



Self Love Handbook

BE SEEN. FEEL APPRECIATED AND AWAKEN
YOURSELF TO RECEIVING MORE LOVE. JOY AND FEEL
MORE CONFIDENCE

WELCOME

HEY GORGEOUS! I AM BEYOND EXCITED AND INCREDIBLY PROUD THAT YOU HAVE TAKEN THIS MONUMENTAL STEP TO JOIN ME ON THIS TRANSFORMATIVE JOURNEY TO SELF-LOVE.

THIS HANDBOOK IS DESIGNED TO BE YOUR PERSONAL GUIDE. EMPOWERING YOU TO FEEL CONFIDENT AND RADIANT FROM THE INSIDE OUT. YOU ARE AN ABSOLUTELY AMAZING PERSON. AND IT'S TIME FOR YOU TO RECOGNIZE AND EMBRACE THAT TRUTH WHOLEHEARTEDLY.

THROUGH THE PAGES OF THIS HANDBOOK, YOU WILL BE EQUIPPED WITH THE TOOLS AND INSIGHTS NECESSARY TO BE SEEN, FEEL DEEPLY APPRECIATED, AND AWAKEN YOURSELF TO THE ABUNDANCE OF LOVE AND JOY THAT LIFE HAS TO OFFER.

TOGETHER, WE WILL WORK TO BREAK DOWN THE BARRIERS THAT HAVE BEEN HOLDING YOU BACK, AND PAVE A NEW PATH TOWARDS SELF-DISCOVERY AND SELF-ACCEPTANCE.

OUR ULTIMATE GOAL? TO HELP YOU FALL HEAD OVER HEELS IN LOVE WITH YOURSELF. ARE YOU READY TO EMBARK ON THIS BEAUTIFUL JOURNEY? LET'S GET STARTED!

Mel xx



BEING LOVED BEGINS WITH AWARENESS

THE FIRST STEP IN FALLING IN LOVE IS GETTING TO KNOW THE PERSON. WHAT MAKES THEM TICK. WHAT MAKES THEM UNIQUE...ESSENTIALLY WHAT MAKES THEM WHO THEY ARE...THE RELATIONSHIP WITH YOURSELF IS THE SAME AND IT'S EASY TO FORGET THE TRUEST ESSENCE OF WHO WE ARE WHEN WE GET SWEEPED UP IN LIFE. SO LET'S GET TO KNOW YOU.

WHAT MOTIVATES ME TO GET UP IN THE MORNING?

WHAT ARE SOME OF MY FAVOURITE THINGS I LOVED DOING AS A
CHILD?





WHAT ARE SOME OF MY FAVOURITE MEMORIES?

I AM THE HAPPIEST WHEN I AM...





WHEN DO I FEEL THE BRAVEST. STRONGEST AND MOST CONFIDENT ? WHAT AM I
DOING. WEARING...THINKING?

IF I COULD BE ANYONE. WHO WOULD I BE AND WHY?





WHAT DOES MY PERFECT DAY LOOK LIKE?

WHAT DOES A LIFE I LOVE LOOK AND FEEL LIKE?





WHAT ARE MY FAVOURITE WAYS OF BEING INSPIRED?

WHAT ARE THE THINGS THAT GIVES ME ENERGY?

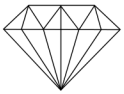


THIS IS *Me*

NAME _____ STAR SIGN _____

MY HUMAN DESIGN

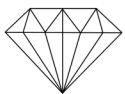
MY TWO PRIMARY
LOVE LANGUAGES



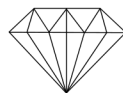
SONGS I LOVE TO SING
TO



COLOURS I LOVE SURROUNDING
MYSELF WITH



WORDS THAT DESCRIBE
ME



THE TYPE OF THINGS I LOVE
DOING THAT STOP TIME

LINKS TO THE HUMAN DESIGN QUIZ AND 5 LOVE LANGUAGES QUIZ

THIS IS *Me*



IF I HAD A MILLION DOLLARS IN THE BANK AND UNLIMITED ACCESS TO WHAT YOU REQUIRE, WHAT WOULD I DO?

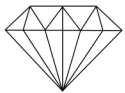


WHO WOULD I SURROUND MYSELF WITH? WHAT QUALITIES DO WE SHARE? WHAT ARE OUR SHARED VALUES?

THIS IS *Me*

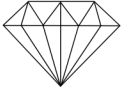


IF I KNEW I COULDN'T FAIL, AND EMBRACED MY QUIRKS AS MY SUPER POWERS WHAT IS ONE THING I'D LOVE TO DO?



KNOWING THAT I DESERVE TO BE SUPPORTED AND THAT IT IS SAFE FOR ME TO BE SUPPORTED, WHAT KIND OF SUPPORT WOULD I LOVE TO HAVE?

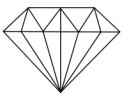
THINGS TO *Love* ABOUT ME



I LIKE WHO I AM BECAUSE

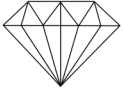


I'M AT THE MOST ME WHEN



THINGS THAT BRING ME JOY AND MAKE ME LAUGH ARE

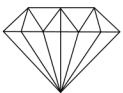
THINGS TO *Love* ABOUT ME



THE BIGGEST CHALLENGE I HAVE EVER OVERCOME WAS



HOW I HANDLE STRESS THE BEST IS WHEN I ...



MY HAPPIEST MOMENTS ARE WHEN...

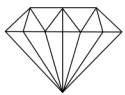
WHAT IT MEANS TO *Be* ME



THINGS I AM GOOD AT AND THAT COME NATURALLY TO ME ARE



COMPLIMENTS I OFTEN RECIEVE



THINGS I FIND SIMPLE TO DO

WHAT IT MEANS TO

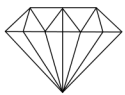
Be ME



ALL THE WAYS I HAVE SUCCEEDED AND SURPRISED MYSELF
ARE



PARTS OF MY LIFE THAT ARE AWESOME



THINGS I AM PROUD OF MYSELF FOR (THAT MAYBE I HAVEN'T
EVER SHARED)

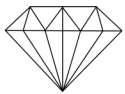
EMBRACING MY STRENGTHS

IT'S BEEN SHOWN THAT WHEN YOU IDENTIFY YOUR STRENGTHS AND STRENGTHEN THEM EVERY DAY THOSE PARTS OF YOU THAT AREN'T AS STRONG GET STRONGER. IT'S LIKE THE SAYING ' THE TIDE RAISES ALL BOATS'. WHEN YOU PLAY AND WORK ON YOUR STRENGTHS INTO DAILY YOU FEEL LESS STRESS. HAVE MORE ENERGY AND FEEL MORE CONFIDENCE.

PART OF SELF-LOVE INVOLVES RECOGNISING OUR NATURAL GIFTS AND STRENGTHS.

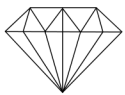
MAKE A LIST OF AT LEAST FIVE OF YOUR GIFTS, TALENTS, AND STRENGTHS. THESE ARE NOT JOB TILES OR SPECIFIC ROLES BUT MORE THE SPECIAL QUALITIES YOU BRING TO THESE ROLES. THAT COME NATURALLY TO YOU.

POSSIBLE STRENGTHS: HONESTY, GRATITUDE, VISIONARY, SUPPORTIVENESS, PATIENCE, BRAVE, BOLD, MOTIVATION, CONFIDENCE, COMPASSION, FORGIVENESS, RESPECT, ENERGY, LOYAL, CONSISTENCY, HARDWORKING, MAKE FRIENDS WITH EASE



EXAMPLE: STRENGTH IS MOTIVATION

HOW I WILL DEVELOP THIS FURTHER: TOMORROW I WILL INSPIRE THREE PEOPLE THROUGH MY POSITIVE ATTITUDE AND ACTIONS

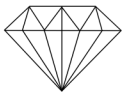


STRENGTH #1

HOW I WILL DEVELOP THIS FURTHER

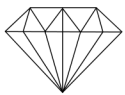
EMBRACING MY STRENGTHS

“THE LONGEST LOVE YOU WILL
EVER EXPERIENCE IS THE LOVE
WITH YOURSELF”



STRENGTH #2 _____

HOW I WILL DEVELOP THIS FURTHER

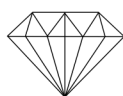


STRENGTH #3 _____

HOW I WILL DEVELOP THIS FURTHER

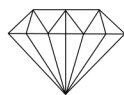
EMBRACING MY STRENGTHS

HOW YOU LOVE YOURSELF IS HOW YOU TEACH OTHERS TO LOVE
YOU



STRENGTH #4 _____

HOW I WILL DEVELOP THIS FURTHER



STRENGTH #5 _____

HOW I WILL DEVELOP THIS FURTHER

LOVE LETTER TO YOU

IN THIS EXERCISE, WRITE A LOVE LETTER TO YOURSELF. INCLUDE THINGS THAT YOU APPRECIATE ABOUT YOURSELF. IF IT HELPS PRETEND YOU'RE WRITING IT ABOUT A FRIEND.

POINT OUT YOUR GIFTS AND TALENTS. THINK ABOUT THINGS THAT OTHERS HAVE COMPLIMENTED YOU ON. OR CONGRATULATE YOURSELF FOR ANY CHALLENGES YOU HAVE OVERCOME.

READ OVER THIS LETTER ON DAYS WHEN YOU ARE STRESSED OR STUCK IN SELF-DOUBT AND NEED A REMINDER OF HOW AWESOME AND MAGICAL YOU ARE.

DEAR Write your name

LOVE ALWAYS...

DAILY LOVE SPELL

CLOSE YOUR EYES PLACE A HAND ON YOUR HEART
AND A HAND ON YOUR BELLY AND AS YOU RECITE THIS
SPELL TAKE BIG DEEP BREATHERS IN AND OUT

I EMBRACE WHO I AM
I ALLOW LOVE TO FLOW TO ME AND THROUGH ME

I AM WORTHY

I AM DESERVING

I AM PERFECT

I AM BRAVE

I AM SMART

I AM STRONG

I AM BEAUTIFUL

I AM LOVED

I LOVE AND ACCEPT MYSELF AS I AM BODY, MIND AND
SOUL

NOW GIVE YOURSELF A HUG XX

Notes
