



Self Love Routine

- ➡ This routine provides a positive, reflective environment where we express gratitude, mindfully plan our days with self-compassion and explore questions related to PDS material.
- ➡ This meeting helps us to reconnect with ourselves, understand ourselves better and practice self-love and self-acceptance. Our meeting is a wonderful opportunity to connect with other students and share knowledge, experience and helpful personal growth tools.
- ➡ **Objective:** Self-love is about knowing and appreciating yourself. When you are interested in understanding how you are feeling and why you are feeling this way, you can learn to discover what you need and then you are able to build a deeper connection with yourself. This is the foundation of self-love.

INTRODUCTION - IN THE BREAKOUT ROOM

In Alphabetical order: introduce yourself, say your name, where you are from and what your attachment style is. Then answer the following questions below which will take approximately 5 minutes.

- 1** Describe one thing you have discovered this week about yourself (a thought, emotion or behaviour pattern, a belief (external/ internal), an unmet need, personality need, reoccurring story you play over in your mind, automatic assumption (every time you are in a similar situation, you assume the same thing), a boundary or limitation etc.
- 2** Did you try to offer yourself what you want from others? (e.g., reassurance, words of affirmation, support, joy, kindness, understanding, appreciation, company/ being present). If you were unable to do so, can you or would you like to set the intention to try this week?
- 3** Self-love is about feeling safe with yourself and loving yourself unconditionally.
Review your week and check if you were criticising, pressuring or shaming, yourself within your internal dialog. Were you dissatisfied with yourself because of a mistake you made or unhappy because you did not complete a task from your to do list?

If you were treating yourself harshly, offer yourself compassion and express to others what you would like to hear during these challenging moments when mistakes were made or when you were not able to meet a standard created either by you or by someone else. Would you like to set an intention today to be kind and forgiving toward yourself and to love and accept yourself, even if you had a bad day?
- 4** Self love is about taking accountability and responsibility for your life.
Review the Seven Areas of your Life and answer these questions.

In what area of my life do I see myself avoiding, neglecting, finding excuses or ignoring things which need my attention and action?
E.g., **Financial area** - overspending not budgeting.
Physical area - not taking care of your diet, health, body.
Emotional area - repressing emotions, not setting boundaries.
Relationship area - pleasing others, not showing up for yourself ect.



Would you like to set the intention to start taking accountability and responsibility for things in your life which need your attention and effort?

IN THE MAIN ROOM

I will ask you to post in the chat section a few words about:

- 1. What are you grateful for?**
- 2. What is your intention for today or for the weekend?**

This is a fun, non-judgemental, no-pressure and supportive environment. You can share as much or as little as you like. If you don't like one of the questions you can skip it and choose the next one. You do not have to be on your camera if you don't want to.

Please be courteous and stick to time estimates for your answers so everyone can have an equal opportunity to speak. Tune in before sharing to see what you need from the group (validation, reassurance, just to be heard, advice, encouragement, etc). We encourage replies, validations or helpful suggestions if you want to contribute to someone's share. Make everyone who shares feel heard by thanking them after sharing or validating their feelings and experience.



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