

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:

- Exhausted
- Lonely
- Satisfied, but seeking
- Ready to grow
- Stuck
- All of the above

Today, I want to:

- Be ready for a new idea.
- Be more hopeful.
- Be open to change.
- Practice "Body Prayer."
- Practice mindfulness.
- Practice gratitude.

Today, I'm facing this limiting belief:

- I'm not good enough.
- No one cares about me.
- Nothing changes.
- I don't matter.
- I'm not on the right path.
- Why even try?

Today, I practice this aspect of LOVE:

- Love is patient.
- Love is kind.
- Love doesn't envy.
- Love is not proud.
- Love is not rude.
- 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

2

3

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

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.

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.



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”**

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](#)

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