



SELF LOVE: REDISCOVER & REFLECT

UNCOVER OR REDISCOVER YOUR LEVEL OF SELF-LOVE

Love is a natural human state. It's easy for us to think about things & people we love, so let's make self-love as effortless. We either hold ourselves to an unattainably high standard or have allowed life to deplete us of self-love, there seems no in between. Let's focus on the most important love of our life, YOU.

READ EACH QUESTION TO EXPLORE YOUR CURRENT LEVEL OF SELF-LOVE

LOVE

1. What do I love about myself?
2. What are 3 things I am good at?
3. What are the few things that I need to improve and why?
4. What are my flaws? How can I see those as obstacles I can overcome?
5. Do I seek external validation? If yes, why? how can I work on it?
6. How is my physical health? How can I improve it?
7. How is my mental health?
8. How can I practice self-care daily?
9. What activities bring me joy?
10. What does my dream life look like?
11. How can I forgive myself more?
12. What is currently hurting me and why?
13. What can I do to love myself more?
14. What does happiness mean to me?

ON A SCALE OF 1-10, HOW MUCH DO I LOVE MYSELF?

Are you committed to improving your self-love?

YES
 NO



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REFLECTION

No one is holding you back except a former version of yourself. Think about a time in the past when you were made to feel bad, ashamed, embarrassed, small, insecure and or not at your best or worse rock bottom. **What happened? How did you feel?**

SHE (that old version of you) is the person who's holding you back from creating your ideal life. SHE is to blame when you procrastinate, when you avoid your work and choose not to keep promises to yourself. **What is SHE stopping you from doing or experiencing?**

Now think about HER (your past self) as if she were your child, sister or best friend. What advice or words of encouragement would you share with HER about what occurred and how she feels about herself?

Write HER a LOVE LETTER. Tell her all the ways that she is amazing and be sure to mention that she can set down the past thing that happened, so you both can move on and create the life she deserves.





SELF LOVE: AWARENESS & ACTION

AWARENESS OF THE GIFT OF TIME

Our minds are restless, cluttered & distracted. Most of us are simply moving along with the fast-moving flow of life, never stopping to make sure we are headed in the right direction of our personal dreams & desires. It's in our nature as women to focus on others, which often means we put ourselves at the bottom of the list. It's TIME to create space for the moments you deserve for self-care.

This exercise is designed to help you slow down and question where you CAN find the time you need to focus on you.

HOW OUR TIME IS SPENT

6 am	1	6 pm	5
7 am	2	7 pm	6
8 am	WORK	8 pm	7
9 am	WORK	9 pm	8
10 am	WORK	10 pm	SLEEP
11 am	WORK	11 pm	SLEEP
12 noon	LUNCH	12 am	SLEEP
1 pm	WORK	1 am	SLEEP
2 pm	WORK	2 am	SLEEP
3 pm	WORK	3 am	SLEEP
4 pm	3	4 am	SLEEP
5 pm	4	5 am	SLEEP

WHERE CAN I FIND ONE HOUR

Finding 30 minutes to an hour everyday can give you the important moments you need to spend on YOU. When is the time of day that you will schedule time with and for yourself?

- I have ___ minutes (when) _____ .
- I have ___ minutes (when) _____ .
- I have ___ minutes (when) _____ .
- I have ___ minutes (when) _____ .
- I have ___ minutes (when) _____ .

3 things I will actively do with my time to move myself closer to what I want.

- 1.
- 2.
- 3.



SELF LOVE: AWARENESS & ACTION

THE POWER OF DAYDREAMING

Let's do some creative writing and visionary dreaming. If you think about your ideal life, full of everything that's important to you AND you've created a business that gives you exactly what you want, what exactly does your life look like? Be as specific as possible.

What time do you wake in the morning? _____

Where do you live? _____

What does your house look like? _____

What do you eat? _____

What does your ideal body feel like? _____

How do you spend your days? _____

Who is in your immediate circle? _____

Where do you travel? _____

What matters to you? _____

What gives you fulfillment? _____

Who are you able to take care of? _____