



LOVE

Yourself

**A Workbook to help you fall in love...
WITH YOU**

by
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Love...

We all want more of it.

It's the one thing that all of us want and often feel deprived of.

The reason for this feeling of deprivation is we don't love ourselves.

Think for a moment... About the myriad of negative things you say to yourself in your own mind; not only every day, but every hour - every minute.

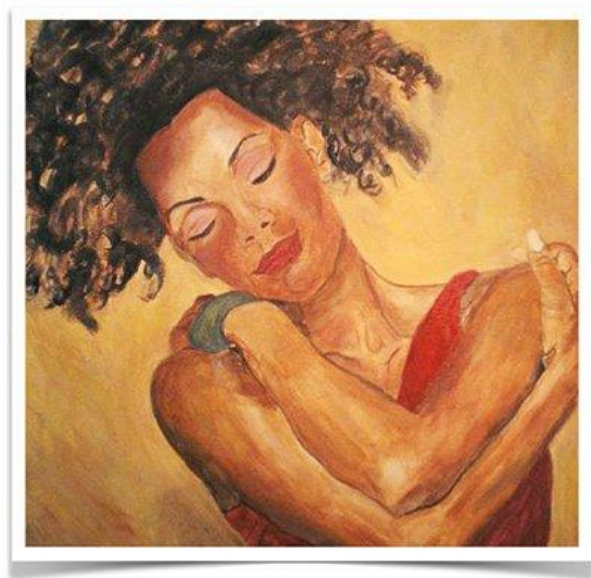
All of this negative self thought really impacts and indicates what we think we deserve and thus, what we will manifest as love in our lives.

If you are here reading this book, then I know you are ready to learn how to love yourself so that you have tons more love in your life.

So, let's get right down to it.

I am going to share with you four gorgeous self love exercises that you can do to bring more love from within.

Once you are clear that you are loveable you will recognize the love that is all around you and tap into it daily to feel more fulfilled and overflowing with joy.



Exercise 1: What do You Think

The first key to growing self love is to find the voices in our head that are counter to self love.

Your first powerful exercise will be to watch your mind and write down all of your thoughts for 15 minutes.

So go to it, write down all of your thoughts for the next 15 minutes on a separate piece of paper and then continue with the following exercises with your list!

Now that you have your list, let's work with it!

- Begin by placing your thoughts into 3 categories: Positive thoughts, negative thoughts, neutral thoughts - these would include thoughts responding to external stimuli, thoughts about what you need to do today etc...
- Take a moment to thank your positive thoughts! These thoughts help you stay up and enable you to receive and experience joy!



Let's look at those negative thoughts now

The negative thoughts fall into a couple of groups. Those that are negative thoughts about life or the world. Negative things you say about you. Those that are a negative, loop in another person's voice eg: hearing your mom tell you "you are socially awkward" over and over again.

We will deal with each of these a little differently.

Begin by writing all your negative thoughts about the world or your surroundings and each time these arise insert the response - I choose to find one good thing about this...

Now each time you find yourself thinking something negative insert this thought and take a second to see the light.

Now let's work on all the negative things you say about you...

List them all and then create a positive counter statement that you can insert each time you witness yourself bullying yourself.

Some of mine are:

- You're fat
- Why are you so slow to do things
- You never will be able to progress beyond where you are

Counter statements:

- You're body is your body and does not reflect who YOU are as a being of love. You're gorgeous!
- You are free to do things as quick as you want... that's a choice. So get into action!
- You have come so far from where you were three years ago, keep growing baby!

Let's look at those thought loops:

Ahh we all have those insidious voices of people in our heads!

Write the source of the message down beside the message, and sit with the person who implanted that message into your mind.

Ask yourself these questions:

1. Would I say this to another person?
2. Why was this said to me?
3. What is a positive way I could flip this message?



Now that you have the flipped message, thank the person for giving you this fuel to love yourself with and release them from the job of nagging you. Take a moment to let go of them and visualize them walking away with their hands raised in a heart shape above their head!

You now have a gorgeous message to work with to replace your old negative loop!

One of my examples:

The voice of a nun used to replay in my mind. She was shocked at the empathic response I was having to the spiritual stories she was sharing with the group of children prepping for their first communion. She looked to another nun and said it's not possible that she has such a connection with Jesus. This hurt me for a long while and had me questioning my spiritual path and worthiness. I spent some time with it and realized that this nun had given me such a powerful gift. She recognized that I was deeply spiritual.

I deleted the negative part of the message that I was not worthy or capable and took the positive - I am deeply connected. I use the loop of this nun when I question myself and remember that I was witnessed at the age of 7 as somebody who was in deep love with Spirit! This remains as one of my go to memories to pick me up when I am feeling down.

When we transform something hurtful into something that is positive it is powerful alchemy. Changing dark to light is one of the most powerful spiritual tools we can use because it is the story of overcoming self doubt and falling in love!

So, get to it - happy alchemizing!!!

Exercise 2: Romance Yourself

Now that we have your thoughts in tune with recognizing your beauty, let's have it reflected in the physical world.

I want you to love yourself up and leave evidence around your frequented spaces that you are gorgeous, loveable and capable of loving yourself.

Think of the things that symbolize love to you and write them down!

Flowers, hearts, bubble bath, nature etc...

Now, start giving yourself little gifts of love!

Anoint your body with symbols of love! There are places on the body that you can decorate to help you feel loved.

When you decorate your chest you remind yourself that you are beautiful, a crystal pendant of jade, aventurine or rose quartz or essential oil of rose could be a symbol of love here!



The wrists are a sacred space of strength, worthiness and beauty. I like to draw a symbol of love on my wrist that I can look at throughout the day to remind me of my own power and beauty!

Whenever you feel yourself questioning your worth or ability, hold onto your wrist and tell yourself - you can do this!

The hips are the sacred home of passion, sensuality, power and drive. Decorate the hips with a belt or scarf or dance with the hips to remind yourself that you can move in this world in a way that creates beauty!

Leave little notes and reminders of your awesomeness around your home, car, office or wallet that you can happen upon to remind yourself of your own beauty.



Light candles, buy yourself flowers, take yourself for nature walk or indulge yourself in a bubble bath; or massage to bring in sensual healing and remind yourself that you deserve to be loved and celebrated in all ways possible!

Place heart shaped crystals and candles around your spaces so they are filled with

images of love!

When you begin to see the message all around you that you are loveable you will seek out experiences that make you feel that way. You will draw to you people who will respect you and give you love too and will walk away from those who do not honour you the way that you deserve to be honoured.

Surround yourself with beauty so that your mind, heart and body know that beauty is real!

Love yourself in simple ways so that all of you knows that love is real!

The incredible thing that you will find as you love yourself this way is that you can get love from a reliable source that knows how to love you the way you want to be loved! That source is YOU!



Exercise 3: Thank Yourself

This exercise is a powerful practice that might take you by surprise!

Buy yourself a heart shaped note pad so that you can keep a gratitude journal.

Every day, at the end of the day take a moment to light a candle and put something sweet into your mouth!

Sit down and write the three things you love about yourself today on this heart shaped paper.

Be sure to do this exercise for at least forty days.

Make it a ritual, light the candle, get comfy and allow your chocolate or candy to dissolve in your mouth as you write these three things down.

This exercise involves all of your senses, an important component to make a ritual extra powerful.

If you like, you can leave these note cards in places where you will happen upon them at unexpected times.

It's so magical when you are having a bad day to find a love note that reminds you how incredible you are!



Exercise 4: Call out to the Universe!



Now that you have created love all around you. Start looking for it in the outer world too.

I think by now you already will be seeing love in places you didn't before!

Note when you see something that makes you feel connected to love, take a moment for pause. When you see a pretty flower, smell it. When you hear a bird singing, pause with your thoughts to listen. When you see a

person looking fabulous, tell them.

Tell the universe that you witness the beauty that it is offering you. This act of witnessing and expressing your gratitude will enable you to receive even more love!

This is simple alchemy, when you create love, you are more in tune to be able to recognize it in other places!

Let's get the universe in on your plans to witness and receive even more abundant love!



Create a Heart Map

- On a piece of paper, draw a big heart
- Fill this heart with all of the things that you love about your life
- Fill the outer space of the paper with all of the things you would love to experience and call in the elements to bless this altar of love you have created!
- Light a candle, spray it with your favorite perfume and hang it on a window where it will be exposed to all of the elements.
- Thank the universe for what you have received and tell the universe your heart is open to so much more
- Ask your guides to SHOW YOU all that you are open to witnessing and receiving!

Remember, love is something when you give it away, you end up having more!

Now that you know how good it feels to know love, you can become cupid too!

Give your love away in random acts of kindness that help other people know that they are loved.

- Tell people how great they look
- Give people little gifts that sweep them off their feet
- Write people little love notes or thank you notes on your heart shaped paper
- Gift people crystal hearts or heart shaped chocolates
- Engage in volunteer activities
- Donate food, time, money or love

When you express your love into the world in this way, you create the possibility for others to feel richly loved!

You become a conduit of love to flow onto this planet.

When there is more love in the world, there is more love for all of us to enjoy!

Get out there and make love!

