

The Self-Love Mindset Starter Guide

Rewire Your Nervous System, Reclaim Your Power

by Phillip Prospers

*I had been searching for love everywhere, but I found it when I stopped running from myself.
— The Greatest Love Story*

Welcome

You made it. This guide is an invitation to return to your breath, to your body, and to your truth. Self-love isn't a destination—it's a practice. As you move through these pages, take your time. Notice what your body feels, and let the words land softly.

“When we regulate, we reclaim.”

— Phillip Prosper

Your Nervous System in Plain English

Your body speaks before your thoughts do. We move between states that shape our inner voice:

State	Body Message	Common Feelings
Calm (Green)	"I'm safe."	Present, connected, grounded
Stress (Yellow)	"I have to fight or run."	Anxious, overthinking, bracing
Shut Down (Red)	"It's too much."	Numb, exhausted, disconnected

Awareness is power. No state is wrong; each one is wise and trying to protect you.

Guided Grounding Practice (5 Minutes)

1. Find a comfortable position. Let your shoulders drop.
2. Breathe in softly through your nose for 4 counts.
3. Hold for 2 counts.
4. Exhale through your mouth for 6 counts.
5. Repeat for 10 cycles. Whisper: "I am here. I am safe."

Reflection: What sensations do you feel when you breathe deeply?

Journal Prompts

- What does calm feel like in my body right now?
- Where do I feel tension, and what does it need?
- What does 'safety' feel like from within?
- When did I last feel truly loved by me?

Limiting Beliefs → New Truth

These beliefs once protected you. Now you can choose peace.

[illegible]

7-Day Self-Love Plan

Choose one gentle action per day. Progress = practice.

Day	My Practice	Notes / Reflections
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

Coming Home to Love

Which part of you are you ready to love again? Write one word.

Final Affirmation

I am calm. I am safe. I am loved. I am whole.

Next Steps

Scan to join The Love Story Workshop



<https://phillipprospers.com/the-love-story-workshop>

Questions? contact@phillipprospers.com