

JANELL RARDON, MA

THE LANGUAGE OF LOVE

workbook



HEARTLIFTCENTRAL.COM



Hello!

I'm so glad to have you along for Season 13. I've designed this little guide to accompany you on your journey. Summer 2023 led me on an unexpected journey that really took me by surprise on many levels. I'll share some of what I've been learning and hope that it helps you on your heartlifting journey. If you have questions, email me at janell@janellrardon.com.

Janell Rardon

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About the Process

This little journey is yours.
Before you begin, take a few
moments to craft your
intention. What do you hope
to learn about the language
of love? Is there some
specific area you hope to
grow in? Click and download
the Intention worksheet.

always learning,

Janelle

Themes I'm hoping come through:

- Spiritual formation
- Spiritual growth
- Emotional intelligence
- Mental fitness
- Emotional healing
- Mindfulness and meditation
- Anxiety management

WRITE YOUR INTENTION:

Daily Mindset Checkup

Today, I feel:

- | | |
|--|--|
| <input type="radio"/> Exhausted | <input type="radio"/> Ready to grow |
| <input type="radio"/> Lonely | <input type="radio"/> Stuck |
| <input type="radio"/> Satisfied, but seeking | <input type="radio"/> All of the above |

Today, I want to:

- | | |
|--|---|
| <input type="radio"/> Be ready for a new idea. | <input type="radio"/> Practice “Body Prayer.” |
| <input type="radio"/> Be more hopeful. | <input type="radio"/> Practice mindfulness. |
| <input type="radio"/> Be open to change. | <input type="radio"/> Practice gratitude. |

Today, I’m facing this limiting belief:

- | | |
|--|--|
| <input type="radio"/> I’m not good enough. | <input type="radio"/> I don’t matter. |
| <input type="radio"/> No one cares about me. | <input type="radio"/> I’m not on the right path. |
| <input type="radio"/> Nothing changes. | <input type="radio"/> Why even try? |

Today, I practice this aspect of LOVE:

- | | |
|--|--|
| <input type="radio"/> Love is patient. | <input type="radio"/> Love is not proud. |
| <input type="radio"/> Love is kind. | <input type="radio"/> Love is not rude. |
| <input type="radio"/> Love doesn’t envy. | <input type="radio"/> Love isn’t easily upset. |

Old Way vs New Way

The Heartlift Method has three phases: reflect, reframe, and re-author. [Click here to learn more.](#) We bring our past to the table to make sense and meaning of it in order to find peace in our present and look forward to a more meaningful future.

THEN

I get easily upset, angry,
and flip my lid quickly.

I get easily offended, angry,
but shut down and isolate.

I swallow all my deep
emotions because nobody
listens to me anyway.

I overwork + say yes to
everything so people will
think I am special and like me.

I numb my pain by
overexercising, overeating,
overdrinking,
overspending...

NOW

I practice deep breathing
and grounding through my
senses to calm down.

I practice deep breathing
and grounding in order to
speak up.

I practice using emotional
language to express my
feelings. I matter.

I practice saying no to
anything or anyone that
keeps me from a healthy
work-life-church balance.

I practice earning secure
attachment so I can
regulate my emotional state
and if needed,
reach out for help.

VS

Daily Affirmations

Daily affirmations center around your initial weekly intention. For example, “This week, I practice The Body Prayer every morning and evening.” Then, twice a day, you speak this intention aloud in the form of an affirmation with an uplifting therapeutic-grade essential oil, if possible. [Click here to read more.](#) Add your own on the checklist.

- I practice Body Prayer.
- I meditate on Galatians 5:22-23.
- I read 1 John 4:7-19.
- I meditate on Psalm 63 today.
-
-
-



Spend one week with each intention. As the week evolves and perhaps you “get tested,” add an “even when.”



Action Steps for Learning the Language of Love

1

Awareness is everything. Any movement towards change begins with becoming aware. Who am I and why do I do what I do?

2

Once I become more aware, I can then move towards an **awakening**. I begin to look around my life and see how I want to change.

3

Next step involves **action**. Little micro-changes that we add to our day that become new, healthy habits. Be kind to yourself. Baby steps.

If you need help with any of these action steps, refer to heartliftcentral.com. I suggest starting with “Overcoming Hurtful Words” and then moving to “Stronger Every Day: 9 Tools for an Emotionally Healthy You.”

Resources from the Show

Sometimes the seasons of the podcast take on a life of their own. I try to plan, but then the power of the Holy Spirit comes in and shines a beautiful light on subjects or scriptures or stories that take precedence over pre-scheduled shows. Here are four that really captured my heart. I hope they capture yours.



“THE DRAWING”

Download Marilyn Vancil’s, “The Drawing,” from S13, E5



COME SIT BY THE WELL

Listen to the audio meditation, “Come Sit By the Well,” in S13, E7.



REVISIT PSALM 63

Revisit the powerful words/reading of Psalm 63 in S13, E4



LEARN MORE ABOUT “THE BODY PRAYER”

For more resources check out www.heartliftcentral.com.

the
**NEXT
RIGHT
THING**

with **EMILY P. FREEMAN**

GREG MCKEOWN

Greg's books, "Essentialism" and "Effortless" have taught me so much. When I'm in need of wisdom about managing my life, business, ministry...well, anything, I always check his podcast episodes. They are efficient and his newsletter is one of the best.

Always Listening.

**My Favorite
Listens Right
Now**

EMILY P. FREEMAN

Author and Spiritual Director, Emily P. Freeman, is a favorite of mine. Her soft tone and quiet leadership always bring my heart the direction it seems to need.

Always Learning.





Upcoming Podcast

**“Seeing is what matters.
What we see.
How we see.
If we see.”**

Alan Wright

**“Seeing as Jesus Sees:
How a New Perspective Can
Defeat the Darkness and Awaken Joy”**

The Body Prayer

This body prayer was created by the contemplative Order of Julian of Norwich. Father John Julian developed the four words to describe their silent contemplative approach to prayer. Father Ethan Jewett developed the body positions related to the four words. Learn more about the order at www.orderofjulian.org

[Watch here](#)

- **AWAIT** (hands at waist, cupped up to receive): Await God's presence, however it may come to you.
- **ALLOW** (reach up, hands open): Allow a sense of God's presence) to come ...or not...and be what it is.
- **ACCEPT** (hands at heart, cupped towards body): Accept as a gift whatever comes or does not come. Accept that you don't know everything, that you are not in charge.
- **ATTEND** (hands outstretched, ready to be responsive): Attend to what you are called to, willing to be present and be God's love in the world, however God calls you to.

*Learn more about
Julian of Norwich*

[Click here](#)



A Big Announcement!



After a long season of prayer and contemplation, I've decided to move our private online community to a new(er) platform, "Substack."

[SUBSCRIBE NOW](#)

Substack is **more private** than Facebook and affords easier conversations between community members. This past year has once again taught me I can't do "everything," and take care of myself. I'm not sure why I even think I can.

- Hopeless Overachievers die hard.
- Empathic Enneagram 2's fall hard.
- Unhealthy Ambition hits hard.

I am 200% committed to giving you the very best of myself, so let's join together in our new home. Click here and learn more.

[SUBSCRIBE NOW](#)

Janell

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Thank You!

I'm so excited to continue working with you,
please reach out to learn more.



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