Love Thy Self

RESULTS BOOK

What are the beliefs that you hold about yourself around self worth and self love?
eg. "I am not enough" "I am not worthy" "I am not important" "I am not deserving"

Where did these beliefs come from?
Be as specific as possible, even going into specific incidents if you can

How has these beliefs shown up for you in your life? What experiences have further validated these beliefs for you? How have these beliefs shown up as a repeating pattern in your life?

What are these beliefs currently creating in your life?

What would it mean for you and your life if you no longer held these beliefs and felt this way?
What would change in your life. What you be able to do that you are too scared of trying right now?

Where in my life am I currently making decisions and taking actions that are purely trying to please other people in my life?
Truly giving from the heart and doing nice things from a pure heart space (doing it without any attachment to whether someone validates you or not) is different to doing things purely to please someone and try to make them happy, avoid conflict and make your own needs not important

What non-supportive memories am I keeping in my head from situations where someone disapproved of me or my actions?

Are you ready to let all of that go and move on?

Where am I holding onto fear and self doubt in my life? What am I fearing doing right now to move my life forward? What doubts do you have arising about doing this?

What would happen in your life if you worked through this fear and self doubt and took the leap and did it?

Are you going to let those fears and doubts stop you from moving your life forward?

What situations in your life have occurred where you made yourself to feel like a failure?

What lessons and gifts actually could come from those situations instead?

Where in your life do you need to let go of the need for total control and perfectionism?

What is your jealousy and comparison feelings telling you that you want more of in your life?

What have you achieved in your life? Big and small.

What are your personal strengths?

What do you need to let go of from your past? Who do you need to forgive in order to do this?

Where are you lacking boundaries in your life? Or where could you improve the boundaries you already have?

Pursue Your Passions: What are you passionate about - both in terms of business/career and personal hobbies and just activities that you love doing? And how can you specifically fit more time to do these passions into your life?

What are you going to do TODAY to help someone? Big or small.

What are some ways that you love to recharge yourself? How do you like to take care of yourself? What 'ME' time do you want to start incorporating into your week?

EXERCISES FOR THIS WEEK:

1. 5 Minutes of Mirror Work EVERY Day
    - Look into your eyes
    - Tell yourself what you love about yourself
    - Tell yourself what you forgive yourself for
    - Tell yourself "I love you"

    This can bring up emotions if you have never done this before. Let those emotions flow, don't hold them in. This is part of the healing and releasing process.

2. Set Up a "Love Tank"
    - A jar or container
    - Add 3 notes into your Love Tank everyday
    - Things that you love about yourself
    - What you are grateful for in your life
    - Compliments from other people
    - Achievements in your life
    - Great things that you have created - past or present

3. Do 3 things for yourself this week

4. Have FUN!!!