

# Episode N°6 How to Make and Live Every Day So SPECIAL

Do you have any clothes that you are keeping for any special occasion to wear or are you waiting to use your most favorite china for any special events?

Well, my goddess friend, did you know that we get to create our lives however we want to and it is so fulfilling, loving and so beautiful to use the best and highest quality every day because we deserve the best.

If you want to love yourself more celebrate your life, and attract more of that love and celebration, you always want to think and use the best and highest quality every day, yes my goddess friend, we are also talking about our thoughts we think because if you feel so good, what you focus on, grows.

In today's episode, I am so excited to share with you how to make and live every day so special because, in the end, life is built on how we live every single day.

So, let's dive in.

Welcome to the Haute Couture Life podcast. I'm your host Mana here to help you become the most beautiful goddess version of yourself. Whether it's beauty, style tips, health, or personal growth, this podcast is your Ultimate Guide to becoming happier healthier, and creating the most beautiful life. Are you ready to unlock the secrets? Let's begin.

Hi gorgeous friend, so I want to start today's episode with a gorgeous quote. It says don't save something for a special occasion. Every day of your life is a special occasion.

Think about this quote and sit with it for a little moment. How would you feel? Don't you feel so lovely? You know, I think that whenever we feel so good with any sentences from books or a scene with the script in the movie and somehow resonate with it, our spiritual part really knows what is true in this world.

I had a moment when I read the book called 'Conversations with God' by Neale Donald Walsch, even though I read his book for the first time I felt like my soul was really saying to me 'Yes, that's it!' 'This is our beautiful life!' 'I know this is so true' or something like that and have you had a moment when it feels so true and you started to cry with joy? I have.

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I think we came here with a special purpose but as we grow, we learn so much of unuseful customs, cultures, and society that we become used to it that is not really helping to make our dreams come true and be the best version of ourself and be true self to live in this world.

Especially in the process of learning at school systems and hearing from the people who are not exposed to this personal growth world or the spiritual world, we are really not taught how to live our best life and I am sure that we all know deep inside that has the desire to live the best life we want.

Luckily like you and me, now we are exposed to these beautiful mindset tools that we can use so we can unlearn what we are taught in school or other people who didn't serve us to think on purpose.

I am curious though, have you had the subject at school that teaches you how to be the best version of yourself, how to create the business you want, and how to be more attractive and beautiful with true nutrition? If so, so lucky!

Anyway, I will talk about these true moments in our lives and I am excited to share with you the best books that changed my life or I can say that the books helped me remember what we've always known in the future blog post so please stay tuned.

So let's think about the reasons for not wearing the best clothes or waiting for reasons for using the best things every day.

We all have great events such as birthdays, anniversaries, or special holidays like Christmas. It is very nice to remind ourselves to celebrate and gratitude and wear the best, go to the best, and use the best on the day but we actually can do it every day on purpose.

First reason we don't use the best every day is that we sometimes forget life is too short.

As we are conditioned by the school or society that part of them not serving us, we begin to think by default with survival mode brain. We spend our most of precious time thinking about and afraid of what others think and focus on what don't like based on scarcity, fear, lack, or worry.

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'Life is short. Stop worrying so much. Have fun. Be grateful. Be yourself. Don't allow others to bring you down. Life is a one-time offer. Live to your fullest.' by Karen Salmansohn.

Second reason we don't use the best every day is scared of being ruined or worried about things being broken. Those are the stories to tell ourselves by default which are based on fear and scarcity and it is not serving us because our thoughts create feelings and our feelings drive the action.

A quick exercise we can do to check in is how do you fill in the blank to the sentence, Life is\_?

Some people say life is challenging, another person says life is hard. When you think about those sentences, how do you feel? Another person says life is sacred, and I say life is a gift. How do you feel differently?

The great news is that every thought is optional and the harder you believe, the more evidence you always create. This is a universal law.

Another exercise we can do is do you have any identity that you think you are clumsy so that you are worried that if you wear your favorite clothes, it will ruin? My goddess friend, I used to be in that place before in the past.

So the bottom line is our identity is also you get to choose. everything is an option in our lives, my friend. if you keep thinking you are clumsy you will create the evidence because as the universal law, we are a self-fulfilling prophecy. if it is serving please keep it, but if it's not let's change to more beautiful thoughts.

Every thought is fictional and optional period and we can create the most magical one that fits you perfectly like a haute couture dress and this is what I am teaching how to do in this podcast.

Of course, we want to have a little time for indulgent after getting massive great works done but thinking and using the beautiful best, and highest quality every day doesn't steal anything from you.

Think about it, settling less or choosing not the best for you is actually no upside because it is not loving and true to you. The best version of us is always based on love and our own truth.

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Life is a self-fulfilling prophecy. What you believe about Life will be your experience of Life.

Third reason is a lack of awareness that actually it is all possible to create whatever we want in our lives.

Again, we are not taught as we grow up, how to live the best life we want and so most people do not even take the time to think about what kind of life they want to design, create, and live and make life visions, dreams, and goals to achieve.

By the way, have you ever experienced that you want to create the best life so you started creating a vision board and dream goals full of your passions, favorites, and things you love if you look at people around you, nobody is doing it and nobody even talks about big dreams that they want to achieve?

The people you surround yourself with are so crucial when it comes to living the most beautiful life for you. If you would love to get into the beautiful goddess like-minded community, please join our Facebook community. We are so happy to have you.

In order to find your style whether to create your most favorite wardrobe or things you truly deeply love, I highly recommend collecting any quotes, colors, and images you seem like you love and paying attention to little things that spark your soul. That is how I established my favorite style.

Fourth reason always boils down to this, questioning own worthiness or enoughness. Think about whether we are worthy and enough is not even an option. If you are listening to our podcast please remember that you are worthy and enough no matter what.

I personally never doubted my own worthiness and enoughness in my life. Special thank you to my parents who always encouraged me no matter what. But if you keep thinking about it and needing others to validate or approve of you, please remind yourself and practice the thought I am worthy, I am enough and I deserve the best.

As you can see, because we have brains that part of the brain has the survival mode, and if we are not intentional, with conditioning from cultures and society, we think by default and it is fear-based.

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The great news is that we can think and have equal air time to think based on love purposefully. Most people have 'what ifs' based on fear but as we are goddesses, all we need to do is change to beautiful 'what ifs'. What would love do to live every day so special?

So, now let's move on to why you want to use the best and highest quality every day and steps to make your every day so special.

First is that because it is your precious life. Life is built by how you live your life every single day. I always have the belief that life is a gift. What if we think about life that it is so magical, miraculous, and working out perfectly? Where Focus Goes Energy Flows.

We are not here forever on this planet so why not use the best and highest quality every day? We cannot bring anything back to the universe. So if you already have something you truly deeply love such as your favorite clothes or things, let's use it from now on.

Second is because it leads to self-love and self-care. We deserve the best no matter what. You can elevate your look at home even if you are not planning to meet anyone on the day. Because you see you, you matter the most in your life. You are the person who only knows your deepest desire and you are the person you live your best life. You have your own unique special gift that the world is waiting for you to show up as the best.

Third is because it just feels so great. What is the downside of feeling great? Nothing! Feeling great leads you to take great action and eventually leads you to have great results. People will sense your beautiful energy and it will expand.

Fourth is because of how it can impact other people. We know the truth that we cannot change other people but we can influence them by how we show up. Loving who you are, honing what you love, and thinking about love and gratitude intentionally, the more you love and care for yourself physically, mentally, emotionally, and spiritually, the more respect you will get.

So, these are the 4 reasons to think and use the best and highest quality every day. Finally, let's move on to the actionable steps that you can practice right after this podcast.

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Step number one, wear the gorgeous outfit you love. Everything is energy. As you wear the best outfit you love, your energy becomes more beautiful. Please make sure to take care of your favorite clothes as well. Beautiful well-taken care of details always uplift you.

Step number two, take a time to date with yourself. The first and most important relationship you will have forever is with yourself. Get curious about yourself with compassion. No judgment. Do the things you love to do, always follow your heart. Keep taking steps that elevate you.

Step number three, claim that you no longer wait for external events or occasional to come because you get to create what you want Now. Life is too short. Let's do the things you always wanted to do. You can always send love letters to your amazing friends or partners whenever you want. You can always buy your favorite flower even if it is not your birthday. Use your favorite china and set the dinner table beautifully even if it is not an anniversary. Because we get to create each day so special. You deserve it.

Step number four, focus on love and gratitude. We experience the life we focus on. Keep a journal of what made so special day today. Force and rewire your brain to come up with those ideas and you will become so easy to access love and gratitude those are the best frequency and feeling in this world and you will be attracting more.

Thinking and using the best and highest quality every day leads you to have the best life you want to live, becoming the woman you want to be, and telling the external world that you are the woman who loves beauty and takes care of yourself deeply. And so whatever you choose something, choose the best as well.

I am the woman who chooses the best and learns from the best. Also please feel free to use the incantation that I say every day. I am the woman who inputs the best and highest quality into my body, mind, and spirit.

As you practice make and live every day so special, most importantly, you can show other people how to treat every day/life so precious cherished and beautifully. And so the energy will expand fabulously and you can pass your beautiful examples to another person. And it eventually creates the most beautiful world, my goddess friend. You are creating a beautiful world for yourself and other people so gorgeous.

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There is nothing that you cannot be, do, or have by Esther Hicks. Make each day your masterpiece. Life is now. Life is not later on. So, have a gorgeous week my goddess friend. I cannot wait to see you next time.

As we wrap up today's episode, I encourage you to take action on what you learned. Visit [hautecouturelife.com](http://hautecouturelife.com) to leave your comments. I am so excited to hear your takeaways and insights. So until next time stay beautiful and have an amazing week my goddess friend!