

Embracing You

A JOURNEY TO SELF-LOVE



A step-by-step guide
for daily self-love

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CELESTIELLE-COACHING

Introduction

Welcome to your step-by-step guide to self-love, where you can learn how to embrace your most true and authentic self along your journey to self-love.



My Story

I'm Elle, and I am an inner-child healing coach! Learning to love myself was a particularly hard concept for me to understand because I had gone years of being bullied throughout school which kept me feeling small and insignificant.

I found true self-love when I discovered that I am neurodivergent. For years I have been working on using my differences as strengths, working on inner-child healing, and accepting myself for who I am. Self-love has made me mentally stronger and more resilient. Now I coach individuals to find their purpose through self-love and acceptance, creating a more fulfilling life.

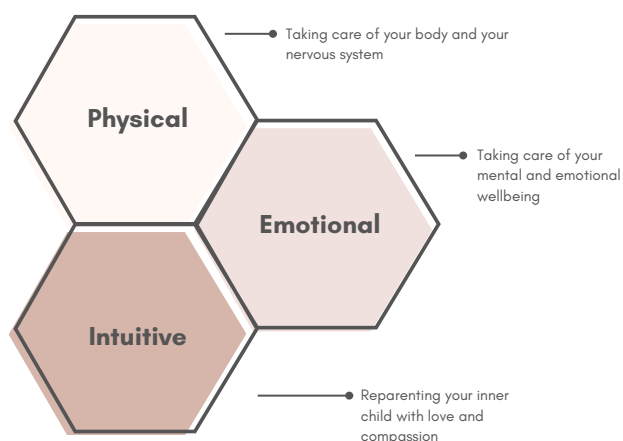
From this ebook, you can learn why self-love is important and it's benefits, practical self-love strategies for you to try and how to overcome challenges when it comes to implementing better care and love for yourself.

What is Self-love and Why is it Important?

Self-love is a fundamental part of our wellbeing and is the foundation of many things such as our physical and emotional health as well as our intuitive self. Self-love is important for self-discovery, boundary setting, self-care, inner-child healing and self-acceptance, which can help build a more purposeful and peaceful life.

Self-love is an important component to looking after ourselves and creating self-compassion for when things don't quite go the way we want them to, because we can learn to hold space for ourselves.

3 Types of Self-love



Self-love is different to self-esteem, but both intertwine with each other. Self-esteem is based on the way you think and feel about yourself and self-love is treating yourself in a loving and compassionate way. When you have a great sense of love for yourself, you build better self-esteem because you have better appreciation for everything that you do and acceptance for who you really are.

"Be you, love you, all ways, always"

Alex Elle

The Benefits of Self-love

Healthier Relationships

1. When you practise self-love, you get stronger at creating boundaries that suit your needs. This can help build healthier relationships with others.

Mental Resilience

2. Self-love helps to encourage mental resilience by building a growth mindset to help reframe negative thoughts and tackle adversity.

Increased Confidence

3. Self-love helps you to identify your strengths and skills, allowing yourself to give credit and appreciation for your efforts, this then grows and creates better self-confidence.



How to Implement Self-love Daily

Here are some of my favourite actionable strategies to practising self-love every day, which have been life-changing.

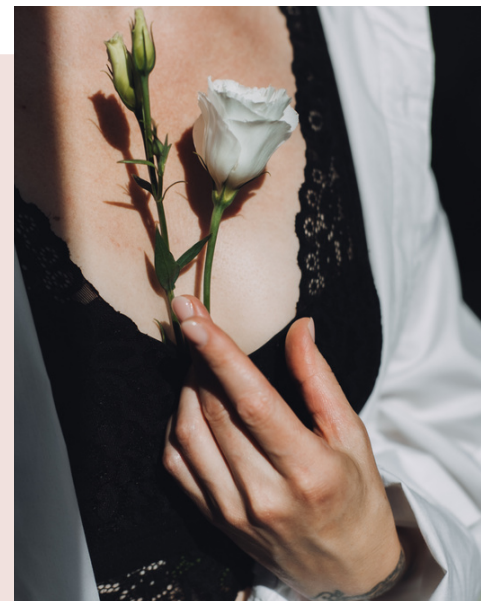


Affirmations

Writing and saying words of affirmation can help rewire the brain into thinking more positively about ourselves. After time, this becomes a more natural way of thinking, enhancing self-love.

Self-Care Routine

Creating a self-care routine means that you are prioritising and taking care of yourself over anything else. Make time everyday for yourself by moving your body, eating nutritious food, taking part in hobbies and getting enough sleep.



How to Implement Self-love Daily



Boundary Setting

When you understand your values in life, it makes it easier to set boundaries and make better decisions. Write a list of your top 3 values and place them where you can see them daily to remind you of what is most important.

Self-Compassion

Practise self-compassion, understand and acknowledge that it is okay to make mistakes and forgive yourself for the past. Be kind and treat yourself with respect, especially on hard days.





Self-love Exercise

Gratitude Journaling

1. Begin by writing down three things you appreciate about yourself in your journal. These can be physical attributes, personality traits, or personal achievements.
 2. After listing these qualities or achievements, reflect on why they are valuable to you.
 3. Express gratitude for these aspects of yourself, acknowledging the positive impact they have on your life.
 4. Repeat this exercise everyday for 10 minutes a day, and overtime you will see a vast difference in your self-worth and confidence.
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Overcoming Common Self-love Challenges

Staying committed to a self-love journey can be tricky, there will be challenges and obstacles you face along the way. So let's delve into some common challenges and how you can manage them.

Negative Self-talk

Did you know we only spend 5% of the time living with our conscious part of our brain? When we think using the unconscious and subconscious brain, it can be easy to listen to the negative voices without really realising it. This is why becoming more self-aware and catching these negative voices can help stop them in their tracks!

When you have caught the negative thought, challenge it, is the narrative really true? and then lastly, change it to a positive statement. When we repeat this overtime, it will become a more natural response for our brains to choose positivity due to brain rewiring.



Motivational Tip

Trust the journey that you are on, if it was easy, everyone would be doing it right? Take your time, work on small steps daily and don't give up, you've got this!

Overcoming Common Self-love Challenges

Self-Comparison

Due to cultural and societal pressures it can be easy to fall into the comparison game, whether that is through social media's highlight reels or comparing yourself to someone you know. It is important to understand that self-comparison will cause more misery in the long run and will create a very negative mindset. To overcome comparison, it is important to focus on yourself, without external validation or the judgement of others. It can be really freeing when we hone in on what we are doing in our lives, rather than worrying about others. Be your own cheerleader, get rid of anything that makes you feel inadequate and focus on the great things you bring to the world, because there is only one you.

Resisting Change

Practising self-love can be difficult at first, especially when we are not used to showing ourselves love and appreciation. Resistance may appear in the form of 'backdraft' which can make you feel emotions such as sadness, grief, fear and shame, along with physical experiences such as pain, aches or body memories. It is important to acknowledge these feelings and know you are working on yourself and that you are trying your best, and therefore deserve to feel love, joy and happiness through healing the relationship with yourself. Professional support may be needed for this transition.



Affirmations

"I am worthy of happiness, joy and peace"

"I deserve to show myself the love and attention that I give to others"

"I learn to care for myself by addressing my wants and my needs"

Overthinking it

When we start on the journey to better self-love, it can be easy to overthink everything. Remember that self-love doesn't have to mean extravagant things like luxury spa days and holidays away, it can be as simple as acknowledging how far you have come and your personal achievements to date. Self-love does not have to be complicated at all, it can begin with a pen and paper, where you can journal how you are feeling and understanding what you most need in the moment. Don't overthink it.

Conclusion

I hope that you found this e-book insightful and helpful. I want to provide you with an exciting and valuable new offer!



Online Coaching

I currently offer one-to-one inner-child healing coaching sessions! I have three programmes; Essence (4 weeks), Transform (8 weeks), and Illuminate (12 weeks). These programmes are for anyone who wants to begin their inner-child healing journey or delve deeper into understanding and connecting with their inner-child.

You will be given all the tools and resources you need throughout the programme to help you become the best possible self that you can be! This will be a transformative experience for you and I will be with you every step of the way!

Get 10% off with code: CELESTIELLE10

For more information or to book a free consultation call head over to

celestielle-coaching.co.uk