

self love sessions

D I G I T A L

WEEK 3 WORKBOOK

Self Love Subject:

*unconditional
body love*

The body is an aspect of Self.

And so,

loving the body,

without conditions,
is a requirement of

loving self.

How do you currently feel inside your body?
(It's okay if these feelings are fear-based)

How would you *like* to feel inside your body?
(Imagine being free of all fears and insecurities)

How might your life be different if you felt this freedom?

(How would you walk, talk, dress, act, love, live?

Be as specific and detailed as possible.)

When did you first feel your body was not acceptable?

(Practice this as a scripting exercise if you feel that there is trauma or negative emotion to uncover – write out as much detail as possible to begin processing, purging, and separating this instance of fear from your true identity – love.)

Freedom of Focus

We can free ourselves from body fear and step into body *love* by shifting our focus from form to *function*...

What are the three body parts you most often criticise & why?

What purpose do these body parts serve – what are all the experiences they allow you, & how do these add value to your life? (E.g. tummy allows you to digest food, arms allow you to hug your loved ones..)

Review the above and notice how you have been able to shift from rejecting these body parts to accepting them even slightly more for what they add to your life. This is a miracle – a shift in perspective from fear to love. ***Congratulations***, beautiful!

Self-Love is a VERB and an *action*
as much as it is a noun and an *energy*.

Our bodies require love energy to be actioned in three areas:

Nourishment, Movement, Rest

Write out some conscious intentions for loving your body:

WHY do you EAT?

I eat to:

WHY do you MOVE?

I move to:

WHY do you REST?

I rest to:

Revolutionising the Relationship

What fear-based roles have your subconsciously assigned to your body in the past?

(E.g. a nuisance or something to change, an enemy...)

What love-based roles can you now choose to consciously assign to your body, and for the future?

(E.g. a masterpiece, a home...)

Journalling Exercise:

Now we come to reconcile with our beautiful bodies and reset the connection and sacred bond we share with them. When we have a relationship to repair, an honest and humble expression of apology, gratitude and commitment to change can be powerfully healing.

In what ways have you potentially let your body down? Write a letter to your body using the following prompts, expressing all that you have held back across the span of the relationship (your lifetime!).

Dear body,

I'm sorry for...
I thank you for...
I promise to...

With all my love for the rest of my life, (your name).

When you're done writing, challenge yourself to read this letter *out loud in front of a mirror, making as much eye contact as you possibly can.* This will be confronting and emotional – tears are okay, and in fact, encouraged!

It's time to press the reset button on this relationship and begin a fresh, new chapter led by acceptance, compassion and *LOVE*.

**This beautiful relationship reset is
redemption and revolution at its highest.**

**This is where you finally
allow your body
to become a**

vessel

of and for

self love.