



VOL. 1

# LIVE, BREATH, CALM

Workshop: SELF-LOVE

love you

## Love To Love YOU, Baby

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It is a funny thing that when we talk about love, many people start to get a little uncomfortable and not quite sure how they feel about the word, or what it means, or how to show it. But even those who aren't sure how they feel about love know that they want and need to feel loved. Love is another one of those emotions that has direct benefits to our health including: lower blood pressure, less stress, less pain and faster healing.

In this particular workshop, we are going to focus on loving you. How often do you make it a point to love yourself and your spirit unconditionally? Are you making time for self-care? It is my sincere hope that after completing this module you feel the benefits of LOVING your SELF!

*“Loving yourself isn't vanity. It's SANITY.”*

**Katrina Mayer**



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# Affirmations

I love ME.  
I am an amazing human.  
Love is all around me.

Mirror, mirror on the wall... It's time for a LOVE AVALANCHE. That's right. YOU are going to think of all the things you LOVE about yourself and you are going to write them down. It can be ANYTHING. It should be EVERYTHING!!

I refer to this exercise as the LOVE AVALANCHE because it is an amazing way to break the ice with yourself. And, once you start rolling (just like an avalanche), don't stop!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Now that you have completed your "Things I LOVE about ME" list, it's time to find a mirror (in private). Look at yourself in the mirror and as you look at your reflection, recite your list aloud.

You can use this technique (often referred to as mirror work) to improve in almost any area of your life. The key is to be open to positive change and pay attention to your SELF!