonna cry.

Okay, so write a letter to the person that broke your heart, a relationship that... And write a letter to yourself. If you are going through failure, you started something, didn't work out really. Write down all your emotions, what you're feeling, what you would like to say to this person or to yourself but you haven't really said it or you don't feel comfortable writing them this or you just don't want to reach out. Write it all down and just burn the paper.

Literally, but make sure your feelings are all just written down. The emotions got out. Then I want you to go ahead and do some Shadow work on yourself. You can look up online Shadow work questions, whatever. I have some questions you can ask yourself.

So first of all, you can ask yourself, how did I evolve during this situation? What needs of mine were failed to be met? What could I have done better in this situation? What would the best possible outcome have been for myself? Ask yourself, if I could do this again with the knowledge that I have now, how would I approach the situation? And lastly, what would a person that really loved themselves do right now? How would they handle the situation? How would they treat themselves right now?

What I want you to do as well is right now, focus on what we can learn from this situation. Was this really the right person or did you make him out to be? Because we, as humans, we like to fantasize things when, especially when we're in love. We think, "Oh, this is the last man on Earth. This person is amazing. This person and me will be together forever," you know? And we like to exaggerate and fantasize and make something so big.

But let's look at really the person itself. Like, why did it end? If this was really the dream, amazing person that you made him out to be, then why did it? What needs of yours were not met? What boundaries were crossed? Because honey, something happened. Something happened. And I want you to, even though, especially in your sadness, we, we, we amplified the positive in the relationships and we focus on the positive. But there must have been negatives because otherwise, you guys would still be together right now, you know?

So, I want you to really look at the situation rationally, maybe get even outside of your body, look at your relationship from an outside perspective, and look at it and think like, "Oh, is this a healthy and good relationship?" If it really was down, why did it end? Remind yourself of what needs they failed to meet that you really wanted. Maybe you had certain boundaries, maybe you had certain things that you were looking for in a partner, and they were not willing to give it to you. Or maybe, you know, sometimes situations happen and you guys go on to different paths. You feel stagnant in a relationship, you want to evolve a different way. Lots of things can happen. But remind yourself like, "No, this is what I wanted, and it was not what I was getting."

So, who are you gonna honor? Are you gonna honor the other person, or are you gonna honor your own needs, your own boundaries, your own wants? The best revenge is creating a better life for yourself. What do I mean by this? Okay, I've seen lots of people that come out of relationships when they get hurt, they want to take revenge out on the person. They do something back to hurt them. I honestly will tell you from my experience, I experienced like really extreme bullying in my late teen years from like girls. I honestly truly didn't even know who they were. Like, I did not know who these people were. They just disliked me, they bullied me, would film me outside, would call me really, really bad things. And they put me in such a bad depression as well, you know?

And then, I came to a point where like my friends would send me like screenshots of these girls doing things that were maybe inappropriate or like having dirt on them, having tea on them. And they were like, "Oh, let's leak this, get your revenge, get your revenge." But I always said no, I won't, you know? And when I used to pray, I would always pray to God that he gives them happiness so they leave me alone.

That's what I would always pray for. I did not seek revenge, and I remember, like, for two years, when I was in my real depressive state, I had, like, a lock screen with a quote, and that said, "God will put you right back together in front of the people that broke you." And I really believe that. I believe that when we let things go and we don't seek revenge and we give some people to God, God really blesses you. And God did bless me beyond measures. Like, I literally am so grateful for myself that I didn't go, like, I didn't stoop to their level, you know? And even people would tell me, like, "No, this, they will think you're weak if you don't do something back." And I said, "I think it's weak to get to their level and to become like them. That's weak. It takes strength to be like, 'No, even though I'm hurting right now and it's really painful, I'm not gonna be like them because I am not them.' And today, I think I've, I have been rewarded for my strength."

So, I'm telling you, if you have been hurt, if anything happened to you, believe me, I'm saying this from the bottom of my heart, God will bless you. He never fails. He never fails. He will bless you. Let it go. Let it go. It's better to let it go and just focus on creating the best life for yourself. That was my main focus.

Okay, Liz, how do we evolve? How do you get better? Combat your limiting beliefs. I know that when we're in a situation of heartbreak and failure, we tend to think that we will never find love again. All men are jerks. We don't deserve to have a good life. Oh, only bad things happen to us. I want you to fight those beliefs because you will find love again. Lots of men are really, really, really good, really precious souls. Lots of women are really, really, really good. Anything that you desire will come your way. But when you're in a state of so much emotion, so much hurt, you can't see it that way because you only see that you're getting hurt and you're getting painful and why me? But isn't that so beautiful about life, that not everything goes like this? Not everything goes like this. But we go like this, you know? I don't want a life that's like straight perfect. I don't want it, because that would not make me me. I am me with my flaws. I am me with my heartbreak. I'm me with my hurt. I think hurt is a beautiful emotion, to be honest. The most significant movements happen because of hurt, you know? When people are hurt, when people are angry, that's when people stand up because they feel like they need to stand up for themselves, they feel like they need to speak up for themselves. This happens when people are hurt. Imagine that everything was always good, you know? We wouldn't have revolutionaries, we wouldn't have icons.

Those limiting beliefs will hold you back. You cannot see further for yourself. But I believe that God always has a bigger plan for you. You might not see it. Oh my God, if you told me two years ago I would be sitting here right now, dream career, dream partner, dream lifestyle, everything, I would have never believed you. Truly, I would have never believed you. I saw things for myself that were this small, and I was upset when those things were not manifesting. But God was not giving them to me because I was meant for something bigger. It will pass, and this won't be as big of a deal anymore, you know?

I know when you're in the situation, you think, "Oh, this is the end of the world. I will never find love again. I will never be happy again." But honey, that's not the truth. That is not the truth. Realize that you're in an emotional state. You're thinking emotionally. You're not thinking rationally, you know? I promise you, the time that I went through heartbreak, it took me one month, and after one month exactly, I was over the sadness, whatever.

I mean, you still remember it kind of, but it doesn't overpower you. There's not like this feeling of extreme sadness, of almost depression, you know? It goes after a month. I promise you, give it time. Yeah, time. You have to heal, you know? And you heal with time. Um, you will think every single day, more rationally, more rationally every single day. Like the feelings will calm down, calm down, calm down until you're like, "Okay, I can accept this now. I can move on now." You will come to this point, I promise you. I promise you.

And something else is, do not make decisions based on your emotions. You know, I think we make the biggest mistakes in life when we react out of our emotions. Think in a state of anger. Some people even unalive other people because they're in a state of anger, and they're like, "Oh my God, oh my God, what did I do?" You know, but they did it because it takes a split second, you know, to make a mistake or to do something. But that's why we shouldn't be controlled by our emotions.

Same way as you are in an emotional state, you might do something and regret it later on. So give yourself time to let these emotions pass, to let yourself feel these emotions, come to terms with them, and then you can look back at the situation rationally. And then you can make decisions. But right now, honey, it's not the time to make decisions. It's not the time to make decisions. Trust yourself. Know that this is not the first time you've got hurt. It's not the first time that you've been through something difficult. You have been through so much before, and you came out of it. You picked yourself up and you came out of it. You are strong. You are strong. You can do amazing things. You can do so much, and you're capable of doing so much more. And you know it. So many people are afraid that you will get to know your power. So many people want to keep you under and want to keep you little in your little cocoon so you cannot flourish. But you have to realize what your power is. You have to realize who you are. You have to realize who you are. People are afraid of you seeing your potential. That's how amazing you are.

Try to talk to friends that won't judge you. I have been guilty of this when somebody close to me has come to me with their heartbreak of a relationship, and this was a very abusive, toxic relationship. Or when they would come to me, I would have a certain judgment because I would be like, "Why are you upset over this?" I reacted really poorly, but I know better now. When I grew up, I learned about this.

But the thing is, when it's your family, when it's your close friends, they don't like to see you hurt. They don't like to see someone else hurting you. So if you're talking to them about, "Oh, I miss this guy," and for example, this guy abused you, they will get angry at you because they will be like, "Why don't you see your worth?" You know? They'll get angry. But you don't need that. You need compassion in the situation. And honestly, probably someone really close to you won't be able to give that to you.

So try to talk to friends that can listen to you without judgment. Try to talk to strangers about it because they don't have judgments. They don't have that emotional connection with you. If you don't have friends, sign up for classes where you can meet new friends. Like talk as well to if you guys have a whole group of friends and you don't know other people, try to get to know the other people.

Try to socialize a little bit. Just go out in a park, talk to people. You might find interesting or nice. Maybe they're reading a book that you like. Comment on the book, whatever. You know, it's very easy to connect to people. And I think especially in this day and age, people want connection. People want to talk to others, okay? Baby, heartbreak and failure is the time to mentally evolve.

Okay, so basically, what do I mean by this? Okay, so every single time I went through heartbreak or failure or whatever, I'm the kind of person who loves to learn. I love to learn. I love to open a book. I love to watch YouTube videos. I love to literally read or listen to anything that will make me understand what happened, that will make me understand what I'm going through, you know?

I'm the kind of person who needs to understand what is going on with my body, with everything. For example, you're going through heartbreak, you can look up videos about heartbreak. How to heal during heartbreak? There is this woman, Louise Hay. I just listened to her on YouTube, like some of her seminars. She's a very spiritual person. I love her. I absolutely love her. She talks about self-love a lot.

Then, who else is there, really? I absolutely love Brittany Lee. She has lots of advice on self-love, self-worth, heartbreak, all these things. Who else helped me? Asia Christina also really, really love this girl. Check her out as well. She's also really good for heartbreak, all these things.

Oh, and someone that's quite controversial, but I think she's so funny, she raps 7. I used to listen to her so much when I was going through a heartbreak because she would make me laugh, and I think laughter is also something so good. And I think some things she said are actually really valid, and some women need to hear that and need to realize that. She says it in a very controversial way, but I think her main message is women should ask for more because they deserve more as well.

You can learn from other people. Ask other people, how they dealt with heartbreak, what they're going through, what they are feeling, and you will resonate with them. You know, maybe if you're trying to make new friends, just go up to someone you would like to be friends with and ask, "Hey, have you ever dealt with heartbreak and how did you deal with it?" That's so beautiful. You guys can talk about it, exchange tips, tricks, whatever. And I think connecting through that together will really, really help you.

So, spend time doing things you love. If you love to dance, if you love to draw, if you love to paint, if you love to cook, whatever, do the things you love more now. You know, what you need right now is love. So, whatever that is for you, if you love to be around family, maybe, like, be around a person that you love, spend time with them. Do whatever it takes for you to feel the most amount of love, you know?

Spend time in nature. I love nature. I really love to spend time in nature. It grounds me, as well. Do the exercise with the tree, please. Like, go to a tree, put your back onto the tree, and visualize the tree taking away all your sadness, all your negative energy. I, uh, trees are here to give us oxygen. Trees are here for healing, you know? So, you have to really visualize taking it out of you and the tree taking all of this energy into its roots, yeah?

Spend time in nature, go for walks. Also, take care of your physical appearance. Maybe, if you want to eat a little healthier, you will feel better because I know the first days you do, like, when I went through heartbreak, I would binge eat a lot, and believe me, that made me feel really bad because I would wake up feeling heavy, like I can barely walk because I'm so bloated, you know? So, truly, self-care is literally also eating beautiful, eating beautiful things so you can feel beautiful and you can feel more energetic. Like, make sure you get your daily walks and make sure you work out a little bit.

You don't have to make sure. Just walk, you know. Take it easy on yourself and just do whatever it takes for you to feel a little bit of love for yourself. Listen to meditations about healing. Look up on YouTube "heartbreak healing meditation" or "healing meditation self-love meditation". I will make sure I also make one about self-love and confidence and all these things. But make sure you listen to ones on YouTube. Repeat powerful affirmations in the mirror. Put the mirror in front of you. Say, "You are worthy. You are lovable. You will find love. Love loves you and you love love." You know, in order for us to receive love, we have to give out love. We have to become what we want. So, if we give kindness and love to other people, you will get it. Same way, if you give anger and hate to other people, you will get it as well. You know, what we give out is what we receive back. Practice, practice, practice.

Okay, listen. Things don't happen like this. Things don't happen like this. We all go through ups and downs, up, down, up, down like that, you know. But that's life. You know what makes a person successful? It's the fact that they don't quit. What makes a person unsuccessful is by the first failure or the first heartbreak, they're like, "Okay, I'm done. I will never find love again. I will, when they have failure, I will never try again." Well, then that's what you will get. You won't get anything, you know. So, in order for you to get what you desire, you need to always keep doing and keep going and keep going. You know how many times I failed? More times than I have succeeded. Like, honestly, I have failed many times. I have made lots of mistakes in my life. Oh, lots of them. But I learned from them and I can take these mistakes now, and I can give you guys advice about it because I have been there, you know, and I have done things wrong. Even if you look at like every single day, I'm evolving and I'm just taking you guys on a healing journey with me. I don't know it all, I will never know it all. One thing about me is I will not quit and I will just keep going. I don't care if I fail because I don't know failure. Okay, it happens and I can do it again. Like I did it once, I'll do it again, you know?

I had this friend of mine, and he basically said to me, he became a millionaire at a very young age, right? And then he lost all his money. And when he lost all his money, his dad basically said, "Move back home, you know, we will take care of you. It doesn't matter." But what are you gonna do now? And then he basically told his dad, "Who made himself become a millionaire? It was me, right?" He was like, "Yes." He said, "Well, I will do it again." And he did it again, and he's even richer now than he was before, you know? And I do not mean by this that you have to become a millionaire. No, I just mean that look at the drive. You know, it doesn't quit. Even though he lost all his money, he stood up, said, "I'll do it again."

And lastly, I want you to realize that you will be okay and wiser despite what happened. You did not waste those years, honey. You did not waste those years. You learned more in those years than some people will in their whole lifetime. And not only that, you literally decided to not only get out of it, but get better in spite of what happened. That takes a lot of courage.

Not only did you say, "Hey, listen, this is not for me. I deserve better, and I'm going to get better," but you also did the work and you're trying to get there. You're not just talking, you're trying every single day. You're trying, and that is extremely courageous. No matter how deep you have fallen, you still picked yourself up. And maybe we still aren't there yet, but at least now we have the knowledge and we know what we're capable of in order to move forward. You know what you can achieve deep down. You know what you deserve and what you can do to get there. There's a reason why your mind fights you so hard when you settle for something. It's because you know deep down what you deserve, and you know that you can get better than what you're settling for.

I know sometimes you see that glimpse of yourself, of the person you think that you're meant to become, of the person that is the best version of yourself, of the person that truly loves themselves fully. And every time you see that glimpse, you know why you see that? Because that is you. That is inside of you. The reason you see that is because it's already there. You only need to take the steps to become that person, but it's already inside of you.

Don't worry about, "Oh, why did I not change sooner? Why did I not realize this sooner?" Do you realize? And you decided to change now. Some people go through their whole life never changing and never seeing the problem, not in other people, not in themselves. At least you did realize. At least you're trying to change now. You should be extremely proud of that.

The fact that you can see that there's something wrong, that you don't want to be like this anymore or be treated like this anymore. And the fact that you can act on it and set your boundaries straight and be like, "I won't let anyone cross it anymore. I want what I want, even if that means that I have to be alone for a while, even if that means that I have to go through sadness for a while. I will trust the process, and I will trust that there's something bigger and better out there for me."

Because of that, I'm telling you truly, with that faith, with that courage, with that strength, and with that ability to go for whatever you want, you will get there. You will get there. Thank you guys so much for watching. I hope you guys enjoyed this video, and I just want to say that I am so blessed to have you guys. I am so grateful for all of you. I love you guys so, so, so much. Like the daily messages I receive, people that come up to me and tell me how they became more confident, oh, it literally makes my heart so warm, and it makes me so happy to know that other people are not afraid anymore to speak up, other people can love themselves in a way that I want them to love themselves, and they realize now what they deserve and that they deserve better.

I just honestly am so blessed to have this opportunity. I am so blessed to have this platform. I am so blessed to be able to share my thoughts and feelings with you guys. I am so blessed to have you guys listening to what I have to say. I am so blessed for you guys.

I am so blessed, and I thank God every single night for you guys. And I pray for you guys. And yeah, I hope anyone that sees this, I send you healing. I send you love. I send you money. I send you happiness. I send you health. I send you anything you desire. You deserve everything.

I love you guys. Bye.

HEARTBREAK AND FAILURE IS YOUR SUPERPOWER

HIGHLIGHTS & TAKEAWAYS

1. Embrace heartbreak and failure as opportunities for personal evolution and growth.
2. Seek closure and communicate with the person who caused heartbreak to aid the healing process.
3. Allow yourself to fully experience and express emotions, such as sadness and anger, without suppressing them.
4. Write letters to the person who caused heartbreak or to yourself as a form of emotional release.
5. Engage in shadow work to reflect on personal evolution and identify areas for improvement.
6. Evaluate the relationship objectively and acknowledge any unmet needs or crossed boundaries.
7. Prioritize personal needs and honor them rather than seeking revenge.
8. Focus on creating a better life and let go of negative experiences and emotions.
9. Combat limiting beliefs that hinder personal growth and the ability to find love.
10. Recognize that hurt and pain can lead to significant personal growth and transformation.

WATCHOUT FOR THESE TYPES OF FRIENDS

Summary:

Liz questions why people maintain friendships with individuals who drain their energy, spread rumors, and fail to reciprocate support. She emphasizes the importance of having honest friends who respect boundaries, uplift rather than bring down, and do not engage in negative behaviors like gossiping or betraying others. Liz advises listeners to be cautious of toxic friends and instead seek companionship with those who genuinely value and support them.

WATCHOUT FOR THESE TYPES OF FRIENDS

FULL TRANSCRIPTION

Is anyone gonna explain to me why we are friends with people that make us feel drained? Why are we friends with people that gossip about us? Why are we friends with people who we are constantly giving to and we're not receiving anything back? Why? No, no, tell me why.

Because if you think that you're constantly trying to uplift your friend, trying to help them, and they don't want your help, they constantly just complain about the situation, and you're trying to uplift them, where do you think you're going, huh? You're not going anywhere, honey. Nowhere, literally.

Do you guys choose stress in life? Like, imagine coming home to your apartment and you're stressed by the other person that's living with you. You are not gonna stress me out in my own place, honey. And as a friend, you are not gonna stress me out whenever I want to do something fun, and you're just this negative energy around me.

Oh no, guys, my name is this, and welcome back to my channel. Okay, so in this video, I am going to tell you the signs of a bad friend, of a toxic person. First things first, listen to me. Bad friends are not honest with you.

Okay, I was at a restaurant, right? Um, and I saw this girl coming in, and she had makeup on, but the makeup was done so badly. Like, she was as wide as me, but she had orange makeup on and you really saw that she tried to look good, right? This girl walks around, I swear, like everybody's laughing at her, and I felt truly so bad for her that I wanted to go up and say, "Hey, listen, maybe it's like, you know, not your shade. I don't know." Like, I wanted to help her in some way, you know? So, like, I felt bad for her.

But her friend next to her, I just want to say something. Why would you let your friend walk out like that? Like, why? I am the kind of person, if I am friends with someone, and my friends are like that too, if something is ugly about me or I don't look good or dress doesn't look good to me, oh, you best believe they'll tell me, you know? And I don't take it as harsh or anything because I know my friends want to help me and they want the best for me, you know?

Um, so I think a true friend should be honest with you. If there's something about you that doesn't look good, they can say, "Hey, listen, maybe you should fix this." Same way if they ask about a relationship, whatever, and then you see them really struggling, they're not valuing themselves. I am the kind of person, you know? I have this one friend, Sheila. She calls me, she's like, "Liz, I need your honest advice. This is the situation. I need you to talk to me, talk some sense into me." I go, she tells me, and I tell her, "You are an idiot. Yeah, an idiot. And you don't see your worth." Because, you know what? I get upset when people do not see their worth when they get treated like [__]. And they still stay in that same situation, and they still think that, "Oh no, maybe it's different." No, it's not different. Okay? If somebody does not respect you, they don't respect you. That's it. And you can see through their actions.

Another thing is, they always come to you for advice, but when you need someone, they're not there. Okay, so I want you guys to write down your number down in the comments, yeah, because I want a free therapist, honestly. Because that's what you are, just a free therapist. Like, what are you doing? What are you doing? And then you say, "Oh my God, I feel so drained after I meet up with her."

Yeah, of course you do. Of course you do, baby, because she basically or he basically dumps all this trauma onto you. Dumps only [_] and then you're left there with, like, "Oh, you have to pick up the pieces, you have to heal them," and then you're left broken.

It's not nice to constantly sit and hear somebody complain about themselves, but what about you, huh? What about you? Who's listening to you? Another thing is, they don't see it as a friend. They see you as competition. Listen, I had this actually, I've had this with almost all my friends. Whenever they become my friends, they do every single thing to try to look like me. Color same hair, like even the eyebrows, they color it darker, even get plastic surgery to look like me. This is honestly true. It happens. And I never see it as that, but my mom always says, like, "Liz, they're not trying to be your friend. They're trying to, like, do whatever you're doing so they look like you, you know?" Uh, this is creepy. You have to realize, does this friend want to be my friend or do they want to be me?

I had this one girl, she literally completely transformed herself into me. She would even go as far to, like, date the people that wanted me. So, like, whenever she found out that that person was interested in me, she would try to date them. Listen, the people that want to be you, yeah, they will try to date your boyfriend. They will try to do date your ex, whatever, to come as close as they can. They will try to get friends with your friends just to be as close as they can to you. But the issue is, they can never be you. Because as much as you try, as much as you change, I need the energy, the soul is never the same. You will never be that person. Insecure people that try to be someone else are dangerous, I'm telling you. These friends are dangerous.

Another thing is, they constantly spread rumors about other people. Listen to me, how are you friends with these people? Like, literally, how are you guys friends with people that spread rumors about other people? Like, they know it's not true. They know it's gonna hurt families. They know it's gonna hurt the person. Even this, these kind of things can lead to death. They're literally murdering someone. How are you guys friends with such a negative vibe?

And I'm telling you, if you think that that person that's spreading rumors about others will not do the same to you, honey. You are mistaken.

You are mistaken, and you're in for a big, big... right. I am telling you right now, if you have a person... No one in my circle literally spreads rumors about anyone. Like, doing gossip and stuff.

Yeah, of course, gossip is normal. If anyone would say, "I never gossip," that's not true. You're lying. You know, gossip is normal. You hear things, whatever, okay? Yeah. But nobody will be that, like, soulless, to create something about someone or to leak something or to betray them in some way. That's disgusting. Disgusting.

And how are you guys friends with them? Literally. And I'm telling you, you engage in this, tomorrow it will be you. And when it's you, honey, it's not funny. When it's others, when it's other people breaking down, when families are being torn apart because of you, when things are happening, it's all fun and games. But honey, when the roles get reversed and it's you, it's not funny anymore. And believe me, God sees everything. You will get back what you give, as well.

These are the same people that will reveal your secrets. They will spread your things around. What would you do in this situation? Do not tell them anything about yourself personally. Keep it very, like, you know, on this level. Do not go deep. Why? Anything you say can and will be used against you with people like that. These are snakes. People like that are nobody's friend, people like that, they will betray their own family. They are dangerous. Another thing is they bring your mood down. Imagine you're very excited, you're so happy, you like, and you meet up with them, and they're immediately like, "Why are you so happy?" Like, they always find something to ruin your mood and to bring you down, to bring you down to their level. So, that's why I'm saying, hang around with people that you want to be like. Do not hang around with low-life, dumb people, literally, because they are gonna always bring you down to their level. Misery loves company, okay? They're miserable. They want you to be miserable. Or, like, it's the same way, like, you accomplish something, you're so happy, you're like, "Oh my God, I graduated! Oh my God, I did this! Oh my God, I started my business, whatever." Okay? But you're not all that. Humble yourself, honey. Humble. For who? For you? Who are you? Who are you exactly?

With these people, I would say, keep the contact as limited as possible. Like, do not engage too much with them. Try to stay away and try, in the meantime, to look for friends that you actually value, that you want to be like. Hang around people you want to be like. If you hang around losers constantly, you'll be a loser. You know that is common. That is normal.

The thing is, they don't respect your boundaries at all. Like, literally. These are the kind of people you will say, like, "Hey, listen, I don't really like it when you do this to me, or I don't really appreciate it when you treat me like this." They'll be like, "You are sensitive. Oh my God, you're so dramatic." But watch when you do the same thing to them. Oh no, then it's not drama. Then it's very, very sad for them and so bad what you did. So that's why set boundaries with these people and be firm about them. You don't like something? Okay. When they cross that boundary, you say, "Hey, I didn't like that, and I told you I didn't like that. So you know what? I'm not gonna talk to you anymore because you keep doing it." Until they change, you don't give them that chance again to do it again to you. You know, because if they see that you're not serious about your boundaries, how are they gonna take it seriously? You don't even take yourself seriously. How are they gonna take you seriously?

Another thing is, they never suggest to pay for anything. Listen, I am a very generous person with my female friends. I always, like, if they want to come down here in the country where I live, I'll pay for the flight. I will pay for them, like, for everything, like their stay, everything. I don't mind paying for dinner. I just dislike it when I am constantly the one given, and it's not even suggested like, "Hey, should we split?" You know, I had this one friend, and I'm constantly paying for every single dinner, every single time, and I don't mind. But then, after like eight times, I was like, "Okay, listen, am I being used here? It's not normal, I think, especially between females. I think there should be splits, and I learned that now. So now, with all my friends, I'm like, "Okay, let's split," you know? Um, because that's easier.

For this, I would suggest, next time when you go somewhere, tell them, just already, like, "Hey, um, make sure you get your wallet with you or make sure you have money because we're going here." You know, make sure they know they will have to pay. Okay?

So, if they're constantly like, "Oh, you have a car. Can you drive me here? Can you do that?" Uh, constantly asking favors for everything or like, "You have an apartment. Oh, can I stay at yours?" Whatever. Stop doing that because people are using you. You know, there will come a point where you realize, like, "Why am I doing so much for this person? And what am I getting out of it?" Literally nothing. They always come to you with like, "Oh my God, they said this about you. Oh my God, I was here and I heard them saying this about you." Whatever, honey. Why did they say it in front of you, huh? Why were these people so comfortable to talk in front of you about your friend? Tell me. Tell me how that is normal. I know one thing for a fact, no one will ever talk to me about my friends, about my family. No one. Because I respect them, and they know I respect them. And it's not done. Like the minute they do, I will literally be like, "Oh no, no, honey. This is not happening." Because I will defend them, and they will never even dare to bring up the first letter of their name. But with you, oh, everybody seems to be comfortable. "Oh my God, they said this about me." Really? Why did they say that to you? I'm telling you, if you have a friend that constantly comes to you, "Oh, they said this about you," whatever, she or he is literally talking the same way about you. Because ain't no way that somebody will feel comfortable enough to say that to a real friend. They are ashamed to be seen with you. They're ashamed to tarnish their relationships. They're ashamed to turn into their reputation. They're ashamed to maybe even, they don't find you attractive enough to hang out with them. Lots of reasons.

Listen, if anyone is ashamed to hang around with you, well then F them, literally. Because don't you dare to let anyone make you feel less than what you are. You do not deserve that. Okay? If they cannot see your value in you, then you should not go there, and you should not talk to these people. Stop giving these people your energy. They do not deserve you. Because you will start to feel like you're worthless because they, these people, make you feel like you're worth less. Okay? But that's not true reality. It's all because of their feelings and what they're projecting onto you that you start to feel like that about yourself. But that's not the reality. Honey, that is not a reality, and don't you ever dare to make anyone feel ashamed to be around you. It's a blessing to hang around you, okay? A blessing. I would say, to this, is do not take it personal. These people are dealing with their own stuff. These people probably have low self-esteem, low self-worth, they're jealous, whatever. It's not about you, it's more about them. If they had to heal themselves from the inside, they would not behave like this. These are toxic people. It's not about you, it's about themselves, okay? These people are most likely very unhappy, but that is none of your business. Your business is to make yourself happy, and your business is not to make everyone else around you happy. Like, what are you, a little dum-dum? I don't think so.

I'm telling you, hang around people you want to be like. Find these people. Go anywhere, you can meet people easily, you know? Stop giving anyone the benefit of the doubt. Like, "Oh, maybe they didn't mean it," whatever. Listen, if they disrespected you constantly, they meant it. Okay? You're just not willing to believe it. So stop being delusional, start really seeing your own worth and seeing like, "Hey, listen, I deserve to be treated better than this. I am a good friend, okay? So I deserve a good friend. I am a good lover and a good partner, so I deserve a good lover and a good partner." And you do. So stop letting people walk all over you, have some backbone.

Anyways, guys, I love you so much. My cheeks got completely red because of this ring light. I can't do anything about that. But I love you guys so much. Thank you so much for watching. I hope you learned something. And please, do not disappoint me. Do not disappoint me, okay? Love you guys.

WATCHOUT FOR THESE TYPES OF FRIENDS

HIGHLIGHTS & TAKEAWAYS

1. Surround yourself with friends who uplift and support you rather than draining your energy.
2. True friends should be honest and provide constructive criticism when necessary.
3. Avoid friends who spread rumors and betray others, as they may do the same to you.
4. Recognize when friends see you as competition rather than genuine companions.
5. Set and maintain firm boundaries with toxic friends who disrespect or disregard your boundaries.
6. Be cautious of friends who constantly seek advice but are never there for you when you need them.
7. Avoid disclosing personal information to friends who are likely to reveal your secrets or use them against you.
8. Don't allow yourself to be constantly giving while receiving nothing in return.
9. Seek friendships with individuals you admire and who inspire you to grow and improve.
10. Remember that your worth should never be diminished by others, and it is important to distance yourself from toxic individuals.

WHY YOU CAN'T CHANGE

Summary:

The video discusses the importance of making changes in your life to achieve different results. It emphasizes the need to change habits, environment, and the people you surround yourself with. It also highlights the significance of taking accountability for your life, focusing on daily actions rather than just the end goal, and being open to accepting help and continuously learning.

WHY YOU CAN'T CHANGE

FULL TRANSCRIPTION

There's this quote that I absolutely love. It's, "Insanity is doing the same thing over and over again and expecting different results." It basically means your habits are what you are going to create your life with. So, if you constantly do the same thing over and over again and you're waiting for something to change, honey, nothing is going to change. You have to change certain things about your lifestyle, about the things you approach, about the people you allow in your life. All these things, you have to change. Otherwise, nothing is going to change.

A few years ago, when I was really, really depressed, I was watching this video of one of this YouTuber girl, whatever. And she basically was talking about this is her third relationship, and that for the third time, she had uploaded a YouTube video saying that, yeah, again, this guy um, like, abused her physically in the relationship. And this was the third guy, the third relationship, that did the same thing to her, right? And I was like watching it, and I felt bad for her. And then one comment, and it was a top comment, and it was most like, it was like, you know what? I don't even feel sorry for you anymore because you keep attracting those guys. It's literally your own fault. And I was thinking, that's so rude to say and so harsh, right? But that also gave me a reality check because it is, I was starting to think about it, but is it her fault though, you know? Because why is this thing happening over and over again? Why is it constantly the same person over and over again? And when do we really see the red flags, and see them as like, "Oh, maybe I should watch out now," or, "Maybe I should not continue." When do we really stop ourselves? So then, I really start to look at my own situation. And then I was looking at myself, and I was like, "Hmm, Liz, you're constantly complaining about that your life is not changing, yet you're not doing anything different than what you're doing every single day, which is basically locking yourself up in your room. Like, are you going outside even to have a little walk? No. Um, are you like engaging with other people, being social? No. Are you even eating properly? No, none of that." So how can I expect something else to happen if I do not do different things?

Hi, guys! My name is Liz, and welcome back to my channel. Okay, in this video, I am going to tell you some of the reasons why your life might not be changing or nothing is evolving, nothing's happening. Okay, first things first, it might be your environment. Okay, the country that you live in or whatever. Why do I say this? In the beginning, when I was starting my social media journey, when I was starting off, I grew up in a country that is very nine-to-five-minded. Um, if you look at the country where I grew up, we don't even have big artists. Like, it's not a thing, right? We don't have big YouTubers. We don't have it. So, I felt really suffocated in that country because I wanted something really big, like, I wanted it. But I couldn't have it. And even when I was trying to open a business, the way they tax you for your business is insane. Like, 50 to 70 percent for business owners, which is insane, you know? You will never get rich that way in that country because it was not designed for you to be rich or to be successful, whatever. So, I really had to look at myself and be like, "Okay, listen, I probably will not be able to achieve what I want to achieve in this country because the mind is too small for me. I want bigger things." So, I moved to a bigger city, that's where you have people that do social media. Where, uh, a lot of entrepreneurs are here. Um, even if you look like down the street, you see really expensive cars. You see all these expensive things. And you start to open up your mind to like, "Oh, wow, this is really possible." And it's really actually very easy to attract money and to make money. But once you start to see that, that's when your mindset also evolves. But when you are stuck in a country where you don't see these things on a regular basis, or it's very weird to have it, you start to believe that it's not possible for you.

That's why there's this analogy that says, if you put a fish in a tank, it will only become this big. But put the fish in an ocean, and it will flourish and maybe, you know, become a shark, let's say. Um, so that's why it's very important. What can you do in this case? Start looking for a job in a different country, okay? You can apply to different jobs, uh, like whatever job it is, you know, whatever the job is, it does not matter, as long as you can, like, expand your mind when you see different things, when you surround yourself with different people, right?

Um, as well, you can date someone that is from the country that you want to live in, which is what I did. Like, I literally met my partner. He was living in this country, and he was like, "Liz, uh, I want to get to know you better. Let's move you here," you know? And that's what I did.

You are surrounded by toxic people, like, constantly. Listen, toxicity and family is very hard. Why? You might be too young to move out. You have no choice but to stay there, whatever. I get it. I was in that situation. It's not nice. But honestly, like, if it keeps being toxic and you cannot survive there anymore, and you are of an age that you can move out and get your financial in order, get a job, then do that and move out, you know? Because being constantly surrounded by toxic people and environment, you will become so depressed to a point that you don't even recognize yourself anymore. And I am telling you, when I got out of, like, um, that whole, like, bad vibe, I could look back and I was like, "How did I survive all of that?" Because in the moment, you don't realize any of it. You do not realize. You're just in survival mode. You constantly keep going, keep going. But then you put yourself completely out of the situation and you think like, "Oh, finally I have peace." Now, that way it comes down on you, you're like, "Oh my God, what did I just go through for past years?" That's family, right? So, sometimes you might not get out. Whatever, in that case, surround yourself with people that support you, surround yourself with create a family outside of your home. Uh, start to look for people that support you that are like, "Come on, like, you can do better," you know? Um, that try to help you in any way that can elevate you. Just if they even cannot elevate you or do anything, just someone that supports you and says, "Hey, you know what? I believe in you and I don't think that your dreams are too big or too crazy." That's enough for you to evolve, honestly.

Well, you are too focused on other people. Listen, maybe you are in a relationship that's toxic and you're completely like trying to pull the person up. Like, "Come on, let's get there, let's get it," and they don't want. Or your friends are like that and you're constantly trying to pull them up and they don't want. And you keep like focusing yourself on other people and healing them and helping them. Honey, like, it's not working like this, okay? You cannot help other people when you cannot even help yourself. It's a really harsh lesson that I had to learn because ever since I was young, I was always trying to help everyone, like, literally everyone I could see, I would want to help, right? But I had to learn, like, "Hey, Liz, enough is enough and you are helpless yourself and nobody is offering you a hand. So, you should offer yourself a hand and you get yourself out of the you put yourself in."

Because you know what? Sometimes it's not even other people, sometimes it's you. And you need to take accountability for how your life is going. You can look yourself in the mirror and be like, "You know what? Like, I don't want to be like this anymore. I don't want to hurt like this anymore. I don't want to be treated like this anymore." That's when things change, and that's when things shift for you. Why? Because you shifted. It is very normal that your life is gonna go like this, up, down, up, down, like after you decide that you want to change.

Because you are stepping out of your comfort zone. You are stepping out to do new things. But new things lead you to a different life. Are you gonna fall back into old habits? Yeah, probably you are. That's very normal. You know, the habits that you have created, you probably had them for years and years, and maybe your parents had them. It goes a long way. But then when you can say, "Hey, listen, this ends with me, and I am gonna change. Now, I'm gonna be the cycle breaker." It's very hard, and you'll fall back, and then you'll pick yourself up, you'll fall back, you'll pick yourself up again. But that's a journey, and you have to appreciate the journey because at least, even if you're crawling, you're getting there. You're doing something, and you're not being stagnant, and you're not settling for a life that you do not want.

If you are too focused on the goal and the habits, okay, what do I mean by this? Basically, it is all about what you do every single day, right? Imagine you want to lose weight, and in your mind, you think like, "Oh, this is my goal. I want to weigh this much." Okay, what do you need to do to get there? You need to eat healthy most of the time, right? Do not focus on, "Oh no, I'm not there yet." Focus on, "Okay, today did I eat healthy? Was most of my food healthy? Did I move today? Did I drink enough water?" Like, whatever, you know? If that's a yes, then okay, perfect. You know, and you keep going like that consistently every single day, and like that, you will reach your goal. But if you're too focused on, "Oh no, I need to get there, and I need to get there in this month, and whatever, and this fast," slow down. Slow down and just focus on what you need to do every single day to accomplish that. And every single day, it's not going to be like, "Oh, perfect." You're not a perfect human being. You're probably gonna fall back. But then the next day, do it again, and do it again, and do it again.

You stop trying when things get tough. This is how losers are created, honestly. I'm just being honest with you. When things get tough, they're like, "You know what? That's it. Enough. I'm not gonna do anything anymore." If I had stopped trying when things get tough, I would not be here at all. Like, at all. I would just not be doing anything. Maybe I would not even be alive, literally. Why is life worth living for me if I should stop trying when things get tough? That's not how warriors are made. Maybe I have an advantage of this because I came from a very traumatic place, but that's why when you put me in a stressful situation, I thrive the best. I do not thrive in peace. I thrive when you give me stress because that's how I, I literally, I feel at home, which is not nice, it's not good. But that's one of my biggest reasons that I can also be successful. The thing is with me, I cannot quit. Okay, I have goals for myself, and I owe it to myself to get those goals. Why? Because I have abused myself enough, literally. I have let myself get abused, and I have abused myself. Because sometimes, honestly, it's also you that's the problem. It's not always other people, you know? I have done things to my body that really hurt me. I did things to my mentality to hurt myself. I need to take accountability for that as well. That's why I have this hunger, and I have to win, because I know what it is to have nothing. And now that I do have big things, oh, you best believe I will be appreciative of them. I will count my blessings, and I will go as far, you know? What my mentality is: How good can this get? How far can I take this? How amazing am I, really? I like to test myself. How far can you go, Liz? How far?

Another thing is, you cannot accept help. Listen, this is the biggest lie I've ever heard that people say, "Oh my God, I am self-made. I did it all by myself." No, you did not. Like, humans never did anything by themselves, ever. You know, because even imagine you go to a job interview, right? Dude, you don't have a car to get to that job interview.

You take the bus. That bus driver helped you to get there. That employer hired you, so he helped you to get a job. Everything in life is constantly people helping each other. It is the way it is. So you can't be like, "Oh, I never accept help from anyone." You do, you do. Even if you travel, you literally trust the pilots with your whole life. You accept help from him, right? He has to get you from A to B, right? Safely. Stop creating this line in your head. You can't accept help. So instead, if people offer you something, or they offer you a job or something, or they know someone and they want to help you in some way, accept the help. You know, you want your life to change, accept help from other people, and that's it.

You stop learning. This is a big issue, because if your mind is not evolving, you're not evolving. I really thrive on knowledge. I seek knowledge in my partner. I really, really, every single person I've ever dated has been extremely highly intelligent. Because I really like to even learn from my partner. I need them to be intelligent, so I am constantly challenging myself. I constantly read new books. I listen to new things. I listen to different subjects. I even listen to people's other opinions that I do not agree with, because I want to understand where, what are their standpoints, where are they coming from, right? So, I'm really open to receive information. I'm open to receive different opinions, right? But if you're sitting and you're watching so many stupid things, like the amount of stupidity on the internet right now, what they're posting and what people are watching is insane. And you're just literally wasting your life on this. Start actually listening to things that can evolve your mind, that can make you smarter. Start going into subjects that you maybe never found interesting or start to learn something new. Even start to learn a new language. Go to different, uh, go meet different cultures, go travel a little bit, see different people so you can open up your mind, so you can see different things. Because if you're constantly watching one thing, you're surrounded by one type of people. Um, you're never going out or anything, you, your mind is very close-minded, right? But then you meet lots of people, you meet different opinions, you see, uh, you see different cultures, all these things. Your mind really starts to open up, and then you also become less judgmental towards people because you understand how people are dealing with different things. You know, you start to understand people on a different level.

Another thing is, you do not care about your health. Listen, your gut, right? Where all your food, everything comes, it's so important. Like they even called your gut the second brain. That's how important it is because what you eat 100% affects how you feel, your mood. Everything. If you're gonna eat constantly processed foods that are filled with chemicals, that are they're not going to benefit you because, believe me, these foods are not mates to benefit you. I know it's a cliché, eat healthy, walk outside, drink water, whatever, but you know why it's a cliché? Because it actually works and it's actually true. You know how you will feel even worse about yourself if you eat constantly fast food, you're sluggish, whatever. You drink constantly, you wake up the next day, you have a headache, you feel literally bloated constantly. These things will make you feel even worse about yourself and less motivated to actually do something in your life or to actually change something about your life. This is really, really important.

You know how even, I don't want to even go deeper into the brain, but the brain chemicals change because of what you eat. Really, look up how food affects your brain.

Another thing is you are not patient. So basically, you want what you want and you want it now, and that's it. You want to change like this overnight. It does not work that way. How long have you been this person, probably years, maybe your whole life? You have been this person, and you expect to change tomorrow. It doesn't work that way. It simply does not work that way, okay? You need to start understanding this. It will take time for you to change. I, even I, am constantly changing every single day and constantly, every single day, I realize new things about myself. I realize toxic behaviors of my own self because of things that I haven't dealt with in the past. You know, I ignored certain things, certain traumas, and I like put them away in a box. But then, you will have certain people in your life that will come into your life to trigger those traumas, so you learn from them because you were not willing to learn before. You will have to learn now, it is just the way it is because we are on this Earth to constantly learn and to constantly evolve. That's it. You have to be patient. It will not happen tomorrow, maybe it will not happen next month, maybe it will not happen in a year. You will constantly go up, down, up, down. But I promise you that if you do, if you create new habits for yourself, even in six months, your whole life will look different. Literally, you create a new mindset. You watch what you eat, you go, you care about you, be mindful about walking around, about moving your body, about what you watch, about what you learn, about what you eat. Every single thing, what you listen to, your life will change if you do this consistently. There is no other way. But you have to be willing to do it, and you have to be willing to be patient with it as well.

Look at your life and think, is this what I want? Or is this what other people told me that I have to be? You know, because sometimes our parents, they tell us, "Oh, I want you to be this. I want you to be a lawyer. I want you to be a doctor." So constantly, you're striving for this. You're studying, you're studying, but then you're unhappy because maybe that's not what you wanted, you know? So really sit back, even journal about it, and be like, "What did I want and what was taken from me?" and start to honor what you want. Stop listening to other people's wants and needs because at the end of the day, they do not have to live your life, okay? They do not have to live your life. They're not in your shoes. Why would you be miserable and suffering for other people? Why? Because you made them happy, maybe, and they're fulfilled. But what about you? Are you fulfilled? Are you happy? Who are you?

And stop looking at people on social media with their whole lifestyle and everything and think like, "Oh my God, like I'm not doing enough. I cannot change anymore." We also realize that maybe just normal life is good for you. Maybe you don't need a mansion. Maybe you don't need these things. Maybe you don't even need lots of money. Maybe enough is enough for you. So don't look at these people and think like, "Oh, I have to be where they are at their age." You don't. And they're not even there, like, you guys don't get it. You know how much it also costs to sustain the life they're living? Because as much money you think they have, they also have to pay for lots of things. It's expensive. So realize that maybe enough is enough for you, and that's okay. Like, stop striving for crazy things if that's not what you want.

I forgot to mention, maybe you do not believe that you deserve a good life. Maybe you do not believe unconsciously that you deserve to change. Maybe you believe that this state of your living is what you deserve because maybe you made mistakes before. Maybe you don't think of yourself as a good person, or maybe you think like, "Oh, other people deserve it more than I do, right?"

You should really change this mentality because it doesn't matter whether other people deserve it more than you do, whether you made mistakes or whatever. If something is for you and if something is meant to happen for you and you can feel it and it's actually meant to be, then it will happen regardless. God gave that thing to you and not to that other person. So stop being so ungrateful for this feeling. You thinking that you don't deserve something is you not being grateful because He gives you that idea, He gives you that feeling in order for you to accomplish something big. And you being like, "No, other people deserve it more." Who are you to even question that? Who are you?

Just go with what you feel and go with what's meant for you. Thank you so much for watching, guys. I hope you guys learned something. And yeah, I'll see you guys in the next video. I love you, guys.

WHY YOU CAN'T CHANGE

HIGHLIGHTS & TAKEAWAYS

1. "Insanity is doing the same thing over and over again and expecting different results." If you want your life to change, you need to change your habits and approach.
2. Reflect on patterns and take responsibility for attracting certain experiences and people into your life.
3. Your environment plays a crucial role in your personal growth. Consider moving to a place that aligns with your aspirations and offers more opportunities.
4. Toxicity, whether in family or friendships, can hinder your progress. Surround yourself with supportive individuals who believe in your dreams.
5. Prioritize your own well-being and personal development before trying to save or help others.
6. Take accountability for your life and make a conscious decision to break cycles and change.
7. Focus on daily actions and habits rather than solely on the end goal. Consistency and small steps lead to long-term success.
8. Don't give up when faced with challenges. Keep pushing forward and learn from setbacks.
9. Accept help from others. Recognize that everyone needs assistance along their journey, and being open to support can accelerate your progress.
10. Continuously seek knowledge and learning opportunities. Challenge yourself to grow and expand your mind.

STOP DATING BROKE GUYS

Summary:

Liz expresses frustration with the expectations placed on women in relationships and encourages them to have higher standards for men. She advises women to expect more from men, not settle for the bare minimum, and prioritize financial stability. Liz also emphasizes the importance of self-respect, not accepting disrespectful behavior, and keeping options open while dating.

STOP DATING BROKE GUYS

FULL TRANSCRIPTION

Listen, I am really upset with women, okay? I don't know who did this. It was definitely not me. It was not me, okay? But whoever did this, stand up right now. Like, stand up right now because I know some of you women out here have been making these men so spoiled. They want new things. Now they want even more things that women already do. Like, we already do so much, but now they want more. Now they want flowers, now they want money. Now, do you want everything?

These days, women are expected to be mothers, women are expected to be a chef, women are expected to be, you know, cleaner and nanny, every single thing. Your personal therapist, and then, you know, giving all of our energy to you, making sure you're this big man. And then, on top of that, people decided to say, you know what, let us also split the bill, let us pay for these guys. I just want to know who did this. I want to meet this person in a dark alley, and I just want to talk.

We, as women today, have no more expectations for men. We, as women, are happy when that guy acknowledges that he's dating us. If he does that, he's the king. Oh my God, he told his mother that he's dating me. Oh wow, amazing, what a wonderful guy. But did he tell his mom as well that he's dating 10 other girls at the same time? Listen, I'm tired of this, okay? And I am gonna show you guys in this video how to accept, stop accepting the bare minimum. It is done.

We, as women, we need to do better because these men are becoming spoiled. Hi, guys! My name is [Name] and welcome back to my channel. Okay, first things first, what we are gonna start doing is having expectations for men. Men have so many expectations for a woman. Okay, you're supposed to carry his child. You're supposed to be a virgin as well. You're supposed to be very beautiful. You're supposed to never age. Um, you're supposed to let him do everything he wants. You're supposed to be his personal therapist, nanny, cleaner, chef, everything. Um, but don't you dare, as a woman, expect anything from that man.

You want a tall man? How dare you! How dare you ask for a tall man? No, no, no, no, no, no. You should accept him being ugly and you should accept, on top of that, him being broke as well. Because don't you dare, don't you dare as a woman say that you think money is important. No, no, no. Immediately, they will start to go into a whole meltdown, calling you a gold digger. How dare you want money? How dare you want to use this poor man? Honey, you don't have any money. There is nothing to be used. There is no gold for us to dig because you have no gold. You should not be worrying about gold diggers. You should be worrying about being broke as well.

These men love to say, "And what do you bring to the table?" Honey, there is no table for us to sit at. You have no money to buy the table. We're sitting on the ground. So rather ask, "What do you bring to the ground?" And besides that, me personally, I do not sit at empty tables. I sit at tables that are full. I don't need to bring anything else than my presence, my personality, who I am, and my beauty. I sit there, and that's good enough for the guy.

"What do you bring to the table?" It's a broke I talk. No guy that is actually willing to provide and actually take care of a woman will ever tell you, "What do you bring to the table?" Shut up! So start having expectations. Say, "Hey, I want my man to have this, this, and on top of that, I want my man to have money. Even if you don't feel comfortable to take money from the guy or whatever, he has to work. Okay, you find split the bills, but make sure he makes money as well."

Another very important thing is, do not date broke guys. Do not date guys that have no money, have no job. Do not date them. Now, what is a broke guy? A broke guy is a guy with no ambition, no drive. Some man with ambition and drive will always have money, will always find a way to have money, you know? Uh, but a broke guy that expects you to, like, uh, give him money, that, like, doesn't want to do anything and feels like the whole world is against him and he cannot figure it out, whatever. Do not date these guys.

Okay, this is all fun and games. Like, a guy doesn't have to have money when you're in your teenage years. It's all fun and games. But when you are a woman over 21, okay, we all know what financial stress is. And especially when your man cannot provide anything. Me personally, I am not attracted to guys that have no money. I am simply not. I am attracted to money. I'm attracted to power. I am attracted to a man that is in his masculine energy and is willing to provide and protect. That is what I want in a man.

I am truly telling you, if a man is not willing to provide for me, I would much rather date a woman. I like to take care of them, of the woman, I will go into my masculine energy, and I will take care of a woman. Why? Because, honestly, a bit more beautiful to look at. And I don't want to hear about, like, no, like, "I can take care of myself. Like, I can do it on my own. I can do it on my own as well." Like, right now, if I leave my relationship, I can take care of myself and seven children. Literally, I can live a luxury lifestyle on my own with my own money. But why would I do that?

So, broke guys are very insecure. Okay, when they see a woman making money, when they see, like, a woman providing for them, whatever, building them up, they start to disrespect that woman. That's not the woman they want. Okay, and once they are there and completely built up, they will actually leave you for the woman that they do want because they do not respect you. They see you as, like, a competition. They do not see you as a lover or their partner. Why? Because these guys are not in their masculine energy. Men thrive on success. Men value themselves as well on their successes. So, this guy does not respect himself. So, if he does not respect himself, he will not respect you.

You don't go through lanes to defend him. Listen, the minute one of his friends says, "Oh my God, your girl is so ugly," or, "Oh my God, your girl's a hoe," you know how quick they will be to dismiss you? They'll be like, "Oh yeah, you're right. She's a hoe. Uh, yeah, she doesn't look that great." You know why? Because men don't like women. Men like men. Almost everything they do is for the validation of other men. But we, we fight with our own mother, with our sister, with our friends when the guy does something wrong and they say, "Hey, listen, he disrespected you." No, no, he didn't. "Hey, listen, he's quite ugly." No, he's not. It's just a bad picture. Uh, it was a bad day. No, no, honey. He hasn't been looking like this his whole life. Stop applauding and praising small things he does.

Okay, so imagine he treats you like complete - like, so badly, has no respect towards you. But you know what? The other day, he bought you flowers. And you go to your friend, to your mom, you're like, "Yeah, but he bought me flowers." Well, honey, that is very embarrassing of you. No, that is really embarrassing. If he just does these things and it's just always nice, like a good guy. You know, he's buying flowers, he's writing me poetry, writing me letters, buying new stuff, gifts, and all things. That's nice, you know?

You should say, "Oh, thank you so much, and we appreciate it from them. That's very nice." But him just doing something so small or like, "Oh yeah, he cheated on me yesterday, but tomorrow he's gonna take you out for dinner." Okay, um, no, that's not working. And do not apply these. Do not appreciate these. You know what? Get your ass up and leave out of that relationship because there's no respect there.

Another thing is, accept that you cannot change him. Listen, I love it when girls say, "Yeah, he will be different with me. I have that effect on guys. I can change them." Honey, you cannot do anything. And you know what? Whilst you're at it, there's a whole line of 10 girls waiting to change him. So why don't you guys collectively, yeah, start thinking about a plan about how you guys collectively can change this man? This is who they have been for years, and maybe their whole life. And you come in and think like, "Oh yeah, I will change him." I'll check. Listen, his own mother cannot even change him. Who are you? Like, sit down. Okay? And stop trying to change men, improve them. Okay? Do not let them talk or treat you disrespectfully. Keep these guys in check. Listen, if you are having an argument and this guy is calling you a or a hoe, this is not normal. Okay? And you should say that from the beginning. You do not talk to me like that. Because women always let these things slide. "Oh, it doesn't matter. He was angry at me, whatever." And that's normal to you, calling you a hoe, that's disrespect to you. This guy does not respect you, by the way. Never in any of my relationships has a guy talked to me like that, and this has been a long-term relationship for years. When we had an argument, it has always been an adult conversation. "I didn't like it that you did this," he told me. "I didn't like that you did this or reacted this way." Okay, and we resolve it. This is communication. But don't you dare in your life call me a hoe or a, because baby, I'm out. You do not talk to me like that.

And I have told my friends when their guy was talking to them like that, even in an argument, I told them, "Do not accept this behavior because this is gonna turn physical." If they feel comfortable talking to you in that way, later on, they will also start to feel comfortable touching you, pushing you, even assaulting you and extreme, extreme lengths to go to analyze you. This truly happened and what I said came true. The physical violence did happen, the abuse did happen. And then the women are shocked.

Yeah, but why did you first fall? Did not keep the check when they talk to you like that? You keep these guys in check and you leave when you see the big red flags. You leave. You do not stay because this person will not get better. You show him you can talk to me like that, don't know what will you do. He'll become nicer? When? Where? Where has that ever happened?

If you are in the dating phase and you're not in a relationship, you're just dating, getting to know each other, keep your options open. Okay? Who starts, literally? Like, you know what women do? They see one guy, they go on one date, and they're like, "Okay, this is the guy I'm gonna marry, have seven children with him, whatever. He's my guy." You know what the guy does? Keep his options open, goes on another date, like, she's this one, whatever. Why? Because guys think with their mind. They think, "Okay, which one would be a good mom? Which one would I want to introduce to my mother? Which one is a good fit?" They want to see, you know? They don't put all their eggs in one basket.

But we, as women, oh no, I immediately, we want you, I want you. And then we get disappointed when we're ghosted, when we get, when we get hard work we get disappointed. Okay, but why in the dating phase did you literally date one guy and that's it? Why? And make sure they know you're keeping your options open. Make sure that, literally, because women are like to be like, "No, you're the only one. Oh, I love you the most." Blah, blah. When I started dating my boyfriend, he literally asked me, "Liz, are you seeing other people?" I'm like, "Yes, I'm dating other people." And then he was like, "Okay, I have to win this girl over because there is no way that I want her to be in a relationship with another man."

And on top of that, that makes you look very desperate because it's almost like this girl has no options. Like immediately, she'll throw like one guy she sees that she will latch on to him. Then the guy thinks like, "Oh, no other men want her." And like I said before, did you listen? Men like men. So when they see a woman is very desired by other men, they want that woman as well.

Some of you women are dating literally a guy that is everyone's man, and everyone knows. Everyone knows that this guy is a cheater, and he's not even hiding it from you. And you go into this thinking, "Oh, I want a loyal guy." And then you date him and then he cheats on you and you're shocked. Honey, why are we shocked? Hmm, why are we shocked?

Some girls go on to date rappers, artists, whatever, that I have with them just on substances. They literally don't even know where they are. And I'm gonna tell you honestly, they barely even know you. Like, I can literally tell you, you can put two girls in front of them, they will not know which one the girlfriend is. Why? Because mentally, they're not even here. They're constantly on substances.

So this guy then cheated on you and then you're also shocked. Who are you guys dating? Think with your head and not with your emotions. We as women need to stop thinking with our emotions. We need to start thinking with our head. When you meet a man, in your head should be, "Okay, will this guy be a good husband? Will this guy be able to provide what I want? Will this guy be a good father for my children?" Think about these things.

Okay, he doesn't have money, but he'll get better whenever. No, no, no. Don't let these things slide. You think a guy would literally date you if you were not looking like he wanted you to look? No. You think he would wait until you get, like, beautiful or hot or whatever? No. Simply, he'll be like, "You're not my type. Bye." And they also go on to just ghost you without telling you anything, making you feel very insecure. Your ego is hurt and heartbroken.

So, we should start saying, "Okay... are you a Brokey? Yeah, I don't want you broken."

Never tell a man you have no one besides him. Listen, women think this is cute. Yeah, you're my only one in my life. I don't have any friends. I don't have any family. You're the only one. How dangerous is this? No, no, no, no, no. How dangerous is this? Because you are literally telling this guy if you murder me tonight, if you take my life, nobody will care, nobody will know because I only have you. Congratulations, very smart move.

And if you have already told him that you don't have any family members, whatever. First thing you can do is you can make up something. You can say like, "Oh yeah, I contacted a family member here. Um, you know, I have family that I'm talking to." Whatever, you make something up. Or what you actually do is you make friends. Make sure you have friends, even if you don't see them. Make sure you always text someone. Make sure you have someone that knows about your situation, knows about your relationship because these things can get very dangerous. And when a guy knows that you have no one besides him, you know how easy you are to control. You know how quick they will be to manipulate you. Do not do that to yourself. Make sure you always keep a social life and keep having friends. Keep having hobbies. Keep having things to do.

Listen, if you don't want friends, have hobbies. Have people you know, act like, um, as like the hobby. Whatever you do, have people you know. Go out in social because otherwise you will become so attached to this man to a point where you will become insecure. Even if he goes out with his friends, you start to become insecure like, "Oh my God, what is he doing?" Whatever. And men can smell insecurity, and nothing is more off-putting than an insecure and desperate woman. It is extremely unattractive. So even if you are insecure, work on your insecurities in private, but do not let him know that you are insecure. If he wants to go out, say, "Go have fun." Go. Who is my Queens?

I hope you enjoyed this video. I hope you learned something. And you know what? Stop blaming yourself if the relationship did go south and, uh, it didn't work out or he cheated on you. We women, we always like to blame ourselves. "Oh, maybe we are not prettier. Maybe I was not good enough." No. The guy you're dating was just a piece of **. Okay? He literally, nobody would date him. Literally, the fact that you dated him made his value go up. Look at some guys that are celebrities. Nobody would date them if the woman that were dating him were not dating him.

Nobody would even bat an eye at them.

Those women make them something, literally make them look attractive in front of this other woman because otherwise nobody would even look at them.

So that's how much power we hold.

The fact that he can say that he's dating you, it's a blessing.

So you better start acting like a blessing.

Okay, guys, I love you guys so much and I'll see you in the next video.

Bye.

STOP DATING BROKE GUYS

HIGHLIGHTS & TAKEAWAYS

1. Women should have expectations for men and not settle for the bare minimum.
2. Financial stability should be a priority when choosing a partner.
3. Men who don't provide and rely on women financially are insecure and disrespectful.
4. Women should not tolerate disrespectful language or behavior from their partners.
5. Changing men is unrealistic, and women should focus on self-improvement instead.
6. Keeping options open while dating helps avoid disappointment and desperation.
7. Women should be aware of men who have a reputation for cheating and substance abuse.
8. Thinking with the head rather than emotions is crucial in relationships.
9. Women need to prioritize self-respect and not tolerate mistreatment.
10. Women should be cautious and consider a potential partner's qualities as a future spouse.

HOW TO DEAL WITH BULLIES AND HATERS

Summary:

Liz discusses how to deal with haters and bullies. She advises not to give them attention or energy, as their power only comes from the reactions they receive. Liz suggests not having empathy for them and instead having empathy for oneself, as bullies often come from a place of insecurity and jealousy. She also recommends mirroring their behavior, not sharing personal information with them, and taking their actions seriously by reporting them to people in authority.

HOW TO DEAL WITH BULLIES AND HATERS

FULL TRANSCRIPTION

These days, everyone has been asking me, "Liz, how do you deal with your haters? How do you deal with bullies?"

Okay, listen to me. First of all, I do not deal with haters anymore. I think I used to be very much more involved. But as of right now, I do not read my comments. I don't know what is being said about me. I mean, sometimes I hear it, but I'm not really involved with them. Why? Because I don't want to give them my energy. I don't want to hear it. I don't want to see it.

I'm in my own little bubble with just the people I love, with my cats. I'm good, you know? I'm good. I'm minding my own business. I'm doing my own stuff. I'm upgrading my life in silence. I'm not bothering anyone. So why should I allow someone to bother me? No.

Okay, the only power haters have over you or bullies have over you is the power you give them by you giving them a reaction. But if you take that away, they do not have any power over you. It can only make you feel bad if you allow them to make you feel bad.

On top of that, with haters, I realize, you know, someone in somebody that's successful, somebody that's beautiful, somebody that has a lot of self-confidence, self-worth will never go and write something nasty or create rumors or do very nasty stuff. Nobody who's actually living a successful and happy life does that. It's always the miserable, ugly-looking Gremlins that want to talk. But, baby, instead of worrying about other people's faces, about other people's lives, look at your own.

Most of the time, it's jealousy, it's envy, everything that's involved. But at the end of the day, I do not care for them. No.

Recently, I went to visit my family in the country where I grew up, and I met up with a friend that I hadn't seen in a long time, and she basically told me about a girl who reached out to her again, who knew that me and her were friends. She basically told my friend all these stuff about me that people were saying. And then my friend told her, she was like, "But why are you telling me all this?" Like, it's all obviously a lie. And then, why are you telling me this? And then she goes, like, "Yeah, just so you can tell Liz what people say about her." And what will I do now? Will I cry? Like, I like the fact that I'm talked about. Do you guys not get it? I want to be talked about. I think haters are my biggest fans. You have my regular fans, and then you have my super obsessed fans, AKA haters, because they will watch a video and they will constantly watch it until they find something that they can take out of context and they can run with it for, like, years and years and say, "Oh my God, she said that, she said this." But like, my other fans are just normal. They'll just watch it, think whatever they want, and they'll leave. Like, really, like, what will I do now? Oh my God, no, people are talking about me. Why am I on social media? To not be talked about? Are you insane? That's so dumb. I saw a painting that said, "There's one thing worse than being talked about, and that is not being talked about." And that made me really realize how true that is. Because imagine, nobody talked about me. Nobody even cared for who I was or what I did. Like, I would not be successful. In this video, I will show you how you can deal with bullies, haters, bullies you can have in school, you can have at your job. This is literally a very good video for anyone. I have been bullied in my own home by abusive parents and always in school. Like, I was always bullied. So, I can give you the best advice.

Hi, guys! My name is Liz and welcome back to my channel. Okay, let's get right into it. First things first, do not have empathy for them. Listen, I really, I am a very empathic person. So, I am the kind of person I would always put myself in other people's shoes, right? So, I had this girl. She used to bully me when I was in high school. And constantly, she was bullying me. She would make fun of my looks, everything. And I always felt bad for her because everyone was saying, like, "Yeah, it's because her dad left them. She's very traumatized because of that." Then I'm thinking, "Oh, that's so sad for her." But now I'm thinking, like, I literally, at the same time, I was growing up with an abusive parent that was abusing me every single day. And I did not act like that towards anyone. So, at the end of the day, I do not have empathy for them anymore because you can literally decide what you do with what happened to you. Yes, life is unfair. Things happen. You did not deserve it. But how can I, just because I was abused as a child and all these things, go on to grow up to do that to someone else? I would never because I know how it feels. I know how damaging that is, even saying something to someone. I do not feel good if I made someone upset because of my words, because of anything. I literally would not be able to sleep at night.

These are the type of people they feel comfortable in this, you know? Like people say, "Yeah, but it's hard for them. You know, they grew up very harsh, whatever." No, you know what's actually hard? Growing up that way, growing up in an abusive household or being traumatized, whatever, and then choosing to not be like that. Because that's the only thing you know. But if you choose to be like, you know what, I am not gonna do this, I am not going to continue this, that is actual strength. Doing the same thing that you have been taught because that's the only thing you know, at all victim mindset. So sorry that this happened to me. Yeah, actually, nobody cares what happened to you. True. You should take responsibility for what happened and you should deal with that, and you should not go out and bully other people or hate on other people because you have issues. That is not my issue or anyone else's issue. That is for you to fix. Do not have empathy for them. Have that empathy for yourself. They are putting you through something that is not okay. They are putting you into something that is not nice, regardless of their situation. I could not care less about their situation. I do not care. You should look at yourself and be like, "Am I being treated badly? Have empathy with yourself."

Another thing is, stop trying to be nice to them. This is a mistake we make because we think, "Oh, if they're bullying us, we should be nice to them. Maybe they'll be nicer to us. Kill them with kindness." This never works. This does not work. Why? These people do not know what it means to be kind. These people do not know what niceness is.

I actually tried this once with my abusive parent. I grew up and I was sitting down with this person at the table, and I was like, "Okay, maybe, you know what, like, I should just be nicer to this person because then this person will like me more." So then I remember we were having a conversation and stuff, and I was just being normal and whatever, and then I said something nice to this person, which I hadn't tried before. I swear, I never got scolded more in my life. The reaction was insane. Like, literally, and I... I literally left the table crying.

This person completely turned because I was nice to them. These people do not know what nice is. To them, it's a threat. So, if you're trying to be nice to them, that will actually make them even more angry and make them even more upset. But what do you do instead? Instead, every single person, whether it's a bully, whether it's a guy, whether it's whoever, you mirror them. The same energy they give to you, you give to them. Same with bullies. Like, they're cold to you, they're distant, they're mean to you, whatever. I'm not saying go provoke them and be mean back, but keep your distance. Then, do not try to get closer to them. Okay, you keep your distance. You do not engage with them. You just be on your own, whatever, but mirror them. Do whatever they do to you. If you're texting a guy, right, and this guy's being cold and dry to you, whatever, and you're trying to be nice and keep the conversation going, no. You are cold and dry as well. You give them exactly what they give you. This works like gold. Like gold.

I had this one friend of mine. He has issues at his job, whatever, and this one guy who was working with him, his coworker, he constantly was digging at him and throwing jabs at him, whatever. And he would let it slide. He was just trying to be nice to him so he would like him, right? But then I told him, "You should start mirroring him. Do exactly what he does to you. Give him the same energy." So, with that, I meant like if he's being passive-aggressive, so he makes comments that are not nice, but he says it in a way where you can't really say, "Hey, that was not nice." You know, being passive-aggressive, you are being passive-aggressive back to him. You give him the same way he's treating you in a cold manner. You treat him in a cold matter. When people start to mirror them, that's when actually the person also starts to see what he is doing wrong.

Now, this thing is, don't tell them anything about you. Do not share anything personal. Do not share anything pictures, nothing. Do not try to befriend your bullies or whatever. Do not, do not go there. Like I said in my last video about friends and all these things, these people are nobody's friends. These people don't like themselves. When somebody doesn't like themselves, they will not like you. It doesn't matter. They will betray you. They will do whatever. You will be in so much trouble. Do not share anything personal with this person because anything you say will be used against you. Imagine you shared something or already have something that they know about you, or they want to expose something about you, or a picture they have, or a video or whatever. Have no fear. Tell them, "lick it, do it." You take your power back by having no fear. When somebody is not scared of anything, they have nothing, nothing on you. Because at the end of the day, the only thing they feel powerful of is your fear. The only thing they're feeding off right now is your fear.

I learned this with my abusive parent when I was younger. All of my siblings and we would all get abused. We were so scared of this person, everything. But then when we grew up, we started to really speak up for ourselves and we started to defend ourselves and defend our other siblings when anything happened. And that's when it really showed how small this person was. He was not powerful at all. We made him powerful because we gave him constant, like, "Oh, we're scared of you. We're scared of you." We gave him that constant fear, so he was feeding off of that. But when we started to speak up for ourselves, he totally lost his power.

There was no more fear. And that's also when he left. The only thing they have over you is your fear of them. Fear nothing.

The thing is, take nothing lightly. Listen, when bullies become physical with you, right? And even if it's like a little push or whatever. I had this one friend of mine, and she basically, nobody would ever bully her because this girl, one time we were in class, and this one guy, like, he pushed her but playfully. This girl went down on the floor and started yelling, "Ah, he hurts me, Miss! He hurt me! I'm in so much pain! I'm a heart patient!" And like, a whole, like, I've never seen something like this before. By the way, this girl is still my best friend. Like, I love her so much, but it was insane. And after that, nobody ever dared to touch her because she made it so big. And even though, like, the principal came, everyone was like, "Oh my God, is she okay?" Like, everyone was so stressed because she made it so big and I, for example, I would let that comment slide. I would, like, even them hitting me, I would slide. "Oh yeah, it's just jokes, it's just jokes." It's not jokes, okay? You are the joke. You are a joke, literally. They're making fun of you. So now, if I would be in high school again and I would do it all over, oh, I would be the biggest drama queen ever. Anything they say to me, I'll go to the principal and sit there for like 10 hours. I don't care. Like, complaining all day. I will get the police involved. I would do anything, literally. Like, I have no shame. Literally, if you feel uncomfortable about something, I don't care. If you go onto the floor, cry your eyes out, start yelling, whatever you do, anything that is so dramatic that it will not ever happen again.

And don't think it's weak to appear like that in front of other people or, "Oh, like, you lost the fight." Honey, I'll lose your fight any single day. Because I do not fight. I literally don't fight. With whom am I gonna fight? Why? Why should I fight? I'll fight you in court, yes. But I don't have physical fights with anyone. Imagine they do something to my face or something. Or they break something. That's disgusting. Tell people in authority. Tell your boss. Tell your principal. Tell the police. I do not care. Here, go to people in authority. Don't think that is weak. Don't think that it's snitching. No, people lose their lives over this. This is your life. Your life is important, okay? You can actually do something about this when you tell people in authority. And you should bother these people because sometimes even people in authority will not help you. They're like, "Oh yeah, whatever, it's not that big of a deal." No, bother them. Bother them. Bother them until you actually get what you want.

Change schools. Change your working environment. Change your city, your environment, your country. Anything where you feel like you're being treated in a negative way. Anything where you feel it's a negative environment for you. Where you cannot thrive. Where you're being bullied. You change that place. It is not weird to go to a different country where you feel better. It is not weird to change schools. No, whatever you need to do to have mental peace and to have peace in your life and to actually start healing from the things they put you through. That is amazing and you should actually do that because that's what's best for you.

Do not think that it's weak or that you're running away or that they will think you're weak or whatever. The weakest human beings are the ones that bully others. They're so weak. They're so pathetic. They're so ugly. Come on, focus on upgrading yourself. Focus on healing yourself.

A lot of times we don't understand what kind of trauma and bullying brings. We just shrug it off, "Oh, whatever, it was in high school, whatever." No, those things actually leave an imprint on you, even in your adult years and whatever happens. So focus on healing that. Focus on talking to people, talking to a therapist, writing it down, journaling. And focus on really creating a higher sense of self-worth, of self-confidence. Upgrading yourself in every single way possible. Focus on anything that you feel is best for you.

And at the end of the day, haters and bullies will become fans. Literally, the people that have believed me, literally, the people that have hated me are literally fans now. And it's just embarrassing. Like, you know what haters? I love haters. They're so easy to manipulate. If you can make someone hate you for no reason, you know how strong of an emotion hate is? Like, I can make them love me as well, like, so quick. I'm just like, I love to manipulate these people. Like, I can say anything and they're mad and triggered. And then they send all their energy to me just because I made them mad. But they're so easy to make mad. I think any day is a good day when I hate a crier. Anyways, guys, don't let yourself get discouraged. Like, make yourself feel bad about these ugly low-life people, like, genuinely. Um, just focus on yourself. Focus on doing everything possible to keep your safety because that's the most important thing. You are actually the strongest one out there, and all the people that were bullied before are successful now. It's always like that because God really blesses you, and He did that with me, and He will do that with you. So do not worry, it will all be okay. And do not fear them because of your fear, you're giving them power.

Okay, guys, thank you so much. I love you guys so much. I hope you guys learned something. And yeah, I love you. I'll see you in the next video. Bye-bye.

HOW TO DEAL WITH BULLIES AND HATERS

HIGHLIGHTS & TAKEAWAYS

1. Don't give haters and bullies your energy; ignore their comments and reactions.
2. Haters are often miserable and insecure, so focus on your own life instead of worrying about them.
3. The power bullies have over you is the power you give them through your reactions.
4. Empathy should be directed towards yourself, not towards bullies who mistreat you.
5. Being nice to bullies rarely works; mirror their behavior and give them the same energy they give you.
6. Avoid sharing personal information with bullies; they will use it against you.
7. Fear gives bullies power, so be fearless and stand up for yourself.
8. Take physical bullying seriously and report it to authorities, even if it means appearing dramatic.
9. Seeking help from people in authority is not weak; it is essential for your well-being and safety.
10. It's important to remember that your life is valuable, and you have the right to protect yourself from bullies.

TIME TO GET CONFIDENT BABY

Summary:

Liz shares advice on building confidence. She emphasizes the importance of having a "Would you buy it?" mentality, where you believe in yourself and your abilities before expecting others to do the same. She encourages focusing on what you can control, such as self-talk and attitude, and avoiding comparison on social media. Liz also discusses setting boundaries, letting go of things beyond your control, the significance of communication skills, creating routines, earning money, and maintaining positive body language.

TIME TO GET CONFIDENT BABY

FULL TRANSCRIPTION

2023 is about to come, and we are gonna get confident right now, right here.

Hi, guys! My name is Liz, and welcome back to my channel. Let's get right into it.

First things first, I want you to create a "Would you buy it?" mentality. What do I mean by this? "Would you buy it?" mentality is basically when you are a business owner and you're selling a product or you're selling a service. That product and service has to be so good to you, right, that you would even buy it yourself. Because if you would buy it yourself, you can sell that thing with conviction, and people are much more likely to buy it and actually feel some authenticity in what yourselves.

You need to create this mentality about yourself. Look at yourself and think, like, "Would I date myself?" Yeah, because at the end of the day, if we really become comfortable with ourselves, if we really work on ourselves, if we become self-aware about our pros and cons, we can become a person that is attractive to ourselves, and other people will be attracted to that. When you would date yourself, when you can literally look at somebody like, "I would date myself," I literally think that I am an amazing human being, other people will feel the same way.

Focus on what you can control: your self-talk, your words, how you talk about yourself, how you talk about other people, your attitude towards life. Is it, "Uh-oh, no, I'm the victim," or, "You know what, I'm gonna fix this. I do not see problems, I see solutions."

Look at on social media. Are you looking at things that make you insecure and that make you compare yourself? Or are you looking at things that can educate you, where you can learn new skills? The people that lift you up, make you feel more positive. Foods you eat, what you put inside of your body. If you constantly eat fast food, processed foods that make you feel sluggish and bad about yourself, or if you actually want to put good nutrients inside of your body because you care about this vessel.

Your boundaries. How firm are you on them? How do you allow people to treat you? Are you serious about them? You can't have boundaries but not be serious about them. If you say, for example, "This is my boundary. I do not like it when you do this to me," but then that person does that and you just allow them to do it, then okay, you're not serious about your boundary. So that person is also not going to be serious about your boundaries.

Do not focus on things you cannot control like your past. Your past doesn't exist. The past is literally not there. It's only a thought in your head. It does not exist. That's it. Your future, you also don't control your future. We do not know what is going to happen. We can try our best to make it the best possible outcome, but at the end of the day, we do not know what is going to happen. Other people's beliefs, other people's opinions, who cares? Literally, who cares about them? Like, it's about you. You are the main character of your life, so start acting like it.

Other people say or think about you. You know, my mom, she said this to me. There was a thing, and she said, "Liz, you can go live flat on the ground for people to walk all over you, and those people will start complaining that you're not flat enough."

It's true, people. You cannot control them, not their beliefs, not their thinking. It's none of your business what other people think about you. Is none of your business.

Confidence is about knowing who you are, right? If you do not know who you are or have to define yourself, focus on who you are not. I, for example, I know that I am not a vengeful person. So I'm the opposite. Like, I forgive. I do not forget, but I forgive people. I know that I'm not a lazy person. I know that if I want something, I will work for it. I'll have the discipline to work for it and actually get what I want. Or that I'm not an uneducated person. I like educating myself. I like learning new skills. I like listening to other people's opinions and other people's beliefs. I like always making my mind bigger and bigger and more open to new things.

Take a paper and write down, "Who am I not?" And that way, you can become more self-aware of yourself. What you can also do is go on Pinterest and look up Shadow work questions. Shadow work is basically trying to figure out who you are, and it relates to childhood. You'll see all these questions pop up. Write them down and answer the questions for yourself so you can create that connection with your...

Create routines. See, why school, why we are in school is so amazing is because we have a routine. We wake up at a certain time, we have to go to school. Then in school, we have this, less than we have, uh, break, whatever, and it's a whole routine. Our lives are based on routines. But then when we get out of school, we're left out and like adulthood, and we don't know what to do. So now it's for us to decide what do we do. But in order to make your life more structured, you need to create new routines for yourself. For example, I wake up, I like to go to yoga, I like to go for a walk and I like to do a gratitude meditation. I like to do my skincare. I like to shower myself. That is routine for me. And then I also have a nighttime routine before I go to bed, right? So I have routines. A routine when I wake up because it sets me up for a really organized day. Obviously, you won't feel like doing this every single day. I have days where I don't follow my routines or something happens. You can never predict things. This is okay, right? But I have the basis of what my routine is, so even if I don't feel like it, I can kind of know what I'm going to do the next day because I have a base routine.

Get your money up, not your funny up. Listen, if you are out of a job right now, just go find a job anywhere, anything. Literally, the one thing I have always done in my life is I have worked because I wanted money. I do not feel confident in myself if I don't have money because I... I like... I can't. I can't even go out with my friends. I'm not the kind of person I will allow my friends just to pay for me and stuff. No, I will stay home literally if I have no money because I do not want to go out and then my constantly paying for me.

Um, so I see confidence in my successes. I see confidence in the fact that I have a job, I have money. It doesn't matter what kind of job you have, okay? It doesn't have to be your career job, whatever. Something to make you money. I literally cleaned toilets when I was 12. I would literally buy waffles in a whole pack, right? And I would sell like one waffle door to door. I would decorate it and I would sell it door to door for like hours and hours on end, like knocking on every single door. And I would make money that way.

I will always focus on trying to create money for myself and people with this kind of drive that have always had that, they really do become successful because they do not care about, "Oh, it's an embarrassing job, whatever." No, I worked even with grown men carrying heavy boxes because that would make me money. Now, at the end of the day when I did accomplish, like I am very well accomplished, thank God. Um, and I did everything I want, I can walk with confidence because I really feel proud of myself. And I am confident in myself and in my abilities because I can see, Liz, you can do whatever, literally whatever. I set my mind to, I can accomplish because I have the drive and I have the will.

The art of communication, communication is one of the biggest reasons people can be confident, people can be successful. The way you talk to people is very important because you can leave an imprint on them, and you never know who you're talking to. It can be a person that can literally change your life overnight because people always focus on the outward and the physical appearance, which is also important. I'm not saying that's not important, but physical will only get you so far. The way you talk to people and the way you make people feel when they talk to you is a big, big positive thing and is a thing that will get you so far in life.

I remember, um, I was talking to my neighbor once when I was living in a country where I grew up, and I was just talking to her. I never talked to her before, and she literally, at the end of my conversation, she stopped me. She's like, "Liz, you should literally do something with communication because the way you talk is insane, like literally, you should do a career that has something to do with communication." And before that, like, I didn't know, I was going to do YouTube or things like that, you know, and I'm like, "Oh, okay, so my communication is very important in all aspects of life: your relationship, everyone who has been in a long-term relationship knows it all comes down to communication. If you are not able to communicate correctly with your partner, the relationship will also not last. Family, friends, everyone, bosses, every single person around you, you should learn how to communicate with people.

I have read books about this, so one book that helped me is 'The Art of People' and the other one is 'How to Win Friends and Influence People'. These two books are very good about communication and how can you learn to communicate better.

Literally, go out and socialize with people. You can learn all the books you want, you can get all the knowledge you want, but at the end of the day, if you do not mingle with people and if you don't surround yourself with different types of people and talk to them, you cannot put this into practice and you will fail at this.

So, if you talk to different people, you will see they these people are kind of weird, they have weird quirks. Everyone is kind of different, different cultures, different mentalities. Also, when you travel a lot, you see this.

But then, you also learn like, 'Oh, okay, with this person, I have to be like this because in life, we have to be kind of like a chameleon.' You cannot act the same way with everyone because it will not be received the same way, you know? People have different cultures, different beliefs. So what you, for example, say to a very open-minded person, you cannot say to a very religious person because it will not be received the same way.

It's not that you're not being authentic to yourself, no. It's more that there should be a certain respect also with other people and their beliefs. When you go out and you talk to lots of people, male, female, you will learn so much, not only about them but also about yourself, in the way you react to them, in the way you're able to communicate with them.

Start wearing glasses and look people in the eye, and this is a practice. Why? Basically, I grew up and I was always told to look down, always told to look down. So that was ingrained in my mind, I always have to look down. Now, listen, if you're in a business setting or if you're just talking, you will look so insecure if you're looking down and you are not able to look that person in the eyes. It's insane, it's like literally a killer.

So what you need to do, start wearing glasses outside, make them like, I have really black glasses and I would wear them and I would start looking people in the eyes when they're walking by. Obviously, they cannot see that I'm looking at them, so I felt more comfortable with practicing this. I actually started to feel more comfortable to look at people when I'm talking, while I'm in a meeting. So, this thing really helped me. Wear glasses and start looking people in the eye, doing things you find cringe or uncomfortable in public. So basically, I find it very, I used to find it very cringy to, like, record TikTok videos while I'm walking outside or anything, and I would be like, get ashamed immediately, right? But I started, like, you know what, let's just do it, and like, you can get red if you want, it doesn't matter, you continue, because that way you are teaching yourself that it's okay. This is not something so big, and at the end of the day, those people do not care. They're not looking at you. And the more you do that, the less things you will have that you will feel uncomfortable about.

The thing is, your body language. Make sure you, like, look up, look up. That's so important. Shoulders back, but it doesn't have to be crazy. But make sure you're not walking like this, you know? Look at this, how does this look? It doesn't look confident. But look how I'm standing, like, chest up, shoulders back. And you literally talk like this, talk with your hands. Make sure you're not scared to take up the room when you walk somewhere. Don't constantly look at your phone, put your phone away. Look around, start walking with your head up high.

When you enter a room, don't look at your phone, don't look down when you enter it, don't, like, hide away. No, open the door and enter the room. Look around and then say, "Hi, can I have a table, please?"

I'm so delusional. Listen, if you could go into my mind and if you could see what I think that I can accomplish myself, you would call me crazy today. But the people that called me crazy before, for what I have right now, are all saying, "Oh wow, she actually did it."

So when you are delusional and you actually believe that what you're trying to do (and it has to be a good thing, I'm not saying do, like, bad stuff and become delusional about that, no, no) - good goal that you want for yourself and you're so delusional about, you know what, no matter what, I'm gonna achieve this. You are going to achieve this because it's the energy you're radiating, it's what you are manifesting, it's what you're telling yourself. And our brain is the most powerful thing ever. What you believe about yourself will be your reality. Even the way that you think about yourself can affect other people's reality about you. Because I have noticed when I am walking out and I look at myself, "Oh damn, I look fine today," and I'm really happy about the way I look, other people start to compliment me a lot. But when I have like a day where I just feel uncomfortable and I don't really feel that good and I just want to be, you know, in my little shell, but I still have to be out, I can see the reaction from people is totally different as well.

Literally, the way you think about yourself affects other people's reality as well. Listen to meditations, affirmations that make you feel confident. I do this when I am doing my skincare or whatever. I have this one affirmation, or meditation, whatever, that I listen to. I really like it. I'm gonna put it down below, and it's basically like constantly saying, like, "You're beautiful," things like that. But it doesn't really matter because you can see like, "Oh no, that's toxic positivity." No, you're training your brain to listen to something constantly. And if I am listening to something that says to me constantly, "I'm beautiful, I'm beautiful, I'm beautiful," listen, I'm gonna believe I'm beautiful just because I'm constantly listening to them. It's the same way if I would listen to a meditation or affirmation that says, "I'm ugly" constantly, I would also start to believe that.

And the brain is wired to believe negativity over positivity. So we ourselves already tell ourselves what is wrong with us constantly. So to refresh your brain, listen to something that will actually lift you up. Another thing is when you are walking around, put on some music that makes you feel confident. Or even when you wake up in the morning, put on some music that makes you feel confident. Stand in front of the mirror, start dancing, you know. This raises your vibrations as well, so instantly you will become more attractive. And also, it just makes you feel comfortable with yourself. So listen to that even while you're walking.

If I just put on a badass song and I'm walking, honey, I feel like I literally own those streets. Let's start making decisions that are best for you. A confident person does what is best for them. People even like to call them selfish. No, they're not selfish. They always know that their needs have to be put forward first because they know that they are the most important person in their own lives.

I've liked this friend, and he's extremely, extremely wealthy. Like, really, really wealthy. And one time, I was invited for dinner, and there were a couple of other people there, and there was also a producer there. And this producer guy was constantly talking to my friend, like, "Oh yeah, and there's this project I love," and really trying to impress my friend, constantly, constantly. It went on for 30 minutes. I felt bad for this producer, so I started to give him, like, "Yeah, like, I am interested," because my friend wasn't giving any reaction at all, like, nothing. And then after that guy finished talking, I swear, my friend didn't say a word to him. He finished talking. This was after 30 minutes. He looks at him and he says, "After 5 PM, I do not talk business" and he just continues with his dinner. I was so shocked because I was literally like, "Oh my God, how powerful was that?" He does not accept anyone to cross his boundaries, and that's also honestly why this person is so successful.

Even in the ways you eat, what you choose to put in your body, what you choose to watch, everything. Every single time you choose to do something, it's a decision. You decide what is best for you, and you start making those decisions because that way you start to trust yourself more. If you make the right decisions, that way you will also become more confident in yourself and see.

Comparison is believing that you cannot have it. Okay, listen. I have never been a really envious person, ever. If someone became successful or someone had something, I would always see that as motivation because I would look at it and I would be like, "Oh my God, yes. So, I can accomplish that as well. If they can do it, I can do it as well," you know?

Envy is literally thinking that you cannot do it or you do not deserve it, but that is not true. You will never miss out on what is meant for you, and that is very peaceful. If that person has a certain thing at that age, that is what was meant for them. What you have right now is what was meant for you, and you have to create peace with that. Don't focus on what they have, focus on what you have, and believe that you can accomplish this. Believe that you deserve that as well, and see it as motivation.

Confidence is not a certain look, right? So, create an aesthetic for yourself that you feel most comfortable in. Really look at your style, look at who you are, and start to look for different aesthetics. You can look this up on Pinterest, like different aesthetics, whatever, and choose the one that is most your vibe.

For example, if you feel more comfortable with a classy aesthetic, if you feel more comfortable with sporty clothes, if you feel more comfortable with a baggy style, whatever it is that you like as an aesthetic. Confidence is feeling comfortable in yourself. You don't have to create this fake aesthetic that you don't feel comfortable in.

Sometimes, I myself don't feel comfortable in dresses or these things, you know? So, if I don't feel comfortable, other people would see it, and I look quite insecure because I'm not comfortable in what I'm wearing. But other days, I am comfortable, so that I do choose that aesthetic. So, start to think, like, what is my vibe? What is my aesthetic? Do not force yourself into certain things that you do not like because it will show that you're forcing it and that you're not being authentic to yourself.

No, whatever that is that you like, even if you like more darker styles, like, emo aesthetic, that's also so cool if you're confident in that. Besides all the aesthetics, keep yourself clean and well-groomed. This is so important. Make sure your hair is clean. Make sure you take care of your skin. Make sure you take care of what you put in your body. Shower, all these things are so important. Make sure you have your dental checks. Make sure you go to the hospital when something is really wrong. Just make sure you keep up with your health and well-being because that is one of the most important things: healthy from the inside, beautiful from the outside.

Sometimes, you might be insecure because you think, "Oh, I'm not getting enough attention" or whatever it might be. It could literally be the environment you live in. I have known many women that have moved countries and were shocked by how beautiful they found themselves in those other countries, you know?

I had the same experience. Like, obviously, I think I am genuinely an attractive person, but some people are more shocked by my attractiveness than others. It can be other nationalities that look at me and I'm like, "Whoa," you know? And then I can go somewhere else, for example, where they have different beauty standards, and there I am not that attractive.

Become comfortable with your body and realize that no one is perfect. Listen, no matter how much I try to look my best and whatever, I know I will never be perfect. There will always be someone out there that is more beautiful than me, and I am okay with that. There will always be someone out there that is smarter than me, funnier than me, everything. They can explain things better than me, whatever. But they're not me, and that's it. And that's good enough for me. I am me with things that I cannot fix. There are even physical things that I don't like or that I'm like, "Oh, I would much rather prefer that it was not there." But still, I just accept it because what can I do about it? Like, I literally cannot. There are certain things that you just cannot change. Even if you try to do plastic surgery, whatever, certain things you cannot change. Certain things are genetics and whatever. So become comfortable with that and realize that you will never be perfect. No one is perfect, actually. It's draining to constantly strive for something that is just not there. Stop thinking that, "Oh, perfection exists." No, there's even this model. She was talking about the fact that she was so beautiful already, like on camera and stuff. She said the way they edit my photos when they release it is insane. Like, I have literally cried about how they release my pictures because they completely edit everything. It doesn't even look like me anymore. That's why we get a false image of what we're supposed to look like, but nobody looks like that. It's artificial intelligence. It doesn't exist.

Also, become comfortable with your body. For example, I took belly dance classes. Oh my God, I have never felt more comfortable in my body. Literally, I don't know what it was, but it was like this energy and the way you move your body, it feels so good and comfortable. And you walk out of there feeling so confident about yourself. Anyway, with yoga, I was actually listening to a doctor that said that yoga is one of the best things a trauma survivor can do because they have seen that that was most effective with abuse survivors. Because they learn to trust their body again. They can see how their body can move. They also yoga has breathing exercises, so that makes them calm down as well. Yoga is very, very good. It's also very good to balance yourself completely from the inside out.

Uncomfortable with your own company? These days, people do not want to be around themselves. They constantly look for someone to hang out with or look for someone to date because they cannot be alone. I honestly am the quiet opposite. I need time for myself. I literally tell even my partner, like, "Please, can you just leave me alone?" Like I want to be alone, and maybe just with my cat or something, you know?

I really enjoy my own company because I really think that I am really amazing. Like, honestly, I would be my own best friend. That's how much I enjoy my own company. I like to sit with myself. Sometimes I do nothing. I just stare at the wall. I like it. It's fun to me. But obviously, do not take it to the extremes because when you are constantly alone, you will isolate yourself and you will also not know how to deal with people anymore or how to socialize. And that way, you will become more insecure because when you are in a social setting, you have anxiety. You don't know how to talk to people.

And do this by taking yourself out on dates, going on walks with yourself, talking to yourself, hugging yourself, giving yourself a little kiss. Every single thing you can do. Looking at yourself in the mirror, telling yourself you are so beautiful, you are so smart, you are so magnetic. Oh, I love your aura. Treating yourself as you would someone you love. Sometimes I buy myself flowers. Sometimes I buy myself gifts. I like it.

Not sit with people that constantly disrespect you. I used to do this, and I used to always slide it off and be like, "Oh, they don't mean it that way, whatever." No, because then when you actually make your voice heard and you say like, "Hey, listen, when you do something really big and you're like, 'Hey, listen, I didn't like that you did that to me,'" and then they will call you sensitive and you're too emotional because you let all these other things slide before and you continue to engage with them once they were disrespecting you. No, I'm not saying after a small little thing you blow up and you leave, whatever. But if there's continuous disrespect and continuous manipulation, if this person is telling you, "I will change and I will do this," but the actions do not line up with what they're saying, then you leave. You do not sit somewhere or someone is disrespecting you. You do not. That is a sign of very low self-worth because you can say, "I don't care," but what you're actually saying is, "I don't care about myself."

Don't get offended or threatened easily. See, I'm the person I don't like to get disrespected, but I'm also not the kind of person that will get offended by anything and everything constantly, and oh, you have to walk around eggshells? No, I'm really chill, you know, but I have my boundaries, and you will not cross my boundaries. Do not get threatened easily, honey. If you know who you are, if you know what you're capable of, no one can threaten you. What will you do? Who are you? You think I'm afraid? No, honey, sit down.

Give people their space. If somebody says to you, "Hey, listen, I don't want to hang out with you today," or even your boyfriend says, like, "Hey, listen, I need some space, whatever," don't immediately go freak out and be like, "Oh my God, why is that love over?" No, sometimes people like to be alone and they need their own space to collect their thoughts. We are still individuals, even if you are in a relationship. Give people their space because if you're gonna latch on and be like, "Why? Why? Whatever," it looks so desperate. Now, say, "Okay, fine, have your space, do whatever," and you go do your own thing, have your own space as well.

Then realize, you are the main character of your life. If I even have to think about the fact that my sister or my other siblings or my mom, like, they have their own life that doesn't revolve around me, I'm shocked. Because in my head, it's literally all about me. But then sometimes I sit back and I'm like, "Huh, wait, they also think about themselves like that? Like, it's in their head, they also think about their own lives." And that's just insane to me.

But realize that you are the main character of your life, so start acting like it. Do what is best for you. Hang with people that want the best for you. Start taking opportunities that are the best for you. Because at the end of the day, you are your main character. You are living your life. Have expectations for other people and yourself, and be unapologetic about it.

Listen, if you want something in a partner, if you want something in friends, if you want something looking for a boss or a job or whatever, yeah, you can have expectations and you can ask for things. Don't let these people manipulate you into thinking that you're asking for too much. No, you're not asking for too much. You're asking the wrong person.

And also, have expectations for yourself. Say, "Hey, Liz, for example, Liz, I expect you to be like this. I expect you to do this, whatever, blah, blah." People can say, "Oh, no, that's being harsh on yourself." No, I want to have expectations for myself. If I have no expectations, what will I do? I will do nothing. So really write down and think about it. What are your expectations for yourself? How do you expect yourself to be? How do you expect yourself to show up. How do you expect yourself to act? Start doing gratitude meditation. So, I have been doing this now for the past month, every single morning. Like, it's a five-minute one. I will link that one down below as well. And it's just in the morning, I sit and I just think about how my body serves me because that's also what she says in the meditation. And it really makes me feel so grateful.

Grateful people can look at what they have and how abundant they are. So, in that state, you can attract more abundance. Realize that you create your own reality. Whatever you think that you deserve or whatever that you think that you can have, you will attract. And that's it. If you think that you don't deserve a good relationship, if you think that you don't deserve to have money, if you think that you don't deserve to have beauty, confidence, all these things, you will not have it. You will simply not have it because you create your own reality. Whatever you want will happen because you will create that for yourself.

Do what you can with what you have now. Do not think, "Oh, I don't have this, I don't have that." No, no, no, no, no. Start focusing on what you do have and take what you do have to the next level. Like, you can literally create from nothing. You have billionaires today that came from being homeless. These people do not complain. These people actually do what they can with what they have. And that's how you become successful. That's how you become confident, instead of constantly complaining. See, look at your situation, be like, "Okay, this is what's going on, this is how I am, and this is what I can do to fix it or to create peace with them." You realize what kind of blessing you are. Start talking, acting, walking like a blessing because you are. Imagine being old and looking back at your younger self and thinking like, "Oh my God, why was I so insecure? Like, I had everything. Why was I so insecure?" Right? That's so sad.

Literally live your best life right now. Like, enjoy it. Do silly things sometimes. You'll have such bad days, but enjoy them as well. At the end of the day, when you're older and you can look back at your life, at least make sure you look back at a life that was worth living. Look back at it and say, "Yeah, I was that girl. I was that girl."

Anyways, I love you guys so much. I will see you in the next video. And yeah, I hope you guys learned something. Bye-bye.

TIME TO GET CONFIDENT BABY

HIGHLIGHTS & TAKEAWAYS

1. Develop a "Would you buy it?" mentality to sell your product or service with conviction, making others more likely to buy it.
2. Cultivate self-awareness and become a person you would be attracted to, increasing your confidence and attractiveness to others.
3. Focus on what you can control: self-talk, attitude, and how you consume media and nourish your body.
4. Set and uphold boundaries seriously to ensure others respect them as well.
5. Don't dwell on the past or worry excessively about the future; focus on the present and make the best of it.
6. Don't let other people's beliefs or opinions define you; prioritize your own growth and happiness.
7. Confidence stems from knowing who you are and what you stand for; explore who you are not to become more self-aware.
8. Create routines to bring structure and organization to your life, setting a foundation for success.
9. Prioritize financial stability to boost confidence and feel proud of your accomplishments.
10. Master the art of communication, as it plays a crucial role in building relationships and influencing others positively. Also, practice confident body language and avoid excessive phone use in social settings.

REALISING THESE THINGS WILL CHANGE YOUR LIFE

Summary:

Liz discusses the importance of taking control of one's life and making positive changes. She emphasizes the need to identify and overcome self-sabotaging behaviors, question ingrained beliefs, take responsibility for one's own reality, practice self-control, and do what others are not doing. Liz also highlights the significance of choosing quality relationships over toxic ones, trusting oneself, and focusing on personal growth rather than seeking validation from others.

REALISING THESE THINGS WILL CHANGE YOUR LIFE

FULL TRANSCRIPTION

You might be waiting for something to change. You might be waiting for something to happen—a miracle, a blessing, anything—for you to actually change and do something. But honey, nothing is going to happen if you do not decide to take control and actually change something in your life. Nothing is going to change. Nobody is coming to save you, and honestly, nobody is obligated to save you. Not your mom, not your sister, not your brothers, not your father. No one is. No one owes you that. You owe it to yourself to actually get up and do something about your life.

It's even funny to think that an external source should help you or save you when you don't even care enough about yourself to do that for yourself. I was that person once. I had a victim mindset. I thought that somebody needed to come and save me until I actually changed things about my mindset, and my life completely changed.

In this video, I will show you how you can change your life and what you actually need to do. So please keep watching.

Hi, guys! My name is Liz, and welcome back to my channel. Let's get right into it.

So, first thing you need to do is realize your own self-sabotage. Self-sabotage can look like, for example, you're not willing to accept help. You don't accept even compliments from people. You isolate yourself constantly. You abandon people or you create something before they hurt you because you don't want to get hurt. You have to realize, "What are my self-sabotaging behaviors?" For me, what my biggest self-sabotage was, I had very low self-worth. So, in that case, I became like, I would accept anything that anyone does to me because I had no boundaries and I did not feel worthy enough to stick up for myself. I didn't value my own life. I literally could not care if tomorrow I was not alive anymore. Honestly, I think I would have been happier if I was not alive anymore.

So, in that mindset, I was like, "Well, whatever. I don't care about myself." So, if someone treats me badly, I'll accept it because I don't care anyway. So, what happens for me? I tended to attract people that started to use me, abuse me, things like that because I would just allow it to happen. That's the only thing I knew my whole life, so for me, it was normal, it was comfortable. Until I actually was like, "Wait a minute, I can actually say no. You are not allowed to treat me like that. You will not treat me like that. These are my boundaries. You will not cross them."

And when I realized that I can actually say that, my life changed and the way people treated me changed. I read a quote recently that said, "You do not attract toxic people. Toxic people go to everyone. You are just allowing them to stay." And that's the issue. That is so true because they're not picky. Toxic people are not picky. They will go to anyone who is ready to, like, pull them in. So, if you're ready to nurture toxic people, if you have very low self-worth, they will latch on to you. All these toxic people, narcissists, everyone—they will latch on to you because you're easy for them. You're a victim.

Really look at yourself and think, "Okay, in what ways do I sabotage myself, even when I have a healthy relationship?"

Right now, I have a very healthy relationship in my life, and it's been so hard for me. I had to work on this for almost a year now, where I had to literally be okay with peace and be okay with a good person.

Because even my partner, who would constantly tell me, "Liz, I know that you grew up in an environment where abuse and fights were normal," but he's like, "I'm not willing to give that to you." Because I would create fights with him because that's what I wanted. I wanted that, like, what was comfortable for me, what I knew all my life—someone to fight with me. And then I could say, "Look, look, you're the same, you're exactly like everyone."

But he was not willing to give that to me. He's like a very calm, stable person. Doesn't fight with me. It's always very respectful. So then I was like, "Whoa, this is really hard for me to accept someone that does not hurt me." But then I could really look at myself and I could realize, "Whoa, I am sabotaging myself so much because somebody is willing to give me love, respect" and I am like, "No, hurt me in some way, you know?" So, I really had to work on that. And now that I did work on it, I can, with all my relationships, I can, my friendships, anyone that I meet, anyone, I can be like, "Hey, listen, these are my boundaries. Do not cross me."

Another thing, what I realized when I got out of my abusive household was, what you have been taught is not a fact. What you have been taught your whole life is just what your parents have been taught by their parents, and they have been taught by their parents, and it goes a whole long way. But those are not facts. Those are their beliefs with their lives that they have lived and learned from the people that have lived the same way.

But it's not bad or wrong for you to choose a different direction because what they told you that is right is what was right for them, but you know, generations change, the world changes. Nothing stays the same. And we have to evolve as well. We cannot stay with a generational mindset from so many years ago and take it into this world and just have that same mindset because you will not be able to thrive.

Because other people have evolved. They are already going further and further with their mindset. And you will be stuck in a mindset that's maybe from the 1800s, 1900s. Like, it's an old mindset. So, realize that as well, what you have been taught is not a fact.

So, when I realized, "Okay, the people around me are also people. My parents are people. These are also flawed human beings, the same as me, who went through life, through trauma, learning stuff. And they're still learning till this day, even my mom." Like, she completely changed my mindset. When I changed my mindset, and now even I can teach her things. I'm like, "Mom, don't you think this is this way?" And our communication became so much better and so much more open-minded because she's willing, actually, to learn and to listen.

Oh, okay. So, nothing is a fact. Everyone is speaking from their experience. I am also speaking from my experience. Even the advice I give, it will not be the same for everyone in your life because you guys did not live my life, and you cannot apply it the same way. Take what resonates and that can actually help you and apply it how it works in your life.

So, start to look at people and think, "Okay, what they are telling me is what they think and they believe is fact based on their reality. But I do not have to take that fact for myself. I can also look at that thing that they're saying from my point of view, from my reality, and have an opinion about it."

Realize that you create your own reality. I was so astonished when I found out that my life is not set. It doesn't have to be this way. When I could actually, when I realized that I could actually change things about my life and I could control what happens or who I choose as a partner or whatever I decide to do in my life, I could choose. I had decisions. I was shocked because my whole life I was told, "No, it's this way and you will follow this way." But when I actually stepped out of that mindset and I was like, "It doesn't have to be this way. I do not have to suffer this way. I do not have to go through what my parents go through, I could do things differently. That's when life started to open up for me. That's when I became so successful because I started to actually trust my own judgment. Because I started to see, like, "Wow, Liz, the decisions that you make are actually good and are actually bringing you further than any of these things that people have told you your whole life." So that way, I started to trust myself more. I became confident in my abilities, in my own decisions, and I started to realize it doesn't have to be this way. I can change things for myself. It doesn't matter where I come from. It doesn't matter how hard my life was. I can change it around, and I can make it amazing.

Another thing is practice self-control. See, I used to have no self-control at all, and this would show up in my emotions. I was a very aggressive person. Like, when I was younger, I would yell all the time, everything, because obviously it's my environment. That's the only thing I saw, yelling, aggressive. I thought, like, that's the way I should get my point across. So, in my home, like, I would yell at my siblings. I would be very aggressive as well.

I could not control myself around food, so I started to get a binge eating disorder, bulimia. Like, really, it got so bad. Right when I started to practice self-control and I was actually like, "No, you know what? I am not gonna get aggressive. I am not gonna let my emotions get control of me because I control my body. I am not going to eat all this food that I cannot handle in my stomach, and my stomach is about to explode because I control what I put in my body, I am not gonna listen to things negatively on the news or things that drain me or make me feel even more stupid. No, I will control myself, and I will actually decide to listen to something that will educate me. Because I have control over my mind, I have control over the things that I watch, I have control over the things that I eat, I have control over everything that I decide to do.

The more I started to practice self-control, and I'm not saying that it was an easy thing, no, I relapsed many times, many times I fell, but I got up again. But every time I could control myself and whatever I do in my decisions, I started to feel very confident about myself. It raised my self-esteem like nothing else because I could actually be like, "Oh, Liz, you are a person that can control herself." Then, when it was another time for me to make a decision, I could make that decision with more confidence because I had shown myself already that in the past I had made good decisions, I have controlled myself about certain aspects in my life. So, I tried to start to trust myself about it.

Do what others are not doing. I was watching this interview of David Goggins, and he basically said, "It's so easy to be great these days because other people are not doing anything." It is really only a small amount of people that take that leap of faith and that can actually become successful no matter what the odds are because they have tunnel vision on their goals and they actually go for it. Other people do not have that courage, other people do not want to heal, other people do not want to go to the gym, other people do not want to control themselves, not go out all the time, not abuse substances. No, they constantly, like, they go for the easiest way out. Everyone wants the easiest way out, what is comfortable to them, allowing toxic people constantly to drain them.

But then you have the people that are like, you know what, I don't want this any of this anymore. I am actually gonna do what's best for me, and I'm actually gonna start taking responsibility for what is happening in my life. These kinds of people are the people that actually start to do what is uncomfortable to them. They start not allowing toxicity anymore, they see the red flags, they say no, I'm sorry, you cannot come in. Do they feel lonely? Absolutely. It's lonely like this. You know how lonely it is to get treated with respect? You don't have a lot of people around you because not a lot of people are willing to respect you, and you have to accept that in life.

So, you have to be like, you know what, either way, I'm gonna have tons of friends, but they gossip about me, spread my secrets around, do whatever, or I'm gonna have tons of relationships where I don't feel valued, I don't feel respected, and then you will feel a sell-less of self-worth and everything. Or you step back and say, you know what, no, I know I'm gonna be lonely, it's okay, it's only for a while, but at least the people that will be in my life will be quality people. It's easy to choose, oh no, I'm just gonna do what was done to me. I was abused, I will abuse. I will do the same thing. I will live in a victim mindset. That's so easy. It's very, very hard to take yourself out of a situation, look back at it, and say, you know what, I need therapy. I need to fix myself. I need to journal because there are aspects about myself that, because of what happened to me, I became this person. I am not my trauma. You are not your trauma, but it did shift you in a way. And when you can take accountability for your own toxic traits and say, hey, you know what, I am willing to work on this because I will not hurt people in the same way I was hurt, that's courageous.

But when they say, like, practice works, talent when talent is not working, that's so true. That is so true. The people that want something bad enough and keep working and keep striving towards it, they actually become successful. When talent is lazy, your talent doesn't mean anything. You do not need to prove yourself. I grew up in an environment where I constantly needed to prove myself to my parents constantly. I constantly needed to reinforce that I was a good child, I was doing great. Even when I started off on social media with my people that were criticizing me, I would argue with them, prove that I was right. But I realized I don't need to prove anything to anyone. I know in myself that what I'm doing is a good thing. I know that I'm helping millions of people, and I know what I'm doing comes from my heart, and I truly have good intentions. That is good enough. I don't need to prove anyone anything.

Oh, this is what I meant, but no, anyone that wants to hear me correctly will hear me correctly. Anyone that is here to hear me but then to later hate on me and say that what I'm saying is wrong or whatever, I cannot change their mindset, so I don't need to prove myself.

They're not willing to hear me, these people, so I'm not willing to talk to them. Very draining to constantly prove yourself. It's very draining to explain to people why you think this is a good thing. No, you don't have to explain yourself, not to your parents, not to anyone. If what you're doing is actually a good thing, just shut up about it and do it, and let your actions speak for you. But don't constantly talk about it, and then don't, if you don't have actions, no one will take it seriously. None will. No one will believe that you can actually do it. Show them the results. Do not talk about it. Show them how great you are. Realize when people are disrespecting and manipulating you. I never realize this. Like I never used to realize when someone was being disrespectful or bullying me or promising me stuff but never delivering, which is manipulation. So I always thought like, "Oh, this is just normal. People are just like that because that's how I grew up." But when I came out of that and now I look back, now I can firmly see when disrespect is happening. When I can be like, "Oh, that was not nice. No, no, you crossed me here." I can actually see that.

I have to realize when you say to someone, "Hey, listen, I do not appreciate it when you treat me like this," and they constantly keep treating you like that, this person is disrespecting you and your boundary. When somebody tells you, "Oh, you will get this from me. I promise you this and all these things," but they never deliver, this person is manipulating you. You get hurt by a situation and you tell them, "Hey, listen, what you did really hurt me," and they're telling, "Oh no, you're being sensitive. You're being dramatic." Whatever. This person is gaslighting you. Start realizing this is not normal behavior. There is no respect here. You're the one that's being disrespected. And when you see something like this happen, actually step back and say, "I will not allow you to treat me like this." Do not constantly give in and just forgive them and forget about it because they will constantly do it again and again and again until you will be at your breaking point. No. Unless you see change behavior and actually done putting so much effort into changing, you can say, "Okay, I will allow you back into my life." Start to realize that it is sometimes better to be lonely. I was really, like, a couple of months ago at a point where I was like, "I feel so lonely even though I do have a relationship. It's not, it's not good enough, you know? I want friends, my family. None of them live where I live." So, I felt really lonely. So then I was like, "I want to make friends." And being in my position, I have many times had people that just, when they meet me, they want something from me, which is also, again, it's not nice. It's not a nice feeling. And I am not anymore in the position where I will allow someone to use me because I am firm on my boundaries.

I became lonely, and I remember I was asking God, like, "God, please, like, I'm so lonely. I just want friends." I literally even cried about it. Then I went back to my hometown to visit my family and stuff, and then I saw a friend that I hadn't seen in a while, and she told me all these things about the friend she just made and all these things, and then the things that this girl did to her and stuff. And she was telling me all this drama and everything, and I was honestly, I was shocked. And then I realized, like, so blessed that the only thing I have to worry about is literally my partner, my family, my cat, and I am good. I do not have any outside drama, nothing. I don't hear none of this. No, I'm really good. It's insane to me that people actually live in an environment where people that claim to be your friends can cross you like that. Came back and I was literally being like, "Thank you, God, that I am lonely." Because it's so much better to be lonely than to be surrounded by people that do not have the best interest for you.

Choose discipline over motivation. Motivation means nothing to me. Motivation can maybe, one day, two days, one week, maybe, you know, it will linger around. Then you have to re-watch the motivation again because you need it again, you know? It means nothing. Behavior and actually putting so much effort into changing, you can say, "Okay, I will allow you back into my life." Start to realize that it is sometimes better to be lonely. I was really, like, a couple of months ago at a point where I was like, "I feel so lonely even though I do have a relationship. It's not, it's not good enough, you know? I want friends, my family. None of them live where I live." So, I felt really lonely. So then I was like, "I want to make friends." And being in my position, I have many times had people that just, when they meet me, they want something from me, which is also, again, it's not nice. It's not a nice feeling. And I am not anymore in the position where I will allow someone to use me because I am firm on my boundaries.

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I'm always willing to give out help, advice, everything. But you know what happens at the end of the day? I am not evolving. I really started to surround myself with people with the same mentality as me that are like, "Yeah, let's go, we're gonna get this, we're gonna get this." And that way, I feel more confident and I feel like, "Oh yeah, what I'm thinking is normal because they think like that as well, and together we can flourish." But if I have someone constantly pulling me down, like, "Liz, help me, help me, help me," but they don't want to help themselves, then I cannot go further.

Realize that you might be running from something. I find it very suspicious when people, like, every single night they go out, they go drinking, they go to the clubs, they constantly watch reality shows. They even overeat, right, and indulge in food (what I used to do). You're running from something. Is there something that you're not willing to deal with? You see, you know what? I really overcame my binge eating disorder and my eating disorders when I started to heal my trauma. I am telling you, nothing helped me more than me working on my traumas. Because once I worked on my traumas, I did not feel the need anymore to stuff myself with food, because I could actually sit and be comfortable with my emotions.

It was a complete shift. And now, even I look back today and I think, "How could I ever treat myself like that? How did I ever treat my body like that?" But it was because I was running from something. I was not willing to deal with those emotions. I would rather stuff them down to the point where I cannot breathe, then just look at them and say, "No, you know what, Liz? It's gonna be hard, but you're gonna deal with them." So really realize, look at yourself and think, "Am I running from something? Am I running from myself? What is wrong? Why do I need to constantly go out? Why do I need to constantly go drink? Why can I not sit with myself, what do I feel uncomfortable about?" Start to think about this. I want you to realize, you are not your trauma. You are not your trauma. I used to think, right when I was growing up, "Oh, I am a person. I don't have self-control. I'm an aggressive person because I always yell at my siblings whenever I lash out." I am literally like, "I am this kind of person." But then, now I can sit back and realize, no, that was my defense mechanism towards what happened to me. I am not that person today because I actually healed what was done to me. And I know how you may think that it's unfair, that whatever happened to you, you don't want to deal with it because you feel like, "Why should I deal with something that I didn't do to myself?" But honestly, if there's one thing in my life that was so liberating, it was actually going to therapy, actually starting healing myself. And I will make a separate video on how I healed my trauma. Honestly, it changed my life. It changed myself completely. I'm a very calm person now. I'm a very well-accomplished, successful person. Thank you, God. I am a person with so much strength now. I am a person with so much wisdom.

Even in the interview that I was watching from David Goggins, that abused children have advantages over non-abused children, because from a young age, they have been taught to get tough. You know, they are learning lessons from a young age. So we think differently as well. We see the world in a different manner. But we can thrive hard as well. Put us in a stressful situation, honey, we will thrive on another level. I'm telling you, like you guys don't get it. What you went through, that doesn't have to be your life. You can actually decide, "You know what? It's so hard what happened, but I will actually turn that around and change it into something that is good for myself and so I can show other people as well in my family that went through the same thing, you know what, you can do the same thing as well. You know how hard it is for people watching this that are going through this right now. How hard it is to live in that situation. I promise you, if you start believing in yourself, if you start speaking up for yourself, and if you actually start caring for yourself, you will thrive on a whole different level. I promise you that. Because honestly, if I could do it, me anyone can do it. I promise you that. And I want you to remind yourself over the hurdles you have overcome in your life already. This is how strong you are. You have dealt with bigger issues before. Things maybe you thought you could not get out of, but yet you still got out of it. You still got up and you still continued with your life. This shows how strong you are.

I came so many times in my life so close to dying, like so close to losing my life, and I thought that was it. But yet I still overcame that. I became so much abuse. I overcame so much. People always putting me down. That now I can look back and I said, and I can literally say, "Liz, whoa, like damn, I'm so proud of you because you went through all that and you're still standing. And you choose to not be like that. You chose to work on yourself and you chose to stop generational trauma. Because my children, I promise you one thing, will not go through this. It will end with me."

I have hit rock bottom in my life. I will not ever be there again because I'm a changed person. My mentality is completely different. How I handle things are completely different. The way that I go about if I had things, I have had now even to test me because God does this. God likes to test you, right? He likes to test how evolved you are. So you had maybe a toxic friendship in the past. You dealt with that and you moved on. What he does is he will give you that same toxic friend again just to test how you will handle it. And then you can decide to say, either you make the same mistake again, or you say, like, "Oh no, no. I have seen this before. This will not happen again. If you had a toxic relationship in the past and you see the signs again of a toxic relationship, you can look at it and say, "This is the same. I will not go through this again." Because that way, God sees that you're serious about what you want and you're serious about your change. So, he will give you what is meant for your highest good. He will give you what is actually meant for you, and he will bless you beyond measure.

I would sit and ask God for things that were this small. I'm laughing today because I would ask for things that were this small. I would pray and be like, "Please, please give me this." And he would never do it. He would never give me those things. And I got so angry and upset. But the way he blessed me, and I'm telling you, I had to go through so much pain first in order to get blessed because I had to get tested first. I would not be able to have this knowledge today if I did not go through what I went through. So, you did not waste those years. Those years are meant to make you a warrior. You will come out of this so strong.

Thank you so much for watching this video, guys. I hope you, you guys, everyone that's watching this, gets blessed beyond measure. I hope you get everything your heart desires in this world. And I just know that, you know what, if you set your mind to it, you can accomplish anything. Thank you so much for watching. I love you guys so much. Bye.

REALISING THESE THINGS WILL CHANGE YOUR LIFE

HIGHLIGHTS & TAKEAWAYS

1. Taking control and making changes in life is essential; waiting for external forces to bring change is futile.
2. Recognize and address self-sabotaging behaviors to break free from negative patterns.
3. Challenge the beliefs and teachings you have received from others to create your own reality.
4. Realize that you have the power to change your life and make decisions that align with your goals and values.
5. Surround yourself with people who respect your boundaries and value your well-being.
6. Understand that what others say is their perspective and not an absolute truth; form your own opinions based on your reality.
7. Embrace the fact that you have the ability to shape your own reality and make choices that lead to success and happiness.
8. Develop self-control in various aspects of life, such as emotions, eating habits, and media consumption.
9. Choose the path less traveled and do what others are not willing to do to achieve greatness.
10. Focus on personal growth, take accountability for your actions, and refrain from seeking validation from others; trust yourself and your intentions.

HOW TO DETACH FROM PEOPLE AND SITUATIONS

Summary:

Liz emphasizes the importance of detaching from people, things, and situations. She explains that attachment gives control to external factors, making one's emotions dependent on them. Liz discusses the role of the ego in attachment and highlights the significance of self-love and realizing one's true essence. She stresses the need to stop creating false fantasies, live in the present moment, and avoid a lack mindset. Liz also discusses the value of relationships, soul contracts, and personal growth through experiences. She advises against being overly focused on others, encourages finding individuality, and highlights the benefits of having a life outside of attachment.

HOW TO DETACH FROM PEOPLE AND SITUATIONS

FULL TRANSCRIPTION

Hi guys, um, I just got out of the shower. My hair is still wet, and I decided to make a video today about detachment and why I think detachment in life is so important.

Not only detachment from people, but also detachment from things, situations, whatever. Why is detachment so important? First of all, if you are attached to something, if you are attached to a person, if you are attached to your situation, that thing controls you.

So, that person, that situation can make you feel any type of way. If they do not text you, if they do not reply to you, they can make you feel unhappy. And the same way, if they do give you attention, they can make you feel happy. But that means that you're completely powerless over yourself and over your own emotions. This can get so dangerous to a point where a person can take their own life because they're so attached to someone or so attached to a situation.

I think this is a very important subject to talk about. Also, if you're attached to something that might have happened before in the past and that's the only thing you hang on to, then you cannot move on in your life. So, in order, we need to completely detach and we need to realize a lot of things. And in this video, I am going to show you what you need to realize in order for you to attack.

Hi guys, my name is this, and welcome back to my channel.

Okay, so first things first, um, you need to realize that when you're attached to something, you are operating from your ego. I read this book recently, it's from Gabriel Weinstein, and it's called "Spirit Junkie." I absolutely love the author. Definitely check it out. And in this book, she was kind of talking about detachment, and she basically said that our true essence is love. So we are love. When a baby is born, a baby is just, you know, loving. A baby doesn't hate themselves. A baby is just joyful and happy about life. But when we get older, our ego starts to develop, and when our ego starts to develop, we also become attached to things. We become attached to people, and we idolize them or we idolize a certain lifestyle, whatever, right?

You have to realize that this is your ego. This is not you, and this is not your true essence. This is not your love. If we were thinking from a love standpoint, we would believe that we can have everything we want, and we can create anything we want, and we can be with the person we want because we have that self-love. And when you have that self-love inside of you, when you're not controlled by your ego, then you attract, also, everything.

You could not get attached to someone or something because you know that you have abundance in your life. You know that whatever you want would come to you regardless because you know that you were meant to, that you were put on this Earth to be blessed just because you are breathing. You can be blessed. You would know that your existence is enough to attract miracles. There is no lack in life if you're operating from love.

But our ego makes us believe that we're not good enough. Our ego makes us believe that another person's life is better than yours and that you cannot have that. But that's not reality. Our ego makes us put other people on a pedestal and makes us obsess over them.

Because it makes us feel like we're not good enough, and we will never be on their level. But if you put yourself and that person that you idolize in a situation where, for example, you guys are in a plane crash together and the plane is falling down, do you think that other person is special? No, you wouldn't look at them that way. You would literally all just be fearing for your life.

You know, I think this is also a big misconception about the things that I preach. Because I love to say, "You're amazing, you're special, you're unique," to myself in the mirror. But that's also what I say to myself to help myself with my self-confidence and to work on my inner child and healing my inner child. But at the same time, I do not go out and think that I am better than anyone or that I'm special or that I'm unique. I'm not. We're all equal, and we're all connected. I have said this multiple times. I bleed, you will bleed. I leave this earth, you leave this earth. And another way we get attached, especially in a relationship, is because we think like, "Oh no, I will never find anyone like that again." But see, that's why you are in this lack mindset. You think that you cannot have more, and that's the issue.

Because I, for example, I have a relationship, right? And in my relationship, I know that right now what we have is very nice. It's very good. But I'm not attached to my partner like that because I know if he leaves, something else will come. Something better will come. I do not base myself completely on this relationship because if I give my partner the power to make me happy or make me unhappy, then I'm so powerless. It all depends on me. I can make myself happy. I can make myself fulfilled. And whatever he gives me is just extra. I'm not looking for someone to complete me because I'm complete myself. Anyone that has been in a long-term relationship knows that if you do not have that individuality in the relationship and if you do not have separate hobbies, separate things that you guys like to do as well, you will...

Become depressed because at the end of the day, everyone likes their space. Everyone needs some space sometimes, and you have to understand that. You have to realize that everyone that comes into your life has a purpose in your life. See, I believe throughout my whole life, I have been guided. I have had so many miracles happen, and honestly, I would love to talk about them. But I think like a lot of people are not ready to hear these things, and they will not believe me simply. So, I'm not gonna put these things out there. But I know for myself, a lot of miracles have happened in my life, and I've always been guided. But I've never realized at that moment that I was being guided.

Certain people came into my life, certain things were being said to me, but I just took them as like, "Oh, what a coincidence." But now that I am more aware, I can see how I am being guided towards what I need to go. I can see that I have to trust my own intuition more in life. We are constantly being guided in life, and the people that come into your life have a purpose. I believe that when we have a partner, I believe that when we meet certain people that we create something with, we have a soul contract with them, right? So, that person is meant to be in your life, whether it was a good relationship or it was not a good relationship. That person was meant to be there to elevate you, and it will always be elevating you. There is nothing bad about it. Even though it was a bad relationship, you became wiser because of it. You learned a lot about yourself and about other people, and that person was meant to teach you that. That person was supposed to show you a side that you need to work on in life.

I believe we are put on this Earth to work on our traumas. I believe that we are put on this Earth to constantly evolve and learn more and be willing to learn and become more conscious. I've had conversations with doctors, I've had conversations with artists, I've had conversations with other YouTubers.

That when I sat down and I talked to them, they made me realize so much about myself, and they said the same thing. They said, "Liz, I can see that we were meant to meet because you made me realize this, and now I can go work on this because turns out I still am triggered by this situation and I didn't know." So when these people come into your life, do not look at it as like, "Oh my God, why did this happen? Why is this teaching me? What do I have to deal with that I didn't realize before?" When you see that everyone has a purpose, you can also see that, "Oh, okay, when this relationship ends, that person did his purpose. You did your purpose in his life. He did his purpose in your life, and then you guys were meant to separate. You guys were not meant to be together for a period of time, and when the contract ended, you guys were meant to separate." And when you have that understanding that life works that way, it becomes much easier to not attach yourself because you can see the value of the relationships, of the friendships, of the people in your life.

Interesting thing is you need to stop creating fantasies about the situation, about this person. We, as humans, we naturally like to fantasize, right? But if you start to do that, you can make this person into something or the situation into something that they're not. And after that, you get upset because you think, "Oh, why did they do that?" Because you created a false fantasy in your head about this person. But honey, they were never that person. You did that to yourself by creating this attachment. You have to go into situations, whether it's a job, whether it's a relationship, thinking, "It just is what it is. It will be like what it will be like what"

It is, you know, just go with the flow and don't cry to create. Oh, it has to be like this, oh, this has to happen, whatever. No, that means that you're not living in the present moment. If you're not living in the present moment, you will never be appreciative of it, first of all. And it will never be good enough for you. It will never be good enough because you know what? People cannot live up to your fantasy in your head because your fantasy is not real.

You're talking to real people. Their emotions are volatile. You cannot base your whole rose-colored glasses that you have on life and say that it has to be that way.

We can never predict what will happen, and you have to accept this. You can hope for the best possible outcome, but maybe some bad things happen because you are meant to learn something in that situation. But you did not calculate that in your fantasy. You just thought, "I want everything to be perfect." But what if something bad happens? Then you get sad about it, and afterwards, it would be perfect. So it doesn't go your perfect plan way, but another way.

The thing is, get a life. Honestly, I think people that are so attached to other people, that are so attached to situations or whatever, I think these people have no life. Like honestly, because how can you even have the time to constantly focus on someone else?

If you're constantly focusing on someone else or if you're waiting on your phone like, "Please text me, please text me," like, do you have nothing to do? Honestly, you have nothing to do. If you don't have a life, get a hobby. Like, get passionate about something. Learn a new skill. Go outside. Go for a walk.

But don't be constantly in your head like, "Oh my God, oh my God, what are they gonna text me? When am I gonna do this?" Like, calm down. And it's just desperate. It's unattractive because it's like this person is your whole thing. This person can literally make you depressed in a second if they don't reply. It's embarrassing, to be honest, to be like that.

You're focusing on yourself if you're focusing on getting better that way.

If that person texts you, if they don't text you, you don't really care. It's nice, it's not like it's cute and all these things. But when you're so focused on yourself as well, then like I said, they just add value into your life. They don't give you your worth because you define your worth already. You see, you are whole, and they just add value. And like I said, you're operating from a lack mindset because you think if you do not get this job, if you do not get this person, whatever, you will not have anything else anymore, which is not true.

But if you put out that attachment to something, and if you're not willing to let go of that, then that is what you will get. You have to be willing to let go of past experiences. You have to be willing to let go of past relationships. Right? I had this thing with my past relationship. He would always help me with everything, and I was not willing to let go of him because it was comfortable, right? But I knew this relationship could not work out any longer and it's not what I wanted. But I was so scared, and I was in my lack mindset. I was thinking, if I let go of him, then I will not have something like this anymore.

But so, and I would constantly ask that, "Please give me, please give me something like that, please give me real love, whatever." But I was not willing to let go of my ex. So then, what I did is, one time, even though I was uncomfortable and I didn't have anyone else, I said, "Okay, you know what? Whatever. I'm done. I do not care how much comfort he provides. I'm gonna let go of it." A couple of months later, I met my partner that I have now, and he has honestly been the best relationship I've ever had in my life.

But see, I was not receiving what was meant for me and for my highest good because I was not willing to let go of my other relationship because I felt comfortable in that. So I had to create that detachment, and I had to have that faith that something better will come for me. And then that's when it all came.

The thing is, what is FOMO? So FOMO means...

Fear of missing out, and a friend of mine, she came over for New Year's, and she basically asked me, she's like, "Liz, do you ever get FOMO?" And I was like, "No, I don't get FOMO." I'm like, "Do you get FOMO?" And she's like, "Yeah, I get it all the time." But then I started to wonder, why is that? Why do I not get that, and why does she have that?

But my friend, she's like every other person, right? She just follows people on Instagram, her friends, whatever, like everyone. That's normal. And she, she sees their lives. She looks at Instagram, people. This whole social media world. Like I've told you guys, I do not check TikTok-like videos. I do not check other Instagram accounts. I post my stuff. I do not read anything, and I leave. Okay? I make social media work for me. I do not work for social media. This way, I do not have a fear of missing out because I don't know what I'm missing out on. I don't know what other people are getting up to, and I don't care. Because if I do start to constantly look at other people's lives, I will start to compare myself to them. And I will start thinking, "Oh my God, okay, am I doing enough? Maybe I should do better," and whatever. And I will go into a big panic mode.

So you get attached to a false reality of happiness because most of those people are also not happy. But obviously, they're not going to post their sad moments because they don't owe you that, to post their sad personal things. But they will post their best life, and you will create again a fantasy about their life. And that, you're upset because you're attached to a lifestyle that does not exist.

True value comes from your personality. True value comes from your wisdom. True value is how you treat other people. The thing is, you have to realize you will never arrive at happiness if you attach yourself to something, and you think, "If I have that, I will be happy. If this happens, I will be happy. If I buy this, I will be..."

Happy. I used to have this mentality, and let me tell you, I was never happy. If anything, I got more depressed. Why? Because I had attached myself so much to a situation, and I thought this would bring me happiness. And when it didn't, I got depressed because of it, even though I had that thing that I wanted.

So you have to realize, nothing will make you happy. The happiness you are searching for outside is already within you. The love you are searching for outside is already within you.

I've spent many vacations where I was supposed to just rest and lay down and not worry about anything, just completely in a panic mode and restless because I was thinking, "I have to achieve this, I have to do this, whatever, otherwise I'm not good enough, and the other ones I will not be happy." It completely took away my happiness. Like I wasted, I honestly feel like I wasted that vacation because it was like I was supposed to relax. Why was I not in the present moment? Why could I not appreciate it? Because I was attached to an outcome that did not make me happy.

Now, when I became detached from all of this, I can be happy right now. I'm sat in my kitchen, thank you, God. Like, I'm happy just to be standing here. I'm happy that I can make a video for you guys. Like, these things make me happy. And right now, I feel grounded. I feel that I'm actually... I don't feel that I'm chasing for a future or that I'm living in the future or that I'm living in the past. No, I'm actually in the present moment, and I'm enjoying what I'm doing on a minute-to-minute basis.

If you want to detach, you also have to realize that you will never leave you. You might think, like, some people attach to people because they have abandonment issues, and they think, like, "Oh, I'm so attached. Like, they cannot leave me, whatever."

You will never leave you. You are the one person you will always have in your life and in the Hereafter. You will always have you. Okay, maybe you won't have your physical body, but you will have your soul. When the hard times, the one person when you say, "Nobody was there for me," the one person that was there was you. You were there for you. So start acknowledging that, give yourself some more credit. You were always there for you, and you will always be there for you. So do not think, like, "Oh my God, like, I will..."

Have no one? When that person leaves me, you have you. And that's why I say, develop you more, work on yourself more, heal yourself. Look at the things that trigger you, heal those things. Sit with yourself, journal, meditate, go to therapy. Once your soul evolves and secures within yourself, you do—you're not afraid that anyone will leave you. You do not think that you're alone because you know that you have you.

I was talking to a girl, and I basically told her, I was like, "Yeah, I have this issue that I really enjoy being alone. And I feel like I should go out and socialize and constantly try to make friends, but I really like my solitude. And I like being alone with myself." And as you said, but Liz, that's so much better than not being able to enjoy your own company. And that's so true. Like, imagine, I could not sit with myself, and I constantly had to have people around. Doing this all in order to have detachment, you should realize that there will never be lack because you were put on this Earth to be blessed. And start to realize that. Start to realize that good, good things are meant to happen to you. So when you realize these things, then you literally think like, "Oh, miracles should happen to me because that is what..."

I deserve because I am walking on this Earth.

Like, um, I don't know who said it, but I heard it somewhere: if God was done with you, you would not be alive. He's not done with you. He's not done with you, and you're meant to be blessed.

Whoever leaves you, whenever you feel alone, you're never alone when you have yourself. And if you believe in God, you have God as well.

Start focusing on you, start evolving yourself to the best way possible. And honey, it will be so liberating because you don't need anyone to determine your value. You don't need any situation to say, "Hey, if you get this or if you get this person, then you're valuable." No, honey, you're already valuable just because you're alive, just because you're breathing.

Anyways, I love you guys so much. I hope you guys learned something. And yeah, I'll see you in the next video. Love you, bye.

HOW TO DETACH FROM PEOPLE AND SITUATIONS

HIGHLIGHTS & TAKEAWAYS

1. Detachment is essential in life as being attached to someone or something gives them control over your emotions and well-being.
2. The ego develops attachment, while one's true essence is love, and self-love is crucial for attracting positivity.
3. The fantasy created in one's mind about a person or situation can lead to disappointment when reality doesn't match expectations.
4. Living in the present moment and accepting that life can bring unexpected challenges is key to avoiding constant disappointment.
5. Getting a life outside of attachment involves finding hobbies, passions, and personal growth to avoid being solely focused on others.
6. Recognizing the purpose of people who come into your life helps understand the value of relationships and lessons learned.
7. Letting go of past experiences, including relationships, is necessary to make space for new and better opportunities.
8. Having faith and detachment from comfort zones can lead to receiving what is meant for one's highest good.
9. Fear of missing out (FOMO) arises from comparing one's life to others on social media and can be overcome by focusing on one's own journey.
10. Developing a sense of individuality within relationships and allowing space for personal growth is vital for long-term happiness.

YOU CAN TURN YOUR LIFE AROUND

Summary:

Liz reflects on her personal journey of overcoming a toxic and abusive household and shares her realization of how far she has come. She emphasizes the importance of recognizing one's accomplishments, breaking free from negative environments, and believing in one's ability to create a better life. Liz encourages viewers to embrace change, be mindful of their mindset and the people they surround themselves with, and have faith in their own potential for personal growth and success.

YOU CAN TURN YOUR LIFE AROUND

FULL TRANSCRIPTION

Hi guys, I know this is not my usual video setting, and you guys always complain about my lighting and my video quality. Well, this must be the worst thing that I've ever filmed, but it's all about the message, is it not?

I need to make a video today because I was walking around, and I was, uh, I was listening to music that I used to listen to when I was severely depressed, and it put me back in those memories of that period, right? And I just realized how far I've come, and it was not until this moment that I actually realized this. Because before, I used to just listen.

I'm gonna explain to you something. When you are someone that comes out of an abusive household, toxic household their whole life, and when you are getting out of it, you just are still in survival mode. So the only thing you're thinking is, let me get and do as much as I can and acquire the stability for me, and that's it. But in the moment of you accomplishing all these things, you don't realize actually what you're accomplishing. You don't realize what you're going through because in your head, it's just okay, I need to be stable, my family needs to be stable, whatever, you know? I need to get this done. But that also makes you feel like you didn't accomplish anything at the end because I, for example, I used to think like no matter how far I got, no matter how many subscribers I got, it was never good enough, and it was never like I had done something great or something powerful, and when people would tell me, "Oh my God, you did that," and the sort of in that short amount of time, and I would have realized how crazy of a thing that is.

I think I didn't even realize that I got famous because people would come up to me constantly, and I'm just, I see myself as a regular normal person, which I am, but they come up to me and they say like, "You saved my life, you changed my life," and I'm like, "Oh, okay," but I don't realize it. It keeps me humble as well because I don't see myself as this big YouTuber. I don't see myself as, uh, you know, a famous person, whatever.

But at the same time, it also, it can be dangerous because I'm naive. Like, I think everyone sees me the same way I see myself, which is not true. People see me and they're like, "Oh, I can gain something from her. Oh, if I befriend her, she can give me something. She can promote something." So they have an ulterior motive that I don't understand because I don't see myself the same way they seem.

But I also think when you grew up in a childhood where you were never applauded for any of your accomplishments and whatever you did or accomplished, it was never good enough, you grew up and you become that kind of person for yourself as well. So for me, it's like, whatever I do, it's never like, "Oh Liz, you did a great job." It's like, "Liz, you can do more. Liz, you can do more. Unless you can do more." But it's like, "No, you did good. It's okay." That's why I also want to say to you guys, if you feel like, "Oh, I haven't accomplished anything," you probably have. And I think for a lot of people these days, just getting out of bed is a big accomplishment. I mean, we have gone through so much suffering and pain these past years, all together, and it has not been nice. But the fact that we're still standing, we're still going, and we're still trying to create that best life for ourselves is a huge accomplishment.

So when I make this video to encourage anyone that's watching, that's living in a toxic household, whatever, like that, that is poor as well, um, you can literally turn your life around. And which is what I did, and I am shocked, to be honest. Because now I'm, I'm like sitting in a park, I moved to a different country, I have my own apartment, um, I make more money than I could ever imagine, and it's like, it's crazy to me. And I remember, I used to pray for such small things, and I would, like, you know, try to, like, I'll be like, "God, like, give me this kind of job," and I would, like, try to get, like, the most stupid job ever. But I would never get that job because, like, obviously, it was not meant for me, and I was meant for something else. But I would get angry because I was like, "No, I want that job!" But I, I also could not see that there was a bigger picture for me that I could not see for myself, obviously, as well.

When you are in a negative and toxic environment, you think that your life is really limited, and you think that everything in life is limited. But you have to see further than your situation. You have to look at things greater than what your situation is. You can look at your family, you can look at your situation, and you can tell yourself, "It does not have to be this way. I do not have to go through what my mom went through. I do not have to go through what my dad went through. I do not have to have the same life as my siblings. I can do things differently for myself. You can come from the best childhood and end up having a really bad life, or you can come from the worst place ever, pick yourself up, and then create a beautiful life for yourself and your family. Your life, like, we're not, we're not a written thing, you know? We can change things around for ourselves, and I want you to have that belief, and I want you to know that it can happen.

As much as I hated going through what I went through in my childhood, if I did not experience those things, I would not be where I am today. Because my career is literally based on giving advice based on my circumstances, based on what I went through. And imagine, I didn't go through anything, you know? I, I could not tell you guys these things.

So take whatever is happening to you, take it as a lesson, take it as a stepping stone. It doesn't have to knock you down, and your life does not have to be that way. I want you, you know why I keep repeating this? Because I don't think people understand it. Because I never understood this. You're not a done deal. It doesn't matter where you come from, it doesn't matter what you did in the past, it doesn't matter what happened to you, what you did. You can turn your life actually around, and if you have that mindset and if you actually believe that, it can happen, it will happen for you. God always had a bigger purpose for me, and I could not see that for myself. But, um, I remember I would constantly pray for the smallest things ever. I would not get them. I would not get them. I would not get them. And there was a point where I just hit rock bottom so hard that I was like, you know what? I do not care anymore. I literally do not care for anything anymore. I, I, like, I don't care. I'm just gonna do whatever, I'm gonna try to do whatever I can to make myself a better person, to make myself healthier mentally from the inside out. And that's when I started changing things around. I went from never leaving my room to actually going for walks. I went from watching stupid videos to actually watching things that educated me. I went from never working out to doing like 10 minutes or 20-minute workouts in my room. I went from not caring about having an eating disorder and just putting everything in my body to actually being mindful about what I put in my body and starting to realize that I can turn things around.

When I turned them around, I think it's a sad thing, but it's liberating as well to know that, first of all, we will never be good enough for anyone. We will never be good enough. And I think, especially if you're a woman, whatever you do, how intelligent you are, how beautiful you are, you will always be knocked down for those things, always. Because, you know, first of all, people get insecure by women like that, and other women see you as competition. So, at the end of the day, you will constantly get knocked down by everyone, and they will tell you you are not as good as you think you are.

But you have to have that mentality to yourself where you constantly reinforce to yourself that you are, you know, it doesn't matter what other people say. It's what you believe about yourself that will manifest. Those other people, I read this thing, and it was basically like your conscious mind, yeah, your mind doesn't know anyone else. It only knows you. So if you, for example, if you say, like, oh, that person is so ugly, your conscious mind thinks that you're talking about yourself because your conscious mind doesn't know anyone else. It knows you and your mind. So you have to be careful with what you speak into existence. You have to be careful with your words, and you actually have to be careful with what you allow other people to say to you. You have to be careful with who you allow in your life and what kind of energies you allow in your life.

I think if you actually start having the mentality of, you know what, like, I will accomplish what I want to accomplish no matter what they say, no matter who's against me, if you want it bad enough, it will happen. And you can even see this with people that are actually really bad at what they're doing. Like, they're not good at all at it, but they still accomplish what they're doing because there is no stopping them. And when you cannot stop someone, how far can you actually go? Most people, they don't even reach 20% of their potential at all in life, you know?

And I think the saddest thing is, for me, the one reason why I always wanted to be the best version, I always wanted to accomplish the most things that I can, was because I was so afraid of being old and looking back and regretting my life and thinking that I lived a life for someone else. That was my worst fear. And there came a point where I was so low that I was like, you know what, nobody can stop me anymore because I will not live like this. I refuse to live.

I think when you come to that point where you're like, no, no, I refuse to let this be my story, that's when things actually shift for you, and that's when things actually happen. If you want advice on how to do this, I have a lot of videos, so you can watch those. But this is more like telling you that I know maybe it's bad right now, but it doesn't have to be your story. You can actually change that around.

And if you live a life thinking about what other people will say, that's just the biggest prison ever. Imagine you live in a prison in the mind of others. That's insane to me. That's no freedom at all. And the only thing I've ever craved in my life was freedom because that's the only thing I did not have ever. I did not have freedom.

So yeah, I would say appreciate where you are right now because those things are teaching you huge lessons. And just know that whatever you decide to do, if you do not want this to be your story, it doesn't have to be. It doesn't have to be just because you see your siblings, family, whatever go through that, that it has to be like that for you too. It doesn't. You can be that cycle breaker. And honestly, I did it.

And I came from nothing. I did not come from money. I did not come from a stable household. And I completely turned my life around. And now, I actually have the freedom that I always desired because I never lost faith. Some days I might have think like, "Oh, it will not happen." Whatever. But my base fate was always, "No, this will not be my story." And I do not have to accept what my mother accepted. I do not have to accept what my father accepted. I do not have to accept these things.

I was scared to get out of there. I was so scared. I did not have support for most of the time. But at the end of the day, when I did turn it around, I am very proud of myself today. And to be honest, there is not a situation that I cannot handle. There is not anything that I cannot do once I set my mind to it because I'm just built that way. I built myself that way.

I said, "Liz, you're not going to be a victim. You're going to be a warrior." And I am a warrior. So if this can encourage anyone on whatever you're doing, whatever you're trying to accomplish, you can change it for yourself, and it can happen fast. Once you decide that it's going to happen, it can happen fast. For me, it came very fast once I was like, "I'm done. I'm going to actually take responsibility for my life and how it's going because it's all my fault and nobody else. I'm done playing the victim." That's when it came so fast, and everything I wanted came, and then 10x more.

So don't worry because life figures itself out. You just have to make sure that you do every like, the things that you need to do in order to be the best version for yourself. You know, you do those things, and then life will fall into place. The picture will fall into place. You don't have to have it figured out. I still don't have it figured out. Still, you will never have it actually figured out. I know people that are 60 years old billionaires don't have it figured out. But if you have some consistency in what you're doing throughout the day and how you are showing up for yourself, then you will see a clear picture of where you're going.

So don't worry. You're doing amazing, and everything will fall into place. I promise you, everything will fall into place. Thank you so much for watching this small little video. I hope it helped someone. And yeah, I'll see you next video. Love you guys. Bye.

YOU CAN TURN YOUR LIFE AROUND

HIGHLIGHTS & TAKEAWAYS

1. Growing up in a toxic environment can make you focus on survival and hinder your ability to recognize your own accomplishments.
2. Even if you have achieved stability, you may still feel like it's not enough, but acknowledging your progress is important.
3. External recognition and fame can sometimes blind you to your own impact and make it difficult to perceive how others see you.
4. Be cautious of people who may have ulterior motives and recognize that not everyone sees you the same way you see yourself.
5. Your childhood experiences can shape your own self-perception and make you feel like you're never good enough.
6. Even small accomplishments, like getting out of bed, can be significant and worth celebrating.
7. It is possible to turn your life around, regardless of your background or past experiences.
8. Liz's career is based on sharing advice and insights from her own experiences, and she wouldn't be able to do so if she hadn't gone through those challenges.
9. You have the power to change your life and should look beyond your current situation for greater possibilities.
10. Overcoming adversity requires a mindset shift, self-reinforcement, careful choice of words, and surrounding yourself with positive energies.

HOW TO ACCEPT YOURSELF AND STILL MAKE CHANGES

Summary:

Liz emphasizes the importance of self-acceptance while also striving for personal growth. She encourages viewers to come to terms with their current situation and focus on what they can control. Liz suggests setting small goals and being consistent with them to build self-trust and create positive change. She emphasizes the need to surround oneself with others, even if it's just observing, in order to break out of isolation and negative environments. Liz also reminds viewers that nobody cares about their problems as much as they do, and it's important to take responsibility for one's own life and actions. She advises respecting others' beliefs and mastering the art of communication, as it can lead to personal and professional opportunities. Liz concludes by highlighting the power of focus and positive affirmations in shaping one's mindset and manifesting desired outcomes.

HOW TO ACCEPT YOURSELF AND STILL MAKE CHANGES

FULL TRANSCRIPTION

Let's be honest, most of y'all have not accepted yourself. Most of y'all have settled for a version of yourself that you don't even like, but you simply don't believe that you can be any better or that you deserve any better. So, you don't think the steps to do it and don't get angry at people like me that will simply be okay with who they are but also strive to be someone better because I never want to stop evolving. The only way I will ever stop evolving is when I'm dead. To make it self-acceptance, but you can still make changes in your life. I believe that we can all accept ourselves, but I don't believe that we should just be who we are because you set yourself up for failure. So instead of, "Oh, just accept yourself and let's be happy," I am going to tell you guys what you actually can do and what will actually work.

Hi guys, my name is Liz and welcome back to my channel. Okay, so first things first, you have to come to terms with your situation. Look at your situation right now. Maybe you're overweight, maybe you're underweight, um, maybe you're not happy with your financial situation, maybe you're not happy with the home that you're living in. Whatever is happening, that is going on, maybe you don't have good grades. I don't know. Look at your situation and be like, okay, it is what it is. And you know what, it is what it is. It's such a good affirmation because it's not positive, it's not negative. It puts you in a neutral state for you to start.

Thinking about solutions, so if I, this actually also helps with anxiety and overthinking. So if I put myself in a state of, "Okay, this person ghosted me, this person assaulted me, whatever it is, what it is." Liz, you lost that brand deal, it is what it is. You didn't get the job, you didn't get the good grades, it is what it is. When we put ourselves in a position where we come to terms with our situation, we can actually look forward and we can actually look at, "Okay, what can I do now?"

So, after you come to terms with your situation, then you have to look at, "What can I control right now?" If somebody hurts you really badly, you can control how you react to it. You can control how you allow the other person to make you feel right now. You can control how nice you are to yourself, how you take care of yourself. You can control what you put in your body. You can control how you move your body. If you have a lot of financial stress right now, you can control how you budget your money. You can control, um, looking for other ways to get money. And it doesn't matter what kind of job it is, just get a random job. Like even the most embarrassing jobs, a job is never embarrassing if that is what gives you money or like food on the table. Like it's important, it's a survival thing. Never think like, "Oh no, if I take this job, I'll be embarrassed, whatever." No, that's what you need to do in order to survive or have food on the table. It doesn't need to be your career job, it's just for right now so you have money. That's good. Okay, if you don't want that to be a career, it doesn't matter as long as it's giving you money, as long as you are working towards your purpose, you are doing very, very well.

You can control what you watch, what you listen to. Look at the things that you can control right now and that you can change. Realize that you have the power to change things. Try something new for the next 30 days and stick to it. I do not care how small this thing is, whatever it is, try to do it.

Example, if you say, "For the next 30 days, I'm not gonna drink soda anymore." Well, amazing! If you stick to it for 30 days, you will actually prove to yourself that you can be consistent on something. And if you can be consistent on something small, you will be able to be consistent on bigger things. See, if you keep promising yourself things and you never deliver, and you keep lying to yourself like that, you will never be able to trust yourself and you will never be able to change your situation or get out of it.

So, I want you to set a goal, and it can be as small as, like, I don't know, but at least set a goal and do it for the next 30 days. And I promise you, you will feel differently about yourself. Go somewhere that involves being around other people, whether it's going to the gym, whether it's going to yoga, whether it's going to a painting class, whether it's just going to the park, walking and seeing other people do that. When people are in a very bad situation, they tend to isolate themselves. I have done this, I know my friends, family, they do the same thing. But the issue is with that is when you come out of your isolation and somebody starts to talk to you, you get major anxiety. And I have time and time again experienced this because I am a person, I'm very introverted, I like to be in my own space. But then I isolate myself for a long time and then I go outside and somebody comes up to me like, "Oh, you're the wizard of this." I get so shy because I don't surround myself enough with other people. I don't have a job where I have to surround myself, so I literally now I always, like, I joined the gym that has a personal training program. And then, like, three times a week, I'm literally talking to other people, I'm engaging with other people. And I always go for every single day, I go for, uh, to get my 10,000 steps. And I've been doing this religiously for like two months now, every single day. And by the way, honey, the body changes as well. My personal training, body changes. So go somewhere where you are surrounded by other people. You don't even have to talk to them, just because. So you see other people, that you get out of the place that you're isolating yourself and that you get into a new space. So you literally get yourself out of that negative environment. Sometimes negativity is not only in our minds, it's also in the room, you know what, what the thing is like.

For example, when I go back to the country where I grew up, I cannot be in certain places or restaurants because I remember stuff that happened there, and it leaves like a negative energy for me. And even like being in my old room is like icky for me because I used to be very depressed there. Or even the clothes that I used to wear back then, I don't want to wear now because I feel the energy is still attached to it. So that's why it's so important to get yourself out of your space right now where you don't feel good and into another space, seeing another environment.

Another thing is, nobody cares about your life, okay? I'm gonna tell you something, this is quite harsh. Nobody literally cares whether you make it or you don't because people are so self-obsessed and people are so focused on themselves. And you thinking that anyone is coming to save you, coming to help you, get you out of that rut? No, that will not happen. Because people have so many problems with themselves that they are trying to fix. Especially in this day and age, they cannot afford to take other people's problems on them. This, as well, people don't really care what happened to you or what you went through. They only care really what you can do for them and how you make them feel. Because people, at their core, are selfish. You know, people are selfish. So, when you are just draining people or complaining all the time, most likely you won't have a lot of friends because they simply cannot stand to listen to you.

For example, I, right, I tell a lot about my trauma. I talk about it, my abuse, everything. People don't really care about it, and I don't think they have to, but even they even use it against me because when anything, and when I say anything that's controversial, they say, "Oh, you can see she's a traumatized person." Oh, you can see that she's not healed. They try to use my trauma against me because that's how people are. They're vile.

So first of all, you know what? I'm gonna say this honestly. If, if, um, if you have been through a lot of stuff and trauma, do not just share that with people because people will really lose respect for you, and that's just how they are. I have seen it in my own environment. People start to label you as a traumatized person, as a crazy person, as a person that went through something. Do not just tell everyone. Tell someone when you really, really trust them.

Um, the only reason I ever spoke about this was to help other people in the same situation. Otherwise, I would have never, ever in my life disclosed this to the internet because honestly, it just works as a disadvantage. Just come to terms with nobody cares. Um, okay, so whether you try something or you don't, uh, whether you succeeded or fail at it, everyone is just going to continue with their lives. So you can sit there and cry and cry, okay, or you can actually do something. So you can evolve with other people, or you just stay behind. This is how the world is.

See, a lot of you people are very toxic. A lot of you people have a lot of issues that you have not dealt with, and then you wonder, "Oh, why do I not have a lover? Why do I not have friends? Um, why do I not have this? Why? Why do I not have, like, uh, can I not create a business? Do I not have financial things?" First of all, you guys may be spending like crazy. Uh, you guys cannot keep a job. Um, some of you are just like the people also that complain like, "Oh, why did I gain so much weight? Whatever." Some of you are just plain lazy, and that's it. To be honest with yourself, me too. Like, I looked at myself and I was like, "Whoa, Liz. Um, these behaviors of you are toxic. Let's fix them. Let's go to therapy." Um, when I barely went to the gym or wanted to do anything, I kept binge eating. I was literally like, "Girl, like, you have so many mental health issues, first of all, and second of all, you're just lazy. You are lazy. You, you are afraid of getting out of your comfort zone." And that was the truth, and I told myself.

But sometimes, you have to come to terms with the situation and be like, "Okay, this is, this is what it is. It's not bad. It's not bad. You're just being honest with yourself because you need a reality check. It's the reality checks that wake us up to who we are supposed to be."

Another thing that the self-acceptance cult loves to preach is that other people should also accept them. Um, no. You guys should learn how to deal with other people. I am not the same with a very religious person as I am with, uh, an open-minded person because I'm not gonna say stuff that is going to offend them. Because you have to respect people. Other people have different beliefs. They come from a different background. They were raised in a different way. It's the same way that people think that they can go to different countries, different cultures, and like, "Uh, no. I have my own ways. They have to accept how I am." No, you have to respect the country you're going to. That's just how it is. So narcissistic in my opinion to think that anyone should accept you. No, everyone has their own beliefs. You should just learn how to deal with different people. You should learn how to communicate and talk with different people.

Once you learn the art of communication, you will actually see how beautiful it is because you can start to network with a lot of people, and a lot of chances might get your way because the more you know how to deal with people, the more you get bigger chances into evolving your life. You get what you focus on.

See, if I tell you today, listen, I want you from now on to only focus on the red cars, okay? Think about red cars, whatever. I promise you, the next few weeks, whatever, you will see a lot of red cars. Why? Because that's your focus. Now, if you're constantly in your mind thinking, "This is what's going wrong, this is bad about my life, this is negative," you get what you focus on. That is what you are attracting because your subconscious mind doesn't know any different. They just only know you and what you tell them and what you focus on. So if you're constantly telling your subconscious mind, "I am ugly, I don't have money, I will never succeed," that's where your subconscious mind believes. They think, "Oh, okay, that's an ugly person that will never succeed and doesn't have money." That's what you will create.

But if you start to divert your focus to, "Okay, how can I fix this? What can I do to fix this? What can I listen to that will actually give me good affirmations in my mind? And how can I change my self-belief about myself?" And you don't immensely have to believe what you're saying, you just say them. And sometimes I literally say something ridiculous like, "Uh, a month ago, I got a complete rash on my face. I was filled with rashes and um, I kept every single day doing my skincare routine. I kept continuing and I kept saying, 'My skin is clear and glowing.' I kept saying that to myself. And literally, my skin cleared up. And listen, it might not have been because of the affirmations I said and it just naturally cleared up. Yes, that's true. But I much rather stand there and say that to myself and yes, I, I also thought like, 'This is what are you doing?' or I didn't really believe it, then be like, 'Oh, I hate my skin. Oh, look at my skin, whatever.' No, I refuse to talk to myself like that."

And also realize that everything was created in the mind first. Example, look at this thing. Like, this is a toy for my cat, right? It's a tail. I don't know what this is. Literally, somebody had to think about this first before they created it. So everything you do, you think about first. Even when you get up in the morning, you think, "Oh, okay, I have to get up now," and then you get up. The mind is powerful. The mind is powerful. So you have to realize what you are thinking is what you are attracting. Even if you want to create a future, you want to manifest, if you visualize yourself in a certain way, that thing will come to reality.

I remember when I had nothing, I would visualize myself having everything, and today I did manifest it because I had, like, you know, when you have nothing and you're at rock bottom, you've become kind of delusional.

It's like the only thing you have, so you start to fantasize in your head and you create this outside world that you would like to create yourself, but you're actually manifesting. You are without you realizing it.

So, me, I would actually create this whole world that I would love to be in and have, and I attracted it because I, that was like my escape. My head was my escape. But before I would go to bed, I would actually, like, feel it, like me being that person. And now I am that person.

So if you, you, if you, you have to try it. If you don't believe it, try it. I promise you, your mind controls your life. As important as the mind is, so is the gut.

What you eat is important. We do not know what they put in these processed foods. Listen, if I was in power, right, and I wanted to control the masses, I would put certain chemicals in the food to control the masses and to make them depressed, to make them lonely, to do whatever, you know, but to make them anything but strong and healthy. I would, I would do that because it makes sense. It's like, that's how you control the masses. You cannot control healthy, healed people. You can't control them.

Think about all these over-processed foods that you're eating. There must be stuff in that food that you're not realizing but that is also affecting your mood, your mental health, everything.

Start to care about what you put in your body. Read books about this, read books about nutrition. Read even books. I'm reading a book right now. It's about glucose and glucose pipes and insulin and how it leads to so many diseases.

So you, you have to get knowledge about these things. Most people don't know it and people also don't want to teach it because if people start to get knowledge about this, they will actually start to care about their health instead of going to the pharmacy who's subscribed to like 10,000 pills and make these people more ill than they are? Take that power back and realize that your gut is literally connected to your brain. If you eat certain types of food, it will affect your mood. It will affect your brain. Realize these things. This is not a joke.

Another thing is, it's okay to do things differently, but at least do something. Do something right now. You don't have to do it like any successful person your age is doing it. That doesn't have to be your way because you guys did not come from the same place, and you will never end up the same. You will never feel the same way. You get the thing that they have, you know, and they might even portray to you that they're so happy, but they're not. So don't base your goals on a lie. Base your goals on what you want, okay?

See, my dream version of a person is me at my best potential. There is no one else I want to be like. Know that for yourself and know that no matter how you do it or whatever road you take or how far, like how long it takes you, how far it is for you, how easy it is, it doesn't matter. As long as you do something, do something. Like that quote says, "If you can't walk, start crawling."

For the next 30 days, spend your time one hour a day wisely. One hour a day where I don't want you to be scrolling on social media. I don't want you to be scrolling on TikTok. I don't want you to be watching stupid things. I want you to actually, for one hour a day, watch something that you can learn from, like a podcast, an interview that brings value, that can teach you something. Read a book for one hour a day. You can choose to meditate for one hour a day, journal for one hour a day. Something that you know that you're spending your time wisely. Even cooking for yourself. Cooking, even cooking is meditating, you know? Meditating. People think you have to sit on the ground and do, like, sound and be there still. No, meditating is just doing something you love and not thinking about anything, just enjoying your time. That's meditation.

So, one hour a day, I want you to do something that will evolve you. The thing is, get moving at least 30 minutes a day. Whether it's a small workout that you do at home or you go for a walk, 30 minutes a day. I'm telling you, I'm getting my 10,000 steps in every single day since two months now, every single day, and my body has leaned out so much. I know people that were overweight that literally just because of walking lost a ton of weight, but they just do it consistently. And you can walk around, actually, you can walk around for one hour a day while you're listening to something that will evolve you, something that you can learn from. You have done two birds in one stone.

Start journaling. Start writing down what you're grateful for. Start writing down questions, like I said hundreds of times because it's so important. Look up journaling questions, look up Shadow World questions, and write them down. And at least like, I don't know, maybe you do like two questions a week or something. You write them down and you answer the question honestly. So, with journaling, you really get to know yourself. You get to know the depths that you have been trying to hide from yourself. When I journal, things come up that I was like, "Whoa, Liz, I didn't even know that this was going on." It's because we're so busy and our mind is always stimulated with other things that we never realized that still, those kind of things that happen to us are stuck in our body. But when you're journaling, you're actually releasing it. And once you start releasing more and more, first of all, you feel much lighter. You're less likely to get a disease because a lot of stress that we hold in, that we are not even conscious of, can lead to serious diseases later on in our life. Because, and I'm literally telling you, things like this will save your life. And as well when you get to know yourself more.

When you're more confident, you're more likely to make changes in your life because you know who you are. Nobody else can tell you who you are. When you know who you are, last is you have to pick yourself up. You know what? I hate to see, and I get so frustrated because I'm a very empathic person with my friends and family, when I see them and they're not living up to their potential. And you know what the saddest thing is? Like seeing a person living but losing their potential, and you can see that potential, but they can't see it for themselves. And you keep telling them, "Come on, you can do better! Come on, you can do this! If you try this, you would be amazing!" But they don't want to try it because they don't think that they deserve it, they don't think they can do it. And that's the saddest thing ever.

I don't know where I read this or heard this, it was like the graveyard is the saddest place on Earth because it's filled with people that never realize their potential. That's so sad. You have to realize there are people there now, yeah, they are realizing their potential, and they're trying to do the best they can in order to become that version that they want to be. And, like, you just settling for a life you don't want, basically nobody will care about that, and nobody will come and pick you up and say, "Hey, let's go with me." No, most of the time they will leave you behind because you know what? When you evolve in a certain way, you're on a certain vibration, and you cannot even energetically be with those kind of people anymore, because people that constantly complain bring these people's vibration down, and they cannot, uh, energetically stand to be around you. So, it will get very lonely for you. So, you have to realize the only person that will be there in order for you to move forward is you. But I just know that you can do it, and you have to know that you can do it. So, you have to pick yourself up and be like, you know what, this will not be my story. My story is different, and I will create that story for myself. And nobody is going to stop me until I get there.

Anyways, guys, thank you so much for watching. I love you guys so much. And yeah, I'll see you in the next video. Bye bye.

HOW TO ACCEPT YOURSELF AND STILL MAKE CHANGES

HIGHLIGHTS & TAKEAWAYS

1. Accepting yourself while striving for personal growth is crucial; settle for the version of yourself you don't like.
2. Come to terms with your situation and focus on what you can control.
3. Small consistent goals build self-trust and pave the way for bigger accomplishments.
4. Surround yourself with others, even if it's just observing, to break out of isolation and negative environments.
5. Take responsibility for your life; nobody cares about your problems as much as you do.
6. Respect others' beliefs and master the art of communication to enhance personal and professional relationships.
7. Focus on what you want and divert your attention from negative thoughts.
8. Use positive affirmations to shape your mindset and attract desired outcomes.
9. Recognize that everything starts as a thought before it becomes a reality.
10. Embrace self-acceptance while also striving to be the best version of yourself.

MEN KEEP BLAMING WOMEN AND WOMEN FORGOT THEIR POWER

Summary:

Liz discusses the need for women to reclaim their power, stop seeking validation from men, and support each other instead of competing. Liz also criticizes toxic masculinity, highlights the importance of emotional healing for men, and challenges societal expectations placed on women.

MEN KEEP BLAMING WOMEN AND WOMEN FORGOT THEIR POWER

FULL TRANSCRIPTION

A lot of women have forgotten their power. A lot of women have forgotten who they are, and a lot of women are having these behaviors, anxieties these days that I cannot stand to watch anymore. And, to be honest, I'm quite sick and tired of it. I'm quite sick and tired of seeing women being manipulated and put against each other, and everyone's just acting like this is the normal way. So, you see, someone has to come out and someone has to say something. Someone has to save the woman, and someone has to stop this war that is going on on women.

Hi, guys! My name is Liz, and welcome back to my channel. In this video, I will tell you guys how powerful women are and how much women have forgotten their power and how much women were made to forget their power. Understand this. Let's go back a couple of years and decades, basically. Let's go back to the 1600s when the Salem witch trials happened. The Salem witch trials basically made to burn witches or women, um, and they could claim that any woman was a witch, and she would get burned and executed.

Now, the issue with this is, it wasn't witches that they were burning. It was any woman that was in power that would get burned. So, if you had a doctor that is a woman, and she was doing the job better than a doctor that is a man, that man would go ahead and accuse her of being a witch, and she would get burned for it. Think about the claim of women being witches. That is totally absurd to me. Of course, there's some women that practice black magic. I'm not talking about that. I am talking about the true nature of a woman, which is basically a woman is connected to Nature. A woman is a Creator. A woman even creates life. We are very connected to Source. That's why when a lot of women, when they give birth, they actually say that they have become very spiritual. They see their intuition become stronger. They see, kind of like, the dreams and all these things. And that's why they called the mother instinct, all these things. That's just the true nature of a woman. It's just that we have been so suppressed, and that has been made to be something bad, so men could feel more comfortable and more powerful in their positions. Because imagine women in power and women with each other, not against each other, and embracing their true power of connecting to Nature, creating, all working together. Men would have no power over us. And yeah, they got insecure with this, and they wanted the power.

I don't believe men were supposed to be in power. I believe women were meant to lead, and men were meant to protect them. Before you argue with me and say, "No, no, that's not true," well, we have gone years and years with men leading, and it clearly is not working. Something needs to change. Even women from a young age, they are taught to be self-sufficient. So women are learned to cook. They teach us how to clean. Anything women really, they can do on their own. A man really only adds value into their life. But statistics have shown that men cannot live without a woman and are more likely to take their own life when they do not have a partner. Meanwhile, a woman is more likely to succeed without a man because, at the end of the day, men are like children. If you have been in a long-term relationship, I'm in a long-term relationship, and I can literally say, men are like children. They are like a child.

So, a woman puts a lot of energy into, like, communicating with a man, into, like, even telling him how to sit, how to dress, what to do. It's like having, like, a child. And so, I hear a lot of men say when they have a child with a woman that they basically leave because they get jealous of the attention that the child gets.

And they basically say, like, "I don't get that attention anymore, so I don't want to be in this relationship anymore." So they exit the relationship. But that just shows how much energy and attention a woman puts into the relationship, and there's this narrative going on online of like, "Oh, women don't want to be mothers anymore. Women don't want to, like, uh, create families anymore. It's their fault that we don't have strong families." No, women don't want to be single mothers anymore. Women are tired of raising kids on their own because you guys just get up and leave when it's convenient for you. It's normal for you guys to leave because guys are selfish. Men are selfish. It's normal. They're not that emotional.

A mom has a bond with a child she cannot leave. Oh, that's this false narrative that you guys created. There are lots of women that also want to leave. They don't want to raise the child on their own because it's so hard, but they can't leave because you guys will shame her when that father leaves. And you have a daughter that is with an absent father, then men are so quick to look at her and blame her and say, "Oh, she is the way she is because she has daddy issues." But then you have a man, right? And that man grew up without a mother. People will say, "Poor guy, the mom left with an evil mom." So basically, what does this conclude? The man is never held accountable for his actions. It's always the woman's fault.

The saddest thing of all is a mother, a woman, will be so strong and handle a man just leaving and walking out of her life when she has a child. She will raise that child on her own, only for that child to grow up and resent her for not having a father. Again, why do we blame the woman? Don't get me started on daddy issues because I have seen so many men suffering so much more from daddy issues than women have. Men cannot deal with their emotions, and that's why you guys rape, kill, and do anything that is not normal.

You guys created this narrative for yourself of "be a man, be strong, go to work, be a man, whatever, provide," and then today, you guys are complaining that the suicide rate is so high for a man. But why complain when that is a system that you built for yourself? You see, and then you guys complain that women aren't feminine anymore. Women don't want to stay home. Women want to go out and work and make their own money, but you guys can't provide for them, men are so stingy. You will have to break your leg 10 times before they give you something you need. Women need to understand, no matter how beautiful you try to be, no matter how educated you try to be, no matter how good a person you try to be, no matter how good a mother you try to be, you will never be good enough. Because society has made it to be that you will never be good enough, no matter what you do.

You know what women should start doing? Just stop trying. You want to be beautiful? You be beautiful for yourself. You want to be educated? You educate for yourself. You want to be a good person? You be a good person for yourself. But do not seek outside validation, because that validation you will never, ever receive. Men love to humble us. "No, you're not good enough. No, no, no, you're not all that. No, no, you're not special." Honey, listen to me. Do not listen to this idiot.

I think women should start using being a woman to their advantage, and I think men should go ahead and heal themselves. Men think that, like, "Oh, women, their standards are too high these days, whatever." No, we've realized how much you've manipulated us. And now women, a lot of them make their own money, so when you sit at our table, we ask you, "What do you bring to the table?" And see, this is where a lot of men lack, because you guys don't work on your emotions. You guys don't do any self-discovery or self-healing because it's cringy, it's not cool. That is saying, "Hey dude, I need therapy. I need to go to therapy because I need to get my emotions out." No, you guys keep your emotions stuck and do the craziest, most horrible things to women because you want to take your emotions out on someone. You want to take your hate out on someone. Let's come down to the fact that you guys just hate yourself.

And you know, it's funny to me because a lot of people say, like, "Why do men love mean women?" It's not that they love mean women. They love women that reinforce the hate that they already have for themselves. So those women, they just tell them, "Yeah, I hate you too, just like you hate yourself." Then you have the good woman that does everything for this guy, and the guy will feel like, "She's fake. She's not being honest with me. So let me find someone that's being mean to me because at least she's honest."

The question is, why do a lot of men love toxic women? Yeah, because there are a lot of toxic men. A healed man will never love a toxic woman. He cannot energetically. He will not click. But that's the issue. Men do not heal. Men just go on with their lives. They just go to their job and they think, "Oh, okay, that's it. I'm a man now." You're not. You're lacking.

Let's talk about the alpha male. So, the alpha males all have a microphone and a podcast now. What is that? How much more feminine can you be than to gossip all day on a podcast and talk like talk with your girls? That's what you guys are doing, talking with your girl.

I've been ignoring the alpha males for a long time because I do not want to give them any energy or attention. But everyone in my circle has been saying, "Liz, you have to talk about this because it's really getting out of hand and people are actually divorcing because of it or losing the partner." But I have concluded from the alpha males, it's basically that men are just very easy to manipulate. And it's sad to see, but yeah, they're very easy to manipulate.

I had this one instance, a friend of mine, she had a boyfriend, and this one alpha male, he basically said in a video that sushi is a feminine food. So if you eat sushi, you're not a real man, right? And I think this guy was even joking. So then my friend's boyfriend, she basically asked him, like, "Can we go to a sushi restaurant?" And then he was like, "No, babe, like sushi is a feminine food. I don't want to go." This guy is 28. A 28-year-old literally practicing what this guy said. And I think even this alpha male guy was joking.

Back to the daddy issues that men have because they have no guidance in life, so they will follow anyone that tells them that this is the life and whatever, because men don't know who they are. It's not manly for them to discover who they are. They just go to work and that's it. But then what does that create? Lost men, men that are just searching for someone to lead them.

They love to paint this narrative of, "Oh, if a woman has children and if a woman has a family, that's when she will be the happiest, whatever." Statistics have shown that women without children are happier than with children. And you know why? Because, literally, look, I believe in unconditional love and I believe having a child is like a certain kind of love that you will never, ever experience in your life, but my mom has five children. Yeah, I called my mom up and I said, "Mom, did you get happy because of your children? Just because you have children?" She's like, "Yeah, yeah, blah blah." Then I said, "Mom, are you happy?" She said, "I'm not, no." I said, "Okay, so this woman has five children and that did not make her happy. Why? Happiness can never come from something outside of you, and that will never happen."

And on top of that, a woman's whole body changes. A woman's everything changes from the inside out, even spiritually. She changes. It's hard for a woman to go through a pregnancy. You guys don't go through the same thing. You cannot speak for us. You cannot tell us what makes us happy. Oh yeah, don't you dare, as a woman age because then, you know, you were good-looking when you were younger, but you know, now you're old. You're old. You're old. That's it. A woman's thing is done. But when a man gets old, he can still get whoever he wants because he's successful or whatever.

Women, we should just stop being with men. You know what? That's my conclusion. Let's just stop being with men. I think we, as women, as a whole, should just stop trying to seek validation from them. I think we should stop seeing other women as our competition because honestly, we should. Why? Why are we competing with each other? I don't get it. You will never be the prettiest. You will never be the smartest. You will never be the best person. It will not happen. So what are you competing with? So frustrating to me.

Because when I say, for example, like, "Oh, um, this girl is so beautiful," then I hear like, "Oh, no, you're much more beautiful than her." Why are you comparing me? Why can't that woman not be beautiful on her own, and why can I not be beautiful on my own? Why does it need to be in comparison?

One thing, and that's the last thing I'll say about this: A friend of mine, we had a discussion, he basically said, like, "Women have it so easy these days because a man has to work his whole life to buy a hundred million-dollar yacht, and a woman, she can just be beautiful and get on to that yacht." I have never heard anything more dumb. Because, listen to me, listen to me, oh my God. Like, who is gonna come on your yacht if you do not have beautiful women on there? Like, literally, imagine Mark, this old guy or like a young guy, I don't know, imagine Mark buys a hundred million-dollar yacht. I'm sorry, but if you buy a \$100 million yacht, there's also something so wrong with you, I'm sorry. Like, that's insane amounts of money for, like, a boat. Okay, anyways, you buy that, yeah, and then you think that men will sit with you every weekend just because you bought that \$100 million yacht? No, Mark, nobody cares. Nobody cares to sit on your stupid yacht. It's the women that you need to make your yacht interesting. Nobody cares that you worked your whole life and paid \$100 million for that yacht because if there's no women, there's no soul to be seen on the yacht.

Women are like in restaurants, our hostesses, or they have club promoters that are beautiful women. There's no beautiful women, there's no clients. Come to us crying because that's the system that you guys created. You guys wanted to sexualize women and say women are only an object, they're only this beautiful thing, and they should be seen as such. Okay, fine. So tired of women begging, of women saying, like, "Oh, he doesn't want me," of women being desperate for a man. You don't need a man. A man adds value to your life. Focus on your own life. Literally, what are you doing? Focus on your life. Elevate yourself to your best potential. Do whatever. And you know what? If you don't even want to elevate yourself, don't do that. Just accept yourself. That, I do not care. But do not go out and beg for people because one of the most least attractive things you can ever do is go out and beg for someone to recognize your worth because that just shows that you don't recognize it at all. So why should they? Why should they?

You know, I think a lot of women are waking up now, like spiritually. There's a big, big wake-up happening for a lot of people, and a lot of people are realizing this. I just wanted to make this little ranting video because I really am frustrated by this. You know, I hope you guys enjoyed this video, and yeah, I love you guys so much. I'll see you next video. Bye.

MEN KEEP BLAMING WOMEN AND WOMEN FORGOT THEIR POWER

HIGHLIGHTS & TAKEAWAYS

1. Women have forgotten their inherent power and have been manipulated and pitted against each other, perpetuating a war on women.
2. The Salem witch trials targeted powerful women, burning them at the stake under the guise of witchcraft accusations.
3. Women's true nature is connected to nature, creation, and intuition, but they have been suppressed to maintain male dominance.
4. The existing power dynamic with men leading has proven ineffective, and it's time for a change.
5. Men often lack emotional maturity and rely on women for validation and emotional support, resembling children.
6. Society unfairly blames women for single motherhood while ignoring absent fathers' responsibility.
7. Men's lack of emotional healing leads to toxic behaviors, such as rape and violence.
8. Women should focus on their own growth and well-being without seeking validation from others.
9. Men's susceptibility to manipulation is evident, as seen in the influence of alpha males and their narratives.
10. Women should embrace their independence, support each other, and reject societal expectations that diminish their worth.

HOW TO CREATE YOUR DREAM REALITY

Summary:

Liz encourages her viewers to stop complaining and start taking action to change their reality. She emphasizes the importance of believing in oneself and looking to others for inspiration rather than jealousy. Liz advises her audience to answer specific questions about the reality they want to create, make changes in behavior and habits, and focus on one thing at a time. She urges them to let go of illusions, cut off toxic people, and align their actions with their words. Lastly, Liz emphasizes the significance of investing in oneself and making words match actions.

HOW TO CREATE YOUR DREAM REALITY

FULL TRANSCRIPTION

Listen, my love. I am sick and tired of you, okay? You can't come to me constantly complaining about how you're not able to change your life. You're not able to live that dream life of yours. You're not able to change your reality, whatever. But then, at the same time, you're constantly helping other people to achieve their dreams. You're constantly helping other people to change their reality. But when it comes to you, it's hard. That is just plain embarrassing, and you do not behave like that, okay? Especially as my friend.

Like, you guys are my friends, and you guys are behaving like this. I'm embarrassed. I am embarrassed. Please, please. And in this video, I will show you how you can change your reality. What you need to do in order to change that reality, to shift it, and to actually do something with your life. Enough. At least, I cannot do it. This "I'm unlucky." No, you're lazy. Gotta have the discipline. Yeah, and don't be like, "Oh, no, it's only lucky people, lucky whatever." Honey, I was not lucky. I was not born lucky. I was born poor. Very poor. Yeah, and I completely changed my reality. Why? Because I had the discipline, the belief to do it.

I don't want to be at the top on my own because it's lonely at the top. I need you guys there with me. So together, we can evolve. This channel is for you. So together, we're gonna go to the next level, and you are gonna take notes and you're gonna listen. Alright, guys, my name is Liz, and welcome back to my channel.

Okay, let's get right into it. Okay, so first things first, listen. People are building spaceships. People are becoming billionaires. People are becoming multi-millionaires. People are having a good income, normal job. People are literally making money off the dumbest things. People are having the best relationships. And you, you can't even fix your little simple life. You think that is not like you. You cannot do that. So all these people, they can be the most extraordinary, crazy things, but you can't fix your simple life. Yeah, you can't even find a normal job. Yeah, yeah, you can't even find a person that texts you back or that actually appreciates and loves you. Oh, okay, well, that's embarrassing. I need to first start realizing the world is huge. The universe is huge. God is big. He did not put you on this Earth so you could not do anything with your life. That is not your purpose, honey. You can do much, much more, but you have to start believing that you actually can. And then look at people for inspiration. Look at other people. Don't be jealous of them. Look at them for inspiration and think to yourself, "Wow, this guy, he can build a spaceship. Maybe I can just find a normal job that I love. Maybe I can follow my passion. Maybe I can find a partner that I want and build the family that I want. Maybe I can have a stable foundation." Once you are inspired by these people, you will realize that, "Oh my God, people can do big things, so I can fix my simple life from being so minuscule, weak, and pathetic."

You know, even when you ask God, you have to ask God for the biggest thing, because honestly, sometimes I ask God for things, I think God is even embarrassed. He's like, "Really? This? You think that's small?" Then the second thing, after you have realized that you can ask for a lot of things, and what you do, you need to answer questions for yourself. Okay, we need to get really specific on what reality do we want to create. For example, right? I came from a very poor childhood, and basically, for me, ever since I was a child, my one important thing was, I need to be stable.

The partner that is with me also needs to be financially stable. I want to make a lot of money. I want him to make enough money. I don't care about millions and millions, but just good enough. And then, I need to have stable households and a stable childhood for my children. That was my focus, and I was like, "That's the kind of reality I want. I want to have a passionate job that I'm passionate about. I want to make money. I want to be able to support my family. I want to look really good. I want to love myself. I want to heal myself from the inside out. I want to go to therapy. That's the kind of reality I want to be in. That's the kind of woman I want to be."

Then, also, I start to think about, okay, what kind of partner do I want? And once I literally wrote down the kind of partner I want, and I had never done this before, I literally attracted him and met the exact person that I wrote down. So, I'm telling you, once you write things down, you manifest them, and it's crazy.

I want you to answer these questions, yeah? Okay, first of all, what reality do I want to create? First question. Second question. Who do I look up to? Like, look up to people that you like their lifestyle. You don't have to block, "I want their life. I want to be them." No. You get inspiration from their lifestyle. You know how we get inspiration if we're decorating our home from Pinterest and all these things? Well, the same way, you look at a person and think, "Oh, okay, I, for example, even like their haircuts or I like this, that." And it can be different people, but who do you look up to? Then you write down, "What is a behavior that you need to change about yourself in order for you to attract that reality that you want? What is the behavior that you need to change?" For example, I was struggling with an eating disorder. I had bulimia, and in my reality, the highest version of me, she didn't have that. She didn't have that eating disorder. So, I needed to work on fixing that. And I needed to work on fixing my eating disorder because I was not gonna be my reality. I was not gonna suffer from it.

Then, what's a new habit that you would like to create? And the last, but the most important thing ever, what is one thing that I can focus on right now? See, the human brain is incredible. Yeah, we do not like too much choice. I'm reading this book right now. It's called "The Art of Thinking Clearly," and basically, it talks about how when we are given too much choice, the brain paralyzes and just doesn't make a decision at all. And we really get stressed out of it. So, you decide for yourself, "Okay, all of these things that I listed that I want for this new reality, what is one thing that I can focus on right now?" And I promise you, once you focus on that one thing, all the rest will follow. Follow the leader. Leader example: I joined the gym recently. When I joined the gym, it's like a personal training program. Ever since I joined the gym, like all the other issues, not socializing, not feeling confident anymore, really having kind of like an isolated depression, they went. They went because I decided to focus on that one thing, and then all the rest of it follows. So you decide, okay, what do I start with? Do I start with my physical appearance? Do I start healing my mental health? Do I start not allowing toxic people in my life anymore? And then, I swear, or do I start going out a little more? Everything will fall into place.

Another thing is the illusions of life. See, we as humans, we like to create meaning out of something. We always like to look for patterns and have meaning in them.

For example, if we look at the clouds, right, we will see a certain shape in the clouds. We're like, "Oh my God, this is a sign, this is whatever," right? No, sometimes things are just things, and they're not like a pattern or whatever. In the same way that you guys say, "I'm just unlucky, I constantly attract unluckiness." No, you don't. You have good days and bad days, and that's just it. You're not unlucky. Stop telling yourself that you're unlucky.

See, the same way, I grew up in a Muslim family. So, we believe in the evil eye. Now, the issue with this is, constantly, whenever something would happen, like I would get a rash on my face or I would fall down the stairs, I would constantly think, "Oh my God, then this is evil eye, this evil eye, I'm getting evil eye." But now, I completely changed my thinking, and I was like, "No, I do not get evil eye. I only allow what will happen. This is my reality, and I allow what comes in and what goes out."

Walk away from things and people that are not good for you. You have to start thinking, does this person add to the reality that I want to create for myself? Do they fit into that reality?

Hmm, okay, so this person is always putting me down. This person is not giving me any love. This person is toxic. No, okay, cut. Cuts. I want them out because I'm trying to create my reality here. These people cannot come with me.

Sometimes, you get even tested about how bad you want it by having these people in your life, and really, when you cut them off, God gives you something so much better. But that's because you showed him, "I trust you." I don't care how much I want this person in my life or how much this person makes me feel comfortable. I'm gonna cut it off so I can show you I trust you, and you'll give me something better. Some people are not meant to be with the highest version of you. Some people are not meant to go to your highest reality with you. Then you think, always, does this action support the reality that I'm trying to create? For example, if you say, "Okay, I want to make my own money, and I want to have a partner that makes their own money, and I want us to be a stable couple, a really good couple," then you keep dating people that have no work ethic. You keep dating people that don't want to work and basically don't want to do anything but live off of other people. You have to think to yourself, if I continue doing this, then this action will not support the reality that I want because you're contradicting yourself. You cannot say, "This is what I want," and do the complete opposite thing and expect this to happen. Or you're trying to create a reality where you want people to respect you or you want to inspire people, whatever, but you keep people-pleasing to a point where nobody respects you or you keep letting people make a joke out of you, not standing up for yourself. Where are we going? What reality is that? Because we're going backwards, honey.

Become your own biggest investment. See, I feel like when people say this, they're like, "Oh my God, you're so selfish." No, honey, no. Because when we invest in you guys, when we give you guys everything and we're constantly pouring into other people, then that's fine, yeah, and they completely drain us. We're left with no energy for ourselves. That's all okay. But don't you dare, don't you dare do that for yourself because that's really, you're a bad person.

Oh, you need to start investing in yourself. You need to start investing in yourself, whether it's your physical looks like your skin, your hair, your body, and the food you put in your body. Then your mental therapy, if you cannot afford therapy, journal, journal, shadow work questions. Write them down. It's like therapy. And what I'm gonna do for you guys, I'm gonna start a podcast. I'm gonna start a podcast where I invite every time I go to therapy. I just have my therapy sessions on the podcast so you guys can follow with me and you guys can get free therapy because I know therapy is expensive. I was, at a time, on a point where I couldn't afford therapy. I totally understand it. But now that I can, I'm gonna share that with you guys, even though I have to put my personal business online. That's okay. But I realized that the more you invest in yourself, the more you level you up and the closer you get to that reality and the more other people will respect you.

I like how can you not respect a person that thinks they're worthy of their own investments? How can you not respect that? As in, you see, like someone with a really nice car, right? And they always clean it. It's always clean from inside, from the outside. It's really well taken care of. Then people would say, "Oh my God, that person, that guy or that girl really loves their car." Well, do that for yourself too. Because the same way you're gonna invest in yourself, people can tell that you are a person that loves yourself.

Okay, another thing, and this is one of the most important, is make your words match your actions. I do not want to hear, "Oh no, Liz, I tried but I couldn't do it." What did you try? What did you try? Because why are we having this conversation right now? Hmm? Why did you stop? So, you tried once and then you stopped. And that's fine. My sister, she told me recently, she's like, "Liz, the reason that you are so successful is because when you want something and you say, 'I'm gonna do it,' you actually do it." And she's like, "Everything you preach on your YouTube and everything, you actually do that. Like, you're really authentic to your words."

I am. When I say that I am gonna do something, I will do it. I do not care. That's what divides the successful from the unsuccessful people. A lot of my successful friends that I know, we all had the same mindset. We want to do something, that is good, of course. We actually do it. We do not care whether we will fail at it or succeed. We don't know the outcome. We only know that we can take the action to go towards it. Okay, so you have to have this mindset. The most unsuccessful people, they have this mindset like, "Oh no, that's too much risk. Oh no, I won't be able to do it. Oh no, they could do it, but I couldn't do it." Whatever. That's how you never try anything, and where do we end up? Then I think the most beautiful thing in life is trying new things, then failing, and then trying something else. Like, at least you're living. If you're not trying anything and you're just following a constant thing and not doing anything outside of the box, like how boring is that?

Okay, this is a good one. This is "have the wizard mindset." Okay, what is the wizard mindset? The wizard mindset is basically believing that you're a wizard, like thinking you're a magician. So, for example, if you say, "I want this," oh, and you have it. I genuinely believe that anything I want will happen as long as I commit my mind to it. It will happen. There is no other way. I'm just a wizard. I am a wizard. I want you guys to be wizards. I want you guys to think of yourself as, "I'm a wizard. Why should it not happen? I'm a wizard."

Anything I ask for, I will receive. If I ask God for something, I receive it." You know, even I'm so delusional. I literally think, "Okay, like tonight, I'm gonna ask God, like, first, be thankful for everything that I have. I'm very grateful, by the way. I'm a very grateful person. And that's also why I think that I keep attracting blessings, because I am grateful." And so, basically, then I thank God for everything I have, and then I say, "God, please give me this, blah, blah." Two days max. Two days max, I have it, without a doubt.

Be willing to be cringy. Okay, listen, I did something that goes against my things. I basically went, like, a week ago, I was searching something, and all of a sudden, I saw, like, a link of Reddit, and it was about me. So, I click on it, of course, Reddit, lovely place, so many positive people. And on the thing, they were basically saying that I am a narcissist. I encourage cheating, and basically, gold-digging to the core. And also compared me to, like, people that are, you know. And I was reading all the comments, and then everybody's like, "Yeah, she's so cringy. She's so, like, embarrassing. She's so, whatever, blah, blah." And then I was like, "Oh no, that must have hurt my lungs." Honey, I might be embarrassing, but I'm paying my mama's bills, okay? Yeah, I am literally taking care of the people that I love, and I am able to do that because I am embarrassing to you. And what are you doing? Just ranting? Yeah. I don't like her. Be willing to be cringy, yeah.

In life, when we make certain changes, when we start changing how we allow people to treat us, when we start changing our appearance, when we start doing anything really to level our life up, people will start telling you that you're cringy or you're embarrassing or you're doing too much, like calm down. And it's like, they're just speaking out of jealousy, like honestly, you know, because they don't believe they can do it themselves. So you have to be willing to take that little hit because at the end, it's gonna pay off.

Thing is, sometimes you need to be alone to be able to create your dream reality, to be able to level up. Why do I say this? See, when you are an empathic person or you're a highly sensitive person like I am, people like me, we tend to, when we are around people, our natural default is to help them, even though they didn't ask, they didn't mean to. We constantly want to help them, and we pour so much into them, and we do this even without realizing. Yeah, but what happens then is we don't have energy left for ourselves anymore. So we are helping these people create their reality, we are helping these people accomplish their dreams, but we are being drained.

So for me, I became so depressed while I was doing that with my partner. I've been doing that for like the last eight months with my partner, without even realizing it, that I was literally like, okay, I need to take a step back, like I literally need to be on my own right now, and I need to focus on Liz and what this Liz wants. And I swear, like the moment I started being on my own, like my creative ideas came back, my passion for my job came back. Even if you see my other videos, like I completely lost passion for this, and I love talking to you guys. I used to see you guys as like my family, and then it became like, I literally came to a point where I was like, I don't wanna, I cannot even get myself to film. That just shows how much of my energy was being drained. And that's why I'm saying, sometimes you need to be alone in order for you to create that reality, in order for you to get to that next level.

Another thing is, start unlearning what they taught you. Listen, start unlearning what your parents taught you, start unlearning what your teachers taught you, start unlearning what your culture has taught you. What they were telling you was what was a reality for them in their life. That's what they believed for themselves. That doesn't have to be your reality.

Honey, it doesn't have to be. You have the chance to do things differently now. You have the chance to actually take your power and say, like, okay, maybe that was your reality and that was the reality I was born into, but that's not how I'm gonna leave this Earth. I'm gonna leave this Earth having lived my reality, and in reality, I created for myself. And you cannot blame them for teaching you those things because that's the only thing they knew. But you should start educating yourself on your own stuff, create your own opinions about life, start to look out for yourself, what the best ways are to approach your life and how you want to live it. So you can live it for, like, with yourself authentically, so you don't have to, like, when you're old, regret your life because you feel like you lived for someone else. No, honey, live for yourself. I promise you, I promise you, if someone had told me this, you're gonna, you're gonna be old, yeah, eighty years old, look back at your life and say, I lived for someone else, I would have told them, kill me right now, right now, because that will not be my reality.

Don't let other people influence your opinion. See, opinions change, we constantly, we're growing, we learn, that's normal. Yeah, but what I mean by this is we are very influenced by other people. So, this is normal because our primates, we literally followed the crowd because we, we needed to stick together in order to survive, right? But now, what happens is, for example, you watch a video, right? You have an opinion about this video, then you start and you go through the comments and you see a totally different opinion from the one you had. And I use, your opinion starts to get influenced by them. You can't allow that to happen because that just means that you're easily manipulated. What you can do is look at other people's opinions, look at what they think that you should do or whatever, look at them and say, like, okay, that's your opinion, you can have an opinion, but I'd rather stick to my own and I try on my own. And if I fail at it, whatever, yeah, then I learned from it, but it's my opinion and it's what I'm gonna do.

Ask to be guided, ask for signs, ask for help from God. I promise you, I promise you this works. This literally worked. I've said this in one of my videos about manifesting that people should ask for signs, and literally, I have my DMs flooded with people that did, and they got so many signs. They asked for to see like this, that, and they saw all these things. It's incredible. You guys need to start speaking to God or to a higher source that you believe in, like when you guys need something or talk to them like a friend and say, like, hey, I need this. Thank you so much for providing me with everything that I need. You to help me with this, please. I need you because like they will, like, whoever you believe in, they will help you. I promise you. Every friend that I've told to do this, everyone, they were shocked like, Liz, they were like, this advice is golden. Look what I would suggest you ask is, God, please give me whatever is meant for my highest good.

God, please remove people that don't have the best intentions with me from my life. God, please guide me towards my path and show me signs of what I need to do. If you believe in the universe, you can ask the universe. Whatever you believe in, it doesn't have to be God, whatever. But I promise you, I promise you, this works.

Last but not least, is be disciplined. Okay, you need to have consistency over perfection. We don't need perfection. Nothing is perfect in life. Yeah, and if we're gonna strive for perfection, we're not gonna get anywhere. You're not gonna do anything because the first business you create will not be perfect. The first person you ever date will probably also not be perfect. The first gym session will probably not be perfect. But at least we have the consistency to keep going because we're not striving for perfection, we are striving for consistency to eventually get to our goal.

Do not look at people and think like, oh my God, they're at this age, they're so much further than me. I should have been there. No, honey, it's you versus you. You do not look at these other people. The only way you look at other people is if you want inspiration from them and you're like, okay, fine, like if they can do it, I can do it too. But we don't look and compare it and be like, oh, age this and that. You never know what God has for you. You don't know what is in store for you, you know? So maybe you're thinking, oh my life should be like complete like this, but you were meant to have a much bigger life. So, you're limiting yourself. So only look at like little inspirations and like focus on you.

It's you, your dream person is you. So, I know you guys can do it because, literally, like I told you, I'm not going to the top alone, honey. I don't want to be there unless you think like, oh my God, I have no friends, no, no, no, no, no.

I need my little wizards with me at the top, and we're gonna do this together. We're gonna heal together, we're gonna level up together, we're gonna recognize our work together, and we're just going to the next, next level.

Thank you so much for watching, guys. I love you guys so, so, so much. And yeah, I'll see you in the next video. Bye-bye.

HOW TO CREATE YOUR DREAM REALITY

HIGHLIGHTS & TAKEAWAYS

1. Don't complain about your life; take action to change it and believe in your abilities.
2. Look to others for inspiration instead of feeling jealous and use their achievements as motivation.
3. Define the reality you want to create and be specific about what you desire.
4. Write down your goals and desires to manifest them more effectively.
5. Focus on one thing at a time and prioritize what you want to achieve.
6. Don't create meaning where it doesn't exist; don't label yourself as unlucky.
7. Cut off people and situations that don't align with the reality you want to create.
8. Invest in yourself physically, mentally, and emotionally.
9. Make your words match your actions and follow through on what you say you will do.
10. Take risks and don't be afraid of failure; successful people take action regardless of the outcome.

LIFE LESSONS FROM A PEOPLE PLEASER

Summary:

Liz shares her experiences as an extreme people pleaser and the life lessons she learned from being bullied and having no boundaries. She emphasizes the importance of setting boundaries, not making excuses for those who mistreat you, and prioritizing self-care. Liz also discusses the value of therapy and introduces BetterHelp, an online therapy service.

LIFE LESSONS FROM A PEOPLE PLEASER

FULL TRANSCRIPTION

Hi guys, welcome back to my channel. My name is Liz. Um, okay, so today I've decided to do things differently. I want to share some life lessons with you guys that I have learned, uh, being an extreme people pleaser. You know, people pleasers, they see the world kind of differently, and you know why? Because people really treat them differently, and they treat them like, you know, trash basically. Yeah, if you're a people pleaser and you're watching this, you know what I mean.

You know, I have been bullied my whole life. Like, in my house, I was bullied, and in school, I was bullied. And I'm not talking bullied as in, like, "Oh, just making fun of my appearance." No, no, I was physically hit. I don't really want to go into my bully story. I, uh, I think I will in, like, an interview or a podcast that I do if you guys are interested. But to give you guys a little context, like, there was one school that I was severely bullied at. Where basically there was this one instance that, like, the guys in the class that used to bully me, they, uh, told this other guy who was also getting bullied in my class, um, to punch me in the face.

And I honestly, I was just minding my business because I was like, "Just leave me alone." You know, I was just doing my stuff on the computer. And then they, they were really rattling this guy up to punch me in the face. And then that guy, I knew he didn't want to do it, but obviously, if you're getting bullied and then they're pressuring you, he came over and he literally punched me in the face. And I looked at him, and obviously, it hurts, so I started crying. And I ran to the principal's office and I was like, "When are you guys gonna help me? Like, I'm literally getting bullied during gym classes."

They, like, the guys would throw the basketballs, I mean, really hard, that I would walk out of the class, like, crying and bawling my eyes out. But it wasn't only men that were bullying me, women as well. Like, uh, in another school I was going to, like, for example, these girls thought it was funny to roll me up into a carpet during gym class and I couldn't breathe. I literally thought I was dying. I was like, "Please, release me!" I was yelling, and they couldn't even hear me? I thought at that moment I was dying. But you know why I was getting bullied so much? Because this girl could not stand up for herself. This girl literally had no boundaries, and I would do anything and everything to just be liked by people.

You know, sometimes you cannot fit into places because you were meant to stand out. And I did not realize this. I did not fit in. I did not, because I was not like the rest. I literally was the weird one out. I did not think like the other people in my class. I had a really weird understanding of the world. So I wanted to constantly dim myself in order to fit in with them, and they didn't like me.

The thing as well was that at home, I would never tell my parents or my siblings that I was getting bullied because I had so many issues at home already. And I was getting abused at home as well, so I didn't want to be like the drama child or the child that brought issues home, you know? So I would just, like, suck it up, suck it up.

And there was one time that my sister actually found out that I was getting bullied because she went to the school where I was, like, physically hit and stuff by those men. And basically, one of my former classmates, these girls, she had told her, like, "Oh my God, like, you don't know how much your sister was getting bullied in this school and all these things." And my sister came home and she was like, "Liz, like, were you getting bullied?"

And I was like, "Huh? No." You know, I was so embarrassed. And she was like, "Why did you not tell me?" And my sister's like the kind of person, like, she does not get bullied. You do not talk to my sister disrespectfully. Anything. My sister has this mentality of, like, "I'd rather have people fear me than disrespect me." So people would not treat her the same way.

I was brought up in a way that was like, "Okay, Liz, you are gonna listen. If you don't listen, you'll get abused." You know, you got physically abused. So for me, when somebody, even though to this day, asks me something and I don't want to answer or I don't want to do it, I go into, like, a trance mode, and I answer or I just do what they ask me to do because it's installed in me, you know? It's like either that or you'll get hurt. So, I really am still struggling with this, and I'm still going to therapy with this. And this is why I love therapy, guys, by the way, and that's why I'm advocating for therapy. A therapist is one that told me, "Liz, this is not who you are, and you can actually change this around." So, it gave me a lot of hope as well. I'm telling you, therapy changed my life.

However, I do know that therapy can be quite expensive, and that's why I want to thank BetterHelp for sponsoring this video. BetterHelp is the world's largest therapy service, and it's 100% online. With BetterHelp, you get access to a network of over 30,000 licensed and experienced therapists that can help you with any issue you might be facing.

To get started, you answer a few questions about your needs and preferences in therapy so that BetterHelp can match you with the right therapist from the network. Then, you can talk to your therapist however you feel comfortable, whether it's via text chat, phone, or video call. You can message your therapist at any time and schedule live sessions whenever it's convenient for you.

So, if the therapist you got isn't the right fit for you, BetterHelp allows you to switch therapists with no additional charge. With BetterHelp, you get the same professionalism as an in-person therapist, but at a way more affordable price. To get started, visit [betterhelp.com/Liz] (<http://betterhelp.com/Liz>) for your first month, and I've also linked them down below in the description.

Let's get right into it. The first thing I learned being a people pleaser is basically people will keep treating you like trash until you get boundaries for yourself and you are firm about them. See, the big issue with me was I would let you treat me badly, and I would just forgive you quickly, and that's it. Like, I would be like, "Oh yeah, you can do that." But yet tomorrow, I'm talking to you again. Why am I talking to you? Isn't that people are so comfortable saying whatever to you?

But the reason that people are so comfortable to ask you whatever is because you don't stand up for yourself. It's because you don't have the courage to say, "Hey, listen, do not speak to me like that" or "Hey, listen, do not treat me like that." And even when you do say that, they know that you're easy to forgive. You will quickly be like, "Oh yeah, okay, it's fine." And you guys are friends tomorrow again. No, this is where you go wrong when you tell someone, "Hey, listen, do not speak to me like that," and they still continue to do it, you do not talk to them, you do not go near them. You protect yourself and your boundaries.

I distance myself from a lot of people that are not willing to meet my boundaries, not willing to meet my standards. If a family member, some family members, I was like, "Okay, you are not willing to respect me, then leave me alone. I'm not asking for crazy things. I'm asking for respect. I'm asking to be treated like a human being. And if you're unable to do that, then you're unable to stay in my life."

If you tell a person that truly loves you, "Hey, listen, I don't feel comfortable when you do this to me. I don't feel comfortable when you say this to me," they will actually try to change it and make you feel more comfortable. But when you say that to a person that benefits from using you and you having no boundaries, they will get offended and they will be like, "Oh, you change now? You feel better?" No, I don't allow you to treat me like *** anymore.

Another thing I learned is to stop making excuses for people that treat you badly. No, I don't care about how they're feeling. I don't care about their mental state. I don't care about what they're going through. I was going through a lot of stuff as well and would show up to school and try to be nice to people. It's not an excuse. You are 100% in control of how you treat others. And if you can't treat other people well, then you stay away from people. Because there is no reason that you should be hurting other people because you are hurt. No way. And there's no reason that you should be accepting and making excuses for other people that are hurting you. Because you think, "Oh, that's sad for them." But what about you? Do we ever feel sad about ourselves? Like, it's so good and everything is everybody's like, "Oh, you're so noble for caring about others." But when you care about yourself, you're selfish.

No, there's one girl in my school, yeah, and she used to bully me so badly. She was like one of the popular girls, but she was so mean to me. And she basically used to make fun of my appearance, would make fun of my lips. And then, basically, I would always think, "Oh, yeah, but it's because her father left her at a young age. That's why she has trauma from that." And that's really sad and stuff, but Liz, like you're sitting there, you're getting abused every day at home, and you don't treat her like that. So why was I feeling empathy for her when she had no empathy towards me? And you know why she had no empathy towards me? Because I had no empathy towards myself. I would rather feel bad for her than I would feel bad for myself, and that was my big issue. I could not put myself first.

You are not a bad person for having boundaries and standing up for yourself. See, I think, like, as well, when I am a people pleaser, I have this belief of like, "Oh no, I just want people to like me. I don't want to cause drama. I don't want to be a burden. So I'm gonna do whatever they ask me to do, or I'm not going to speak up for myself." I'm not a bad person because I have boundaries or I am willing to speak up for myself. I am actually a person that respects myself. Because it's not that you're gonna go out there and be a mean person or be unkind to anyone. No. When somebody crosses your boundary and you're not comfortable with something, for example, somebody asks you an inappropriate question and you don't want to answer, you say, "Hey, I prefer to not answer that question," or you just completely go silent and you don't answer the question. Not a bad person. If you don't answer the question, you know, you're not a bad person for saying, "I don't feel comfortable with this. I want to honor myself and my own needs."

Another thing I learned is people don't have the same heart or intentions as you. See, for me, I was always very isolated, even as a kid. I didn't have many friends, and constantly, when I would have a friend or encounter them, they would do something to me that was completely... like, that was so bad. And then I was like, end up crying to my mom and stuff, and I would say, like, "Mom, why would they do that? I would never do that. Why would they do that?" And I was really naive in my thinking. But my mom constantly told me, "Liz, people do not have the same heart as you. People are not the same as you." And I could not understand this until I grew up and I saw so many toxic, toxic people. And then I was like, "Yeah, my mom is right. You really have to get into the mindset of, 'Okay, other people are not like me. I cannot expect them to act like me or to do like or to not do things that I wouldn't do. No, you have to be able to accept that, okay? They will do things that I don't like, and they will cross boundaries. But then, how do I react to it? How do I allow them to treat me? That's the question you should ask yourself because you have power over that. You don't have power about how they are or how they treat you, but you do have power over what you allow and how you react."

It is a big deal. Like, most of the time when you are a people pleaser, people will tell you when you get angry or something or they cross your boundary or whatever, that you are overreacting. Like, it's not that big of a deal. No, it is. If it is a big deal to you, what do they know? How can they feel your feelings? You are in your body. If you felt hurt by this or you felt that that was not the way they should have been treated, then yeah, that's fair. Tell them, "No, it is a big deal. I'm hurt by this. I don't care what you feel because you don't feel what I feel right now. You don't feel the hurt that I feel right now." So, honor your feelings, listen to them. If you are hurt, then yes, it is a big deal. They have hurt you. It doesn't matter how small the situation might have been. Don't let them gaslight you into telling you what you feel is right or wrong. No, you know yourself best. You know your feelings. If this hurts you, then it hurts you, and you can honor that.

Another thing I learned is to look at people's actions and not what they tell me. See, in life, I would hear a lot of, "Oh, this, I love you. Unless, I love you always. I'm your best friend, this and that." And then I was like, everyone claims to love me, but I don't feel loved by anyone. And it's constantly like, you have to look at how they treat you. Do they treat you well? Do they treat you with respect? Do they actually say to you, like, "Hey Liz, if I'm gonna do this for you," do they actually do it? If you need them, do they actually show up? Look at their actions. Do not look at what they tell you, because I'm telling you, I promise you, people will put words in your ears, like, it will be magical, like a whole musical they will make of it. And if you believe anything, then you'll be easily manipulated, and you will go down like years and years, maybe even stuck in a relationship because they keep promising you stuff. No, look at how they're treating you. What is it that they're actually doing? How are they making you feel? That is most important. Do not look at words. I do not trust.

Words, I trust action. You have to start asking people when they ask you something that you didn't like or whatever, or they do something that you didn't like. Then you have to start asking, "Why did you feel comfortable to say that to me?" or "Why did you feel comfortable to do that to me?" I start asking this question, and you know why?

First of all, you will start to understand. Maybe they'll actually give you an explanation as to why, or maybe, they will say, "You gave off this vibe or whatever," so you can literally look at yourself and be like, "Okay, next time maybe, like, I should literally change that so people don't do that again, you know?" Or, they will feel really embarrassed by what they did, and they will not give an explanation. And then, you can also see, like, "Whoa, this person does not have the right intentions with me." But ask people why they did what they did to you.

Another thing is, start asking yourself, "Am I doing this for me, or am I doing this for someone else?" Like, for example, I one time I had this one friend, and she basically wanted to meet up and stuff, and she was basically gonna bring me to this guy that I didn't want to go to. And I told her already, "I don't feel comfortable with this person." But like, when I was on my way, she was telling me, "We're going somewhere else." Then I was on my way to the car, and then she calls me. She's like, "Yeah, we're gonna go to this guy." And then I was like, I was shocked, and I didn't want to say anything, so I just closed the phone.

Then I called my other friend, and then I was like, "Yeah, she's telling me to go there. I don't know what to do." And then she was like, "Liz, what do you want to do?" And then I was like, "I don't want to go there. I don't want to go to this guy." And then she was like, "Okay, then you go home." So then I was like, "Yeah, you're right." So then I called the friend. I was like, "I'm not coming." And then I told, like, the driver to go home. So then I'm at home, and then I started to develop this mentality of like, "Okay, am I doing this for me or am I doing this for someone else?" Because if I had gone, I would have gone because she wanted to, you know? But every time I say yes to something when I really want to say no, I am saying no to myself. And what will happen down the line is I will become so insecure because I'm always putting Liz down in order for other people to feel good and comfortable. But how does that make me?

You're at the wrong place. The wrong people are surrounding you. Maybe you are just an extreme people pleaser, and people are just taking advantage of you. Like my issue, so it's okay. You don't have to be liked by them. Do you even like them? That's a question you should ask yourself. Do I like them, you know? No, most of the time you will not like these people that are taking advantage of you or whatever. So why do you need them to like you? You don't need their validation. You have to start validating yourself, you know? And especially, also if you're on social media and you're scared that people will not like you, whatever. People hate. Some people hate on everyone. Like, you can't make everyone like you. Let them be bitter. It's okay if they don't like you. Don't prove yourself. The only person you have to prove yourself to is yourself.

Don't allow anyone and everyone to get close to you or to get to know you. It's actually a luxury to know you. That's how you have to think about yourself in life. Exclusive things are more valued. That's why when you have exclusive brands, high-end brands, they're for a certain group only, and they're very exclusive. They're at a very high value because they're not for everyone. Not everyone can afford to be around them. You have to see yourself that way. If you just allow everyone and everybody to come in, like, what are you, a trash collector?

If you just allow everyone and anyone to come close to you or to get to know you, people also realize that you are someone without boundaries because you have no boundaries of who you share your energy with, which is so sacred. You know, you are a sacred, divine being. So protect yourself. Protect yourself from certain people.

If you feel that there's a vibe that's off, okay, don't get too close to them. Don't let them get close to you. Follow your intuition a little bit about people. It's much more important to have quality over quantity these days.

I have one best friend. I have my sister who's my best friend, and I am very happy with that. I do not go around making lots and lots of friends. And then, like, I don't want to be in drama or have reputation issues or all this gossip. No, I don't want to. I want to protect my energy. I want to keep my energy for the people that I love, for the people that I appreciate and love me as well.

Practice saying no without explaining yourself too much. Sometimes, if you don't want to go somewhere, if you don't want to go out, you can just say, "No, I don't feel like it" to your friends. You don't have to constantly give a whole reason why or make something up or say one of your 10 grandmas died. No, sometimes you just have to say, "I don't feel like it," "I don't feel well," just no. Simple, no. It's okay to say no, and people that actually love you will not get offended by that. They will actually appreciate it and be like, "Okay, fine." We'll tell you if there's anything that you need, just let them know. Or if you want to talk, just let them know. But if you want space, then that's totally up to you.

I recently as well started practicing saying no to friends and family, and honestly, there's literally nothing that was wrong with that. They didn't give me any crazy blowout like I thought it would be or they would hate me. No, not at all. They're just like, "Okay, fine." It's that simple. People are literally like, "Okay, they don't care," you know? So get that out of your head that it will be a big drama. It will not. Just practice, practice saying no. Yeah, I know it's a little hard and baby steps and I get that as well, but it helps.

Very important is as well to have time to reconnect with yourself. See me, because I'm highly sensitive, I really need a lot of alone time to connect to myself, to literally hug myself and be like, "This is gonna be okay" and literally make me feel like I am inside of my body.

And ground myself because a lot of times when I'm around a lot of people, I pick up on their energies. And like, you know, when you try to help them, you try this and... And I can't help it. Like right now, I still cannot control it. My constantly trying to help. But it's very draining. So then I go into isolation mode because I need to recover from all that. But now, I've realized that I need time to reconnect with myself. I need time to do things that I love and take care of myself in order so that I can also be, you know, presentable for other people.

And I just really enjoy spending time with myself. I enjoy spending time with my cat. He helps me a lot with my emotions. I just enjoy doing things by myself and getting to know myself better. So have time to do that. Like literally, sometimes you sit even with yourself and just stare at a wall. Let your thoughts flow. Write down. Journal. Meditate. All these things. It's very beautiful.

And last but not least, forgive yourself for the past times you've let people treat you badly because honestly, it's okay. Like, we're all learning. It's not your fault. If we did not go through that, we would not have the wisdom right now on how to handle it. And I am honestly very, very grateful for everything I went through because it made me so wise. Like, literally, I know a lot about people. I know a lot about how to handle situations. So I'm really grateful for that.

It's okay. Like, I forgive myself. There's no point in being angry at yourself, you know? My therapist, she told me this because I was literally telling her, like, "Yeah, all this, I can't stop people-pleasing." And I was getting really angry at myself. And she was like, "Liz, the anger is not gonna help because, once again, you are getting angry at your inner child who was manipulated."

Into thinking that the only way she would receive love was if she did whatever the other person asked. And again, you are abusing her by getting angry at her. And she was like, "Liz, she doesn't need more anger, she needs love." And that's when I realized, like, yeah, you're absolutely right. I need to be kinder to myself. I need to be more gentle with myself and forgive myself for the ways I have allowed other people to treat me. And the only way I can do now is look forward and have boundaries and make sure people don't treat me like that. And little by little, get where I want to get. It takes a lot of practice.

Like, literally, I'm standing here today, I'm the Wizardless. I have millions of followers, and still today, I have people-pleasing tendencies. I even had, like, recently, a fan come up to me and was like, "Go stand over there, I'm gonna take a picture of you." And I was like, I was in my head thinking, like, "I don't want to do that," but I couldn't say no. So then I stood there, and I let them take a picture of me. And then I was like, "Why did I not say no?" And then the same day as well, I had, like, some person that I knew asked me some really inappropriate questions that I just answered because I didn't feel like I couldn't not answer them.

So then I remember my sister, she came to visit me, and I was literally standing outside. Imagine, I'm like, millions of followers, the Wizardless. I'm standing outside, I'm starting to cry and bawl my eyes out because I cannot stop pleasing, and I cannot stand up for myself. So it takes practice. So now, little by little, I'm starting to say like, "Hey, I didn't like this," or "Hey, I don't want to answer your question." And honestly, I see that I don't get a bad response or something from it. It's just normal. So yeah, it takes practice.

So guys, like I said, we're all healing together. We're in this together. And, yeah, I'm healing, you guys are still healing. So yeah, I love you guys so much. I hope you learned something from this video. And yeah, I'll see you in the next video. Bye guys, bye.

LIFE LESSONS FROM A PEOPLE PLEASER

HIGHLIGHTS & TAKEAWAYS

1. People will continue treating you poorly until you establish and enforce boundaries for yourself.
2. Stop making excuses for people who mistreat you and prioritize your own well-being.
3. Empathy should not be one-sided; it's crucial to have empathy for yourself and put your needs first.
4. Having boundaries and standing up for yourself does not make you a bad person; it shows self-respect.
5. Understand that not everyone has the same heart or intentions as you; be prepared for toxic behavior.
6. It's not an overreaction to assert yourself when someone crosses your boundaries; your feelings are valid.
7. Trust your feelings and acknowledge that if something hurts you, it is a big deal, regardless of others' opinions.
8. Look at people's actions, not just their words, to determine their true intentions and treatment of you.
9. It's important to distance yourself from people who don't respect your boundaries, even if they are family.
10. Therapy can be transformative and provide the tools needed to overcome people-pleasing tendencies and establish healthy boundaries.

LISTEN TO THIS EVERYDAY FOR BEAUTY AND CONFIDENCE

Summary:

Liz encourages listeners to remember their power and beauty. She emphasizes the importance of self-love and confidence, stating that you deserve to live your dream life and attract positive experiences. Liz believes in the magnetic energy within you and the ability to create the life you desire. She reminds you to embrace your unique beauty and value, knowing that you deserve the best.

**LISTEN TO THIS EVERYDAY FOR
BEAUTY AND CONFIDENCE**

FULL TRANSCRIPTION

Welcome, beautiful, confident soul, to this affirmation video. It is suggested that you listen to this video while standing in front of a mirror, whether you're doing your skincare, your hair care, or your makeup. Or, you can listen to this while you're showering or just in the background, whatever feels more comfortable to you. Either listen or repeat these affirmations in your head or out loud. Let's go.

I remember who I am and the power I hold. My presence is magnetic. I am extremely beautiful. I deserve to live the life of my dreams. I can handle anything that comes my way. I have the power to create the life of my dreams. My confidence grows every single day. I am confident, intelligent, and successful. My body is beautiful and unique. I know I am valuable, and everyone treats me as such. I deserve to love myself.

Good things continuously flow into my life. I stand in my power. I constantly attract opportunities that create more wealth. It's empowering to be me. I glow from the inside out. I believe in myself. I make decisions that benefit me. The only approval I need is my own. I believe in myself. I am only here to impress myself. I am my dream person, living in my dream reality. I am worthy of anything I desire. I am a magnet for blessings, miracles, and beauty. My energy is irresistible.

Recognize my words and don't settle for less. I discover new levels of inner confidence every single day. My presence is magnetic. I realize how powerful I am, powerful all the time. If I set my mind to it, I achieve it. I am worthy of the very best life, and I'm now ready to accept it. They can never get enough of me. Anything I desire, I receive. I constantly attract opportunities that create more wealth in my life. Everything I want wants me too. I don't chase, I attract. I am a priority. I always look beautiful without even trying. I want the best, and I get it. My beauty is mesmerizing. Whatever I want happens because I said so. My energy is addictive. People are addicted to me and my personality. My confidence is unmatched. I light up every single room that I walk into. Everything always works in my favor. I ask and I receive. I make the place more valuable by stepping into it. It's empowering to be me. I am worthy of the very best life, and I'm now ready to accept it.

LISTEN TO THIS EVERYDAY FOR BEAUTY AND CONFIDENCE

HIGHLIGHTS & TAKEAWAYS

1. Recognize your worth and treat yourself as valuable.
2. Believe in yourself and make decisions that benefit your growth.
3. Attract abundance and opportunities for wealth.
4. Embrace your inner confidence and magnetism.
5. Set goals and achieve them through determination.
6. Embrace your beauty and personal energy to positively influence your surroundings.

REALISE WHEN IT'S TIME TO LET GO

Summary:

Liz discusses the importance of letting go when situations no longer serve us. She shares advice on recognizing manipulation, valuing oneself, and not settling for less. Liz emphasizes the need to align words with actions, value time, and make decisions based on personal growth. She also highlights the significance of maintaining healthy relationships with family and trusting their judgment. Liz encourages individuals to embrace change, seek progress, and plan their exit strategies to move forward in life.

REALISE WHEN IT'S TIME TO LET GO

FULL TRANSCRIPTION

Hi guys, I know this is not my usual setting, but I was actually going to bed, and um, I felt called to do this video. And it's basically about letting go, knowing when to let go, and uh, how to let go.

The reason why I want to do this video is because for the past days, I have been helping a friend of mine, giving him advice on how to let go of a job that he has been working at for seven years. And it's like his career field, and he just stopped growing in that career, so he began to feel miserable. And um, the boss kept promising him stuff but never delivering on it. And he basically told me, "Elizabeth, what should I do?" And I told him, "You have to leave."

You know, when you're stuck in a situation like that where you're miserable, people are promising you stuff, they're not delivering on it, or you're stuck in a relationship, what you need to do, you need to think about. I was reading this book, yeah, "In the Art of Thinking Clearly." It talked about something, it's called the Sunken Cost Fallacy. Sunken costs. It basically means you don't have to look at how much time or energy you spent on something as a reason as to why you should stay. You should look at what is the future of this thing.

Like, it doesn't matter how much time or energy you put in, if the future of it is not going to get better, if you have put years into that relationship and energy and whatever, but you're unhappy, and you see your future in that relationship being unhappy, then there's no point in staying. If the same with the company or your work, if it's not going up, there's no point in staying.

First thing I think what you should do is realize when you're being manipulated, when a person is promising you stuff and never delivering on it, you are being manipulated. If someone is telling you, even if a boss is telling you, "Yeah, you will get this position if you do this," then you do that thing, and you still don't get that position, that's manipulation, because it's like they're promising you stuff, but they're never delivering on it. You know, same way in a relationship, they're promising you to change, they're promising you that they'll do better or whatever, it won't happen again, but then it does. Manipulation. They're just saying anything to make you stay. If the words don't match the actions, you leave.

You guys need to stop believing people on words. People are full of, okay, let's be honest here. Like, it's so easy to lie. Why would not everyone lie? You know, if I wanted to keep a girl, but I know I, I like, I'm not serious with her, but I can't just sleep around with her, I would also lie to her to make her stay. You know, why not? If I can, why not? You know, most people don't feel bad when they do that, and you need to realize that not everyone has a good heart or morals or feels bad about the stuff. No, most people don't. And you guys need to start realizing that the world is really harsh when the words do not match the action.

See, I had so many people in my life screaming to me, "Liz, I love you, I love you," but then they would do stuff to me that was so shitty that I would think, like, how is this love, you know? And then you have me, I'm verbally, I don't say that much like, "Oh, I love you," but I will always show in my actions that I respect you, I love you, and I'm loyal to you. Like, my actions will always show. I don't talk, I show you. And that's how you have to look at people. Look at your bosses. Are they just talking, alright? Are they actually giving me what I want and what they promised me? Look at your relationship the same way.

The other thing is, what they can easily get will never be valued. Okay, and also, if you're easy, like if you're loyal to a company that is literally not giving you what you want but promising false promises, also they will not value you.

Because see, with my friend, the issue was what his boss did is he promised, promise never delivered, but the boss knew the guy would never leave. He's so loyal to this company, he knew he would not leave. So he knew this behavior could go on for years and years without him really doing anything, you know? And they would even say like, "Oh no, he will never leave, doesn't matter, whatever." That's how these people start to disrespect you.

Start to value yourself, you know? Start to value what you want and what you think that you deserve. Relationships don't come too easily with people. Make them literally work for you. Make people prove, especially if you're going into a relationship with a man. Make that man prove to you that he's worthy of being with you.

Because in this day and age, and I truly believe this is the issue with most relationships these days, is because we've created this whole thing of like, "Oh no, they don't have to do anything anymore. Everything's equal, this and that." So then you have men that don't want to show up and be men anymore. They're just like, "Okay, whatever. I don't have to do anything." So they're not going to do anything. And even worse, they want to take from the woman now.

Yes, I do believe in equality. I do believe a man and a woman should be equal. And I'm happy if that's the way it is. But at the end of the day, if you make it so easy for a man to get with you and he doesn't have to do anything at all, and he can still be in a relationship with you, they will abuse that power. They will abuse that power. And that is not equality, you know? Because again, they're more powerful over you because you're giving yourself away for nothing. This person doesn't even appreciate you, respect you, doesn't do anything for you, and you're just giving yourself. You're giving your time.

Value yourself. Making someone literally prove to you that they're a good person with their actions is valuing yourself. That is self-respect. There's just nothing worse than wasted time. Wasted time on people. Don't waste your time. Your time is valuable, you guys. Like, literally, I've heard so many older people say, "Time flies like this. Today you're 20 years old, tomorrow you're 80." And it flies like this. Don't waste your time on dumb people, don't waste your time on dumb people. Don't put your energy into people that promise you stuff but don't deliver. Don't go to people that don't respect you or are toxic because you're lonely and you don't have anyone, so you'll just stay with them. But then you end up being miserable again. They're taking away from you. They're taking away from your years, and you end up feeling bad about yourself. You end up feeling insecure and thinking that you cannot do anything.

Bad bosses, those kind of relationship people, what they will do is they will make it seem like this is the only good thing you will ever get. Like you cannot get any better than this, and that is just such...

That's one of the things they do with their manipulation. Yeah, they have to make you feel like you cannot do anything better. So that toxic partner will make you feel like you cannot get anyone better than him or anyone that treats you with decency and respect. They will make you actually believe that. Or your job, they will make you believe that, "Oh, you cannot get anywhere better. You will not be paid better. You will not get the same respect or position." Whatever.

That's such... Like, stop listening to these people. It's not true. It's not true. In order to control you, they have to make you feel this small. But you have the power to take that back and be like, "No, you know what? I deserve much better and I'm capable of much better. And yes, I can get much better than you." And you can. There's literally billions of people in this world, and you think this one douchebag is your only option? Please. There's literally so many companies. You can start your own company. There's so many options in this world.

Money is only an energy. If you start to understand money in an energetic way, you also start to realize it doesn't have to be this hard. Stop six people constantly benefit from putting you down and making you feel this small. But like, stop. It has to stop. And the only power you have right now is to take your own power back. You gave away your power to those people. Those people are not powerful without your energy that you gave to them. That company is nothing without you. That company needs you. You don't need them. That toxic person needs you. You don't need them. You think anyone wants to be with someone that treats them like nobody wants to do that.

So when they're telling you you can't do anything better. They're actually projecting onto you. They can't do anything better. That company cannot find a better employee than you. That partner cannot find a better partner than you because you're the only one that wants to put up with their stuff. Nobody else wants to do that, whether it's a company, whether it's a relationship, that thing, whatever it is, should always add to your life and not take away from it.

For example, my friend that works for the company, he completely doesn't have any time anymore for his friends or family. Constantly working, constantly working, became miserable. His relationships are failing. So, and he doesn't even make enough money to make up for that, you know? So it's like his relationships are completely failing, and the company is taking away from his relationship, his personal life. It shouldn't do that. If you're doing a job, that job should add. You should make your money and you should still have your life. You should still be able to keep your relationships. And the same way, you know, I'm gonna say one thing. If you have a partner and you have a good family that cares about you, and your family says that this guy is not good for you or this girl is not good for you, and they can see it, and you actually also know there's kind of red flags, but you still choose that partner over your family, and you lose your family because you chose that partner, that's a dumb decision. I'm gonna say it here, that's a dumb decision.

If you have a good family (I'm not talking about toxic families), if you have a family that actually cares about you, once that toxic person that got you away from your family knows that you don't have anyone anymore and you're not communicating with your family anymore, you're done. You're done. You're literally like caged for them because they have all control now. Every time you want to leave, they'll say, "Where do you want to go? You don't have anyone." They literally feed off of this. "You cannot catch me. Go against literally the people that I love because of a man."

Honestly, truly, actually, I had friends, co-workers, people that I used to know tell me that they did this when they had a good family, and they said it was the worst decision of my life. The person became abusive. The person literally did anything and everything to me. And, um, yeah, at the end of the day, they felt isolated, so much trauma coming out of it because you're not talking to anyone anymore. You don't have anyone to go to. Now you only have this one toxic person, and you're isolated with them. With them.

Yeah, sometimes people around you that love you, you might feel like, "Oh, they're going against me. They don't know what they're talking about, whatever." Sometimes, they know better. Believe me, trust me. I have seen it with my own eyes, not with one case. I've seen multiple cases like this. Sometimes your loved ones know better, but realize that it's okay to change your mind. You don't have to do things one way just because you studied this and you're in this company and you did this job, but you don't feel good there and you want to do something else. It's okay to do something else, you know? It's never too late to change direction. You will anyways go where you're meant to go or where your intuition leads you. You will get there, but maybe it's not a straight line. Maybe you have to go like this or try different things in order for you to just be like, "Oh, this is what I want to do."

I was watching this interview from Tony Robbins, and Tony Robbins was basically talking about how humans get unhappy and depressed when they stop progressing in life. Progression is literally what makes us happy. That's why even if you look at people that are at the top, they have millions and millions, you might look at them and see, "Whoa, oh my God, they accomplished everything," but they're miserable. Why do you think that is? They stopped progressing in life. They don't have that drive anymore because they have everything. So we constantly need to find that thing that drives us, need to find that thing that makes us want to involve. And when you feel like it's not okay to change your mind or you have to stay this way because this is what you've been taught and whatever, you'll become miserable at the end of the day because you know that this is not what you want. And second of all, you feel like you're not progressing because this is not even what you want to begin with. You don't even want to progress in this thing, so you're stuck, and you will really become miserable.

Start thinking about, "Okay, maybe this was not what I wanted. I tried this, but this is not what I want. This relationship, I tried it, but this is not what I want. I want something else." It's okay to change your mind. It's okay. We are here on Earth to constantly evolve. When you stop evolving, that's when you stop living. So once you made that decision for yourself that you have to let go, you plan your exit.

Okay, if you're in that company and you want to leave, what you do is you search for another job in another company. Or maybe you're like, "Okay, I don't want to work for now. I'm going to take off and travel or whatever. Or I'm gonna do whatever you can also do that." Whatever you want to do, but plan your exit. Plan your exit in a relationship. If this is really not what you want, okay, you start thinking about how can I get out of this relationship? Do you need financial? Do you need money? Whatever you need, maybe you can find family members, friends, anyone that can help you to get out. Plan your exit.

You do not stay where respect is not served. You do not stay where you're manipulated. You do not stay where you're miserable. Once you have let go and you close that door, you do not open that door again.

And why am I saying this? Listen, I used to constantly, when I was, I had an ex, me and my ex were good friends, but he would constantly, like, he would take care of me financially when I was really, really broke and I really needed him. But I didn't like the relationship anymore and there was no love and I wanted to leave. I constantly would ask God, like, "Please give me someone that I love that they get scared of me." But that would never happen and I would constantly be stuck with this partner.

So what happened is, I literally, in a moment where I was my brokest, I was like, "You know what? I have to let go of my ex. Otherwise, the person that is meant for me can never come in." So what I did is, I was like, "Okay, I'm just gonna let go of him. I don't care that I literally have no money, you know, without him." So then I let him go, and then literally, like, a year later, I met my partner now, and he's literally what I've wanted, and what I've prayed, prayed for. So, in order for that manifestation to come in that you want, about maybe the partner or the job that you want, you need to let go of the thing that's not serving you. If the thing right now is not what you want, but you just hold on to it because it's comfortable, you have to have faith and let go. Because I really, really believe if you don't believe in God, believe in yourself. If it's the universe, something else, I don't know. I really believe God has a bigger plan. Really, honestly, I believe God has a bigger plan. And I think the things we ask for are just pathetic, and he has like such a big plan. And we can have like huge, huge stuff, but where we don't think that we can have it, so we never attract it.

And this is what I told my friend as well. I'm like, "You have to show God that you trust him, you know. You have, you don't have to be afraid to let go of this toxic job that you have right now, and be like, 'Oh no, if I don't let this go, I will not have something else.' You will, because God always provides. You will always have, always. But you have to have some faith. And if you don't believe in God, believe in yourself. You will provide for yourself. You will, you got yourself out of so many bad situations, did you not? Like, we literally went through so much, and we're still standing. We're still doing our stuff, trying to get better and trying to evolve. So, you're still here, are you not? Why do you not believe in yourself then? Why do you not think you can get better? Every time you thought that this was the end and like, you would never get out of this, you got out of it, didn't you? Why do you think that this time you're gonna fail yourself? You're not, trust me, trust me.

Once you let go, once I had let go of all the shitty friends that I had, all like, my partner that there was no love anymore, once I let all of that go, I promise you, everything I ever wanted came in. And there is no person that has left my life that I missed, truly, truly, I'm sorry. And there is no person that I would take back from.

From my previous life, like in this new reality that I'm living. No, I'm sorry, I'm literally not. But once all that unwanted is gone, your true purpose starts to show. You start to see what is meant for you and literally, miracles start to happen because you had faith. You had faith in yourself, you had faith in God, and you were not afraid to take risks.

Sometimes in life, you need to get uncomfortable. See, when you're jumping from your present reality to the new one that you want, in the beginning, it might be a little chaotic. It's not gonna be amazing from the get-go, you know. And you have to accept that. But that's okay. You've survived much worse, much worse. This time when you're going into this, you actually have a plan and you have wisdom that you didn't have before. So, this time around, it will be different. I promise you, it will be different.

And don't also think like, "Oh no, it's too late. Like my age, this and that, whatever." No, people have done incredible things at 60, at 70. They've accomplished, only you know. It doesn't matter. It doesn't matter your age. Doesn't matter. You see, age is just a number. We are a soul. You know, it's all about our soul. You guys have to realize that our souls are here on Earth to evolve, literally, and to learn constantly. We have to learn. Once we stop learning and evolving, we stop living. So, in order for you to do that, you constantly have to experience new things. You have to create those experiences for yourself. And you don't have to be scared to do that. Fear stops everything. Instead of fear, have faith. Have faith in yourself. If you believe in God, have faith in God. Have faith in the universe. Everything will work out for you in the end. But don't do a dishonor to yourself by staying where you're not welcome.

Anyways, guys, I love you guys so much. I'm so sorry looking like this because I know a lot of people don't like it when I am not dressed up. But honestly, I just really wanted to share this message with you guys because I felt like I felt some of you need it. Um, so yeah, I love you guys so much. Bye-bye.

REALISE WHEN IT'S TIME TO LET GO

HIGHLIGHTS & TAKEAWAYS

1. Recognize manipulation when promises are not fulfilled, both in professional and personal relationships.
2. Don't believe people based solely on their words; actions speak louder and reveal true intentions.
3. Value yourself and make others prove their worth through actions before fully investing in relationships.
4. Easy-to-obtain things are often undervalued, so don't settle for less than what you deserve.
5. Your time is valuable; don't waste it on people or situations that drain your energy and make you unhappy.
6. Toxic bosses or partners may try to make you feel trapped and convince you that there are no better options, but they are projecting their own limitations.
7. Understand that true equality in relationships involves mutual effort and respect, not one-sided sacrifices.
8. Money should be seen as an energy, and it doesn't have to be difficult to attain.
9. Don't isolate yourself from family or loved ones for the sake of toxic relationships; they often have your best interests at heart.
10. It's okay to change your mind and pursue new directions; progression and personal growth are essential for happiness and fulfillment in life.