



Full of Self-Love

What's Covered



This month is about deepening your relationship with yourself. And since the way you treat yourself is the way that others will treat you, get ready for powerful shifts in your entire perspective on your life!

You'll write a powerful love letter to yourself and get in the habit of finding new and exciting ways to express how much you love who you are and who you are becoming! This will not only improve your self-esteem and well-being, but will transform every single relationship in your life.

Note: If you haven't yet done the Marry Yourself Ceremony in Week 3 of the Foundation Course, it will be a great complement to this month's activities.

What's Included



- Full of Self-Love video
- Self-Love Challenge video



- Full of Self-Love Overview
- Full of Self-Love worksheet
- Self-Love Challenge worksheet

Visualization



The Love Yourself Fully guided visualization will help you connect with an incredible sense of pure, innocent, all-inclusive love for yourself. Get ready to weep with tenderness and complete adoration for the magic that you are.



Full of Self-Love

Introduction

Self-love is about honoring, accepting, and nourishing yourself. It is much more about self-reverence and self-respect than it is about grand gestures or gifts.

Loving yourself deeper will lead to manifesting everything you want. Because when you are full of love for yourself, life will reflect that back to you in countless ways.

This exercise is an opportunity for you to look at yourself with new eyes, full of appreciation and adoration. By writing out all the ways you admire and adore yourself, you are elevating yourself and every relationship to be more in alignment with your desires.

Instructions

- 1 Do this exercise when you are feeling good and wanting to feel even better. Start by making a list of all of the positive attributes that you feel you possess or that others have said about you.
- 2 Imagine how a loved one or dream romantic partner would look at you – they wouldn't see even one flaw or negative quality. All they would see is a unique, quirky, perfect YOU.
- 3 Now imagine looking through their eyes at you. Write a love letter to the YOU that he/she is seeing, praising all of the ways that you act, walk, talk and are. Use the list of positive attributes to help you create an incredible, love-filled, appreciation-infused, admiration-soaked letter.
- 4 Use your imagination to write the best love letter you have ever written or read!
- 5 Ask a trusted friend to mail you this letter in a few weeks when you've forgotten all about it. Imagine your delight when you receive this love note! (You could even do this whole exercise with a friend and then mail them to each other, and add flowers as a bonus.)

For extra fun: Post your self-love letter in our Facebook group so we can all fall in love with you deeper!



Full of Self-Love

A LOVE LETTER TO MYSELF



Self-Love Challenge

Introduction

The challenge this month is to find new and exciting facets within yourself to appreciate, praise and celebrate. You may have to get creative by the end of the month! And that's a great thing because this is when you're strengthening your self-love muscles the most!

Instructions

- 1 For each day of the month, write down a quality, attribute, characteristic or trait that you appreciate about yourself. Begin the sentence with "I am..." or "I love that I am..."
- 2 Feel free to post what you love about yourself in the Facebook group and then add what you posted to this worksheet!
- 3 At the end of the month, print out this worksheet as a reminder of how adorable and amazing you are! ;-)

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Self-Love Challenge

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