SEEDS OF LOVE
Self-Love Starter Kit

Seeds of Love were created to encourage you to pause, reflect, and intentionally nurture the most important relationship you have: *the relationship with yourself.*

Learning to love, honor, care for, and appreciate yourself is one of the greatest investments you can make. When you nurture your inner world, it can transform how you experience your relationships, your choices, your confidence, and your life.

You do not have to have everything figured out. You are allowed to grow, make mistakes, heal, and choose differently.

The Power of Affirmations & Reflection

Affirmations are intentional statements that help reinforce empowering beliefs and remind you of your worth, strength, and ability to grow. When practiced consistently, they can help shift your mindset and bring greater awareness to the way you speak to and think about yourself.

Reflection gives you space to slow down and listen within. It allows you to explore your thoughts, recognize your needs, learn from your experiences, and become more intentional about the life and relationships you are creating.

Start your journey today!
3 Seeds of Love Affirmations and Questions (Page 2)
Create your own affirmations (Page 3)

3 Seeds of Love

1. I release what no longer serves me and make space for what nurtures my growth.

Reflection: What am I ready to release, and how might letting go create space for growth?

2. I am worthy of relationships that honor my peace, joy, and well-being.

Reflection: Which relationships nurture my growth, and where do I need to make changes to honor my peace and well-being?

3. I give myself permission to make mistakes, grow and heal.

Reflection: How can I show myself more compassion, and what am I proud of myself for?

Create Your Own *Affirmations*

My Affirmations:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Remember...

You are enough. You are capable.
You are worthy. You are becoming.