

LOVE ON LAYAWAY

**A workshop dedicated to rediscovering
the love of your life; YOU**


facilitated by Rhonda Kennedy

BYRON KATIE

"...it's not your job to like
me, it's **MINE**"

self love is



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- **PRACTICING SELF CARE**
 - **MAKING YOUR HAPPINESS A PRIORITY**
 - **EXPLORING YOUR INTERESTS**
 - **ACTING ON WHAT YOU WANT AND NEED**
 - **SETTING HEALTHY BOUNDARIES**
 - **BEING INTENTIONAL IN HOW YOU SPEND YOUR TIME**
 - **ACCEPTING YOUR RIGHT NOW**

TRIGGERS

A BREAK UP

The end of a marriage, long term relationship or situationship.

HEALTH SCARE

Extended illness, pending test results, a major surgery etc.

ROCK BOTTOM

Loss of your job, income, home etc.



Our Lives Are Designed by Other People

Did anyone ever sit you down and teach self love? We are supposed to somehow understand what it is and begin to practice it.

Our lives are filled with expectations from other people and we spend our time trying to live up to them.

being alone means...

You have to deal with you and EVERYTHING that comes along with that.

But Instead of doing that, a lot of us have gotten used to running and hiding behind other people to avoid healing.

Self Love Check-In

WHAT DO YOU THINK OF YOURSELF?

This is a one minute exercise that calls for pen and paper. Be prepared for open and honest self-reflection.



LOVE BENEFITS

01

The more you practice the closer you are to mastering a lifelong relationship. This results in less anxiety/stress, exude confidence and never lose sight of self worth. Everything starts and ends with YOU.

02

Constantly able to show people how to treat you (what you will and won't accept, end trauma bonds etc). You raise your expectations, vibrations and the way you interact.

LOVE LANGUAGES

- QUALITY TIME: Taking time to do your favorite things (concert, movie, open mic, museum)
- PHYSICAL TOUCH: Massage or pedicure
- WORDS OF AFFIRMATION: Reading self help books or listening/reading affirmations
- ACTS OF SERVICE: Using services to deliver goods (Insta Cart, Uber Eats)
- GIFTS: Gifting yourself something special every month or every quarter.

IT'S ALL ABOUT YOU

Close your eyes and prepare for a facilitator guided meditation. It's time to think about who you are today and who you want to become.