

A woman with long dark hair and bangs is smiling and looking towards the camera. She is wearing a white, sleeveless, off-the-shoulder dress with a fitted bodice and a full, flowing skirt. She is also wearing a gold necklace, a gold bracelet, and a tattoo on her left arm. The background is a sunlit field with green bushes and trees, creating a warm and natural atmosphere.

Self-Love Success Blueprint

Live Free
WELLNESS



Marrisa Axelrod, RN, BSN, MPH, CPT, is an Integrative Wellness Coach, Transformational Speaker, and Registered Nurse with over two decades of experience in healthcare, leadership, and personal transformation. Her work centers on resilience, healing, and personal transformation.

After her own journey from the depths of addiction and homelessness, she rebuilt her life from the ground up—later facing and overcoming grief, breast cancer, and profound loss with the same fierce determination that shaped her recovery. As a cancer survivor, solo mother, and former Director of Nursing, Marrisa uses all of her experiences and education to blend science with soul—using Breathwork, Reiki, and trauma-informed practices to help people realign, release, and reclaim their power. Her journey is a testament to what becomes possible when strength meets surrender.

Through her brand, Live Free Wellness, she helps people who feel stuck or disconnected gain clarity and reconnect to who they are through holistic coaching and trauma-informed healing practices offering Virtual 1:1 and Group Coaching.

Her message is all about courage, authenticity, and
“Living Inspired.”

In her free time, Marrisa enjoys surfing, hiking, lifting weights and all things outdoors as well as time with her young son adventuring and enjoying her community of friends and family!

To connect or find out more please visit:
livefreewellness.org

Self-Love Success Blueprint

This is a practical program to build self-respect, confidence, and grounded self-trust in yourself so that you can thrive, come from a place of strength and have greater success in your relationship with yourself and others.

Self-love is a daily practice that changes how you show up in relationships, work, and life.

This program is designed to help you:

- Stop abandoning yourself
- Set boundaries without guilt
- Trust your decisions
- Feel more confident, calm, and clear

You are responsible for doing the work.
If you do, the results follow.

WHAT TO EXPECT IF YOU DO THE WORK

- Clearer boundaries
- Less people-pleasing
- Reduced emotional exhaustion
- Stronger self-trust
- Calm, grounded confidence
- More presence in relationships and work

This work is not about becoming someone new.
It's about loving and trusting yourself allowing you to become more confident and more successful!

HOW TO USE THIS PROGRAM

- Move through the modules in order
- Take action—don't just read
- Keep a journal or notes app nearby
- Spend 10–15 minutes per day
- Progress over perfection
- Honor yourself and make a commitment to not skip because "today was busy."

There is no right or wrong way to do this. Show up for yourself and be consistent to have the best results.

MODULE 1

What Self-Love Actually Is (and Why It Changes Everything)

Self-love is not just self-care, positivity, or being nice.
Self-love is self-respect in action.

When you practice self-love, you:

- Make decisions you can stand behind
- Stop negotiating your worth
- Protect your energy
- Respond instead of reacting

Your Work:

1. Read + Reflect. Grab your journal and take a few deep grounding breaths with your eyes closed and set the intention to be present with yourself.

Answer these questions honestly:

- Where in my life am I saying yes when my body or my mind says no?
- Where am I over-explaining instead of making a decision?
- Where am I settling or not listening to my intuition to avoid discomfort?

Sit with these questions. Truly answer from your depths and the part of you that wants to heal.

2. Awareness Practice (Daily)

For the next 3 days, notice:

- When you feel drained after interactions
- When you override your intuition (that gut feeling or inner voice)
- When you ignore your own needs

Write it down. Awareness is the first win.

MODULE 2

Self-Abandonment Patterns (and How to Interrupt Them)

Self-abandonment happens when you disconnect from yourself to keep others comfortable.

It often looks like

- People-pleasing (prioritizing others' needs, desires and approval over yours)
- Over-giving
- Over-responsibility
- Avoiding hard conversations
- Shrinking your needs

Step 1: Identify Your Pattern

Which feels most familiar? (Choose 1–2)

- **The Pleaser** – “I don’t want to disappoint anyone.”
- **The Over-Responsible One** – “It’s easier if I just handle it.”
- **The Avoider** – “I’ll deal with it later.”
- **The Prover** – “If I do more, I’ll be valued.”

Step 2: Interrupt the Pattern

Use this anytime you feel yourself slipping:

PAUSE → CHOOSE → ACT

- **Pause:** Take one slow breath.
- **Choose:** Ask, “What would self-respect or self-love look like right now?” If you are connected to intuition, “What is my intuition telling me?” “Does this feel unsafe or safe” “Am I honoring myself and my needs?”
- **Act:** Respond from that place — even if it’s uncomfortable.

Your Work:

Pay attention for 3 days as to what your patterns look like and feel like in your body. Then, practice this once per day. Small moments count.

MODULE 3

Boundaries That Don't Feel Aggressive or Guilty

Boundaries are not explanations.

They are **clear decisions**. They are invisible lines that help you honor personal limits and guidelines that define what behaviors are acceptable and unacceptable in your life, protecting your well-being and fostering autonomy, trust, and mutual respect.

You do not need permission to hold a boundary.

You do not need to convince anyone why you are setting or holding a boundary.

You do not need to justify it, ever.

And sometimes, you don't even have to tell someone you've created one. You honor yourself and your needs, be consistent, and show up for yourself.

The Boundary Formula:

"I'm not available for ___. I'm choosing ___."

Examples:

- "I'm not available for last-minute plans."
- "I'm not able to take that on right now."
- "I'm choosing to protect my time."
- "I am not comfortable with that."
- "I won't tolerate yelling in conversations."

Say it calmly.
Say it once.
Repeat if necessary.

Use "I" statements, be firm, and know how you will handle it if someone does not honor your boundary. And if boundary setting is new it's ok to just be learning and also be prepared for some backlash from those you are now holding boundaries with!

Your Work:

1. Write down 3 boundaries you've been avoiding.
2. Rewrite each using the formula above.
3. Practice saying them out loud.

Discomfort is not danger.

You may feel guilty but that does not mean you're wrong.

(*if you are in a DV relationship please thread lightly and know there is a way out when you're ready)



MODULE 4

Daily Self-Trust Practices (10 Minutes or Less)

Confidence comes from the self-trust that has been developed during this blueprint. It's all about keeping small promises to yourself and staying consistent and aware.

Daily Practice

STEP 1: CHECK IN (2 minutes)

Pause. Take one slow breath.

Ask yourself:

“What do I need today?”

That's it.

Don't overthink it.

Your answer might be:

- Rest
- Space
- Movement
- Nourishment
- Clarity
- Support
- Boundaries

Write the first honest answer down here or in your journal.

STEP 2: CHOOSE ONE ACTION (3 minutes)

Look at what you wrote and choose **ONE small action** you can realistically take today.

Examples:

- If you need rest → take a 10-minute break
- If you need clarity → cancel one non-essential thing
- If you need movement → go for a short walk, stretch, yoga, or a workout.
- If you need boundaries → say no to one request that doesn't align with you
- If you need support → ask for help or stop doing it alone

Small matters more than perfect.

STEP 3: FOLLOW THROUGH (Same Day)

This is the most important part.
Do the action you chose.
Even if it feels uncomfortable.
Even if it feels "selfish."
Even if no one notices.
This is how trust is built, and this is for you!

STEP 4: END-OF-DAY REFLECTION (2 minutes)

At the end of the day, answer this:

"Where did I show up for myself today?"

Write down **one thing**, no matter how small.
This trains your brain to recognize self-respect and self-love
instead of ignoring it.



WHAT THESE PRACTICES WILL CHANGE

If you do these daily, you will notice:

- Less second-guessing
- Stronger decision-making
- Less resentment
- More calm confidence
- A deeper sense of safety within yourself

Enjoy the love and confidence you are creating.



Bonus MODULE 5

Guided Self-Love & Compassion Meditation

Guided Self-Love & Compassion Meditation

This practice is designed to help you:

- Calm your nervous system
- Feel the Self-Love and Compassion
- Connect feeling grounded, safe, and supported

Use this anytime you feel disconnected, anxious, or unsure.

Do not rush this. Let yourself receive all the love around you and in you.



[!\[\]\(17413706fd4997a1a4bdf85c6864eee1_img.jpg\) CLICK HERE TO PLAY](#)

FINAL NOTE

Having the tools for self-love will help guide you in reliability and trusting in yourself to support you in your relationship with yourself and others.

Implement these practices. Discover self-love and enjoy!

Self-love is a practice.

The more you choose yourself, your relationships will flourish and the easier everything else becomes.

Start now.

WANT TO GO DEEPER?

This program helped you start rebuilding self-love, self-trust, compassion, boundaries, and self-respect.

If you're feeling the pull to go further—to work more in depth and through these patterns in real time, with support and accountability—that's where longer-term coaching comes in.

I offer:

- **1:1 coaching** for personalized, integrative support
- **Group containers** for guided growth and shared experience

If you're ready to continue this work to truly Live Inspired, I'd love to connect.

[Learn More](#)

Much Love,
Marrisa Axelrod, RN, BSN, MPH, CPT
Integrative Wellness Coach
Live Free Wellness

