

A Free Guide to Begin Your Self Love Journey

Self  Love

W o r k b o o k

by,

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INTRODUCTION

Do you like yourself? Like truly like the person you are, and all that you stand for?

When you are alone, do you feel content? Or do you feel loathing toward yourself? Maybe you are somewhere in between.

No matter where you are on this spectrum, it's OK. Because self love is a process and a journey, and it's not impossible for you. It's entirely possible, and I am going to tell you how.


By working through this workbook, you will begin the process of getting to know yourself better. Specifically you are going to get in touch with your inner essence and your inner self, working toward liking the person you truly are, at your very core. Once you like who you are at the core, your life will begin to transform. You will start to make better choices, set boundaries, improve your self worth, increase your self confidence, and much more.



By working on your self love, you will get to a place where you won't care at all about what others think of you, because you will only care about what you think about yourself. You will know yourself so well, that when someone has a false perception of you , you will see it as just that. You will see that that is their own heavy toxicity, and it's got nothing to do with you. They don't define you. YOU define you. You won't be judging others, because you will be too busy loving yourself and the beautiful life you are building. You will stop being the person you thought you had to be, the person you were conditioned to be. You will let all of that fall to pieces, so you can rebuild yourself as the strong, stable, and beautiful person you truly are and always had inside of you. You will become the person you had always wished you'd had in your life, and be able to stand on your own two feet.

By stepping into loving yourself, you will open doors for yourself that you never even knew were there. This is the absolute best thing you can do for yourself, and I am so happy you are taking this step to work on yourself. It will be so worth it.



A top-down view of a desk with a candle, pencils, a calendar, and flowers. The candle is lit and sits in a white ceramic holder. A gold pencil holder contains several white pencils with gold erasers. A calendar shows the days of the week, with a handwritten note '12:30 Call' on Monday. A bouquet of pink and yellow roses is in the top right corner. A woven basket and a black pencil are also visible on the desk.

There's a reason it's called *working* on yourself, because like work, it's not easy. At times this process will feel too hard. You may wish you were still living under the rock that you had been under prior to all of this. Because change is hard. You will be opening up old wounds that you had hidden away, you will have to face things that scared you, you will have to own up to your own mistakes.

Self loving people don't think they are perfect. No. on the contrary, they recognize their flaws, and unapologetic ally own them. You too, can do this. Over time, you will dig deep, and then even deeper, to uncover all of the truths that made you who you are, and decide which to hold on to, and which you need to thank for the lesson, and then release. You are capable of changing your life and feeling happier, and it all begins right here.

PERSONAL INVENTORY

WHAT AREAS IN YOUR LIFE DO YOU WANT TO IMPROVE? DESCRIBE THE CHANGES YOU WANT TO MAKE IN EACH CATEGORY THAT APPLIES.

EX: I WANT TO BE MORE/LESS _____.

SELF ESTEEM

RELATIONSHIPS

CAREER

FITNESS

HEALTH

FAMILY/PARENTING

MENTAL WELLNESS

SPIRITUAL



GET TO KNOW YOURSELF

Fill in the following sections as best you can, with the first things that come to your mind, but also take your time to truly reflect on your true feelings. Don't worry about being judged or if it makes sense. This is just for you to better understand yourself.

**WHAT DO YOU LIKE ABOUT YOURSELF? WHAT ARE YOUR BEST QUALITIES?
IMAGINE NOONE ELSE HAS A SAY IN THIS, WHAT COMES TO MIND?**

**WHAT MATTERS TO YOU? WHAT MATTERS TO YOUR HEART?
DESCRIBE THIS IN AS MUCH DETAIL AS POSSIBLE BELOW:**

WHAT OLD HURTS ARE YOU CARRYING IN YOUR HEART?

WHAT EMOTIONS DO THESE BRING UP FOR YOU?

WHAT SORT OF THINGS UPSET YOU?

WHAT MAKES YOU FEEL BETTER WHEN YOU ARE UPSET?

DO YOU HAVE ANY REGRETS? IF SO, WHAT ARE THEY?

IF YOU COULD GO BACK IN TIME, WHAT WOULD YOU DO DIFFERENTLY?

WHAT DO YOU NEED TO FORGIVE YOURSELF FOR?

WHAT DO YOU WISH TO LET GO OF?

**"YOU GET TO DECIDE WHAT IS AND WHAT IS NOT
IN YOUR LIFE. CHOOSE WISELY. "**

WHAT ARE YOUR TOP PRIORITIES IN LIFE?

**WHERE DO YOU THINK YOU MIGHT BE WASTEFUL WITH YOUR TIME
AND/OR ENERGY?**

**IF YOU COULD SPEND YOUR TIME AND ENERGY ON YOUR TOP
PRIORTIES, WHAT WASTED TIME COULD CLAIM BACK FOR YOURSELF?**

WHAT GIVES YOU ENERGY?

WHAT DRAINS YOU?

WHAT DO YOU WANT MORE OF IN YOUR LIFE?

WHAT DO YOU WANT LESS OF IN YOUR LIFE?

**"EVERY SO OFTEN, STEP BACK AND CLAP FO' YO'
DAMN SELF"**

THINK OF YOUR ACHIEVMENTS THROUGHOUT YOUR LIFE. WHAT HAVE YOU ACCOMPLISHED? HOW DID YOU DO THAT? HOW DID THAT MAKE YOU FEEL?

WHAT ARE YOU MOST PROUD OF ABOUT YOURSELF? WHAT QUALITIES STAND OUT THE MOST TO YOU ABOUT YOURSELF?

WHAT DO YOU WISH FOR YOURSELF? IF THIS IS HARD FOR YOU, IMAGINE WHAT WOULD YOU WISH FOR YOUR BEST FRIEND, SIBLING, OR SIGNIFICANT OTHER?



BE WHO YOU ARE

IMAGINE YOUR PERFECT DAY, DESCRIBE IT IN GREAT DETAIL. HOW DO YOU FEEL? WHAT DO YOU DO? WHO DO YOU SPEND YOUR TIME WITH?

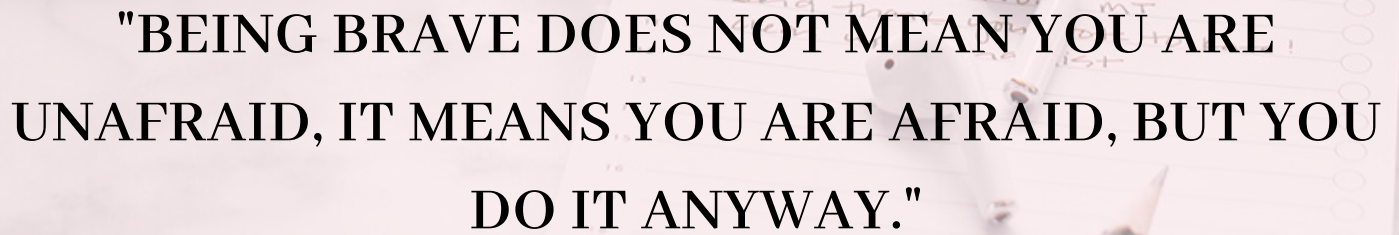
A background image showing various cosmetic products like jars and containers in soft, warm tones.

**ON THE OTHER SIDE OF FEAR IS THE LIFE YOU
HAVE BEEN DREAMING OF**

WHAT IS STOPPING YOU FROM BEING WHO OR WHAT YOU WANT TO BE?

WHAT ARE YOUR DEEPEST FEARS?

IF YOU WERE NOT AFRAID, WHAT WOULD YOU DO?



"BEING BRAVE DOES NOT MEAN YOU ARE UNAFRAID, IT MEANS YOU ARE AFRAID, BUT YOU DO IT ANYWAY."

WHAT DOES BEING BRAVE LOOK LIKE AND FEEL LIKE TO YOU?

IF YOU COULD DO ANYTHING AND BE ANYTHING, WHAT WOULD THAT BE?

**"SUPPORTIVE IS THE WOMAN WHO FIXES
ANOTHER WOMAN'S CROWN WTHOUT TELLING
THE WORLD IT WAS CROOKED"**

WHO OR WHAT HAS BEEN YOUR BIGGEST SUPPORT IN YOUR LIFE?

WHAT DOOES THIS PERSON DO OR SAY THAT MAKES YOU FEEL SUPPORTED?

WHAT MAKES YOU FEEL SAFE, LOVED, AND SECURE?

A background image showing various cosmetic products like jars and containers in soft, pastel colors.

WORKING ON MYSELF FROM THE INSIDE OUT

WHEN WAS THE BEST YOU HAVE EVER FELT IN YOUR LIFE?

WHY DID YOU FEEL SO GOOD DURING THAT TIME?

WHAT QUALITIES CAN YOU BRING OUT OF YOURSELF NOW TO FEEL THAT GOOD AGAIN?

OTHER'S OPINIONS OF ME ARE NONE OF MY BUSINESS

WHO ARE THE PEOPLE, SITUATIONS, OR THINGS IN YOUR LIFE THAT MAKE YOU FEEL BADLY ABOUT YOURSELF?

WHAT EXACTLY DO THEY DO THAT LEADS YOU TO FEEL THAT WAY?

IF YOU HAD THE COURAGE, WHAT WOULD YOU SAY TO THAT PERSON OR DO IN THAT SITUATION?



ACTION PLAN

YOU DON'T HAVE TO HAVE YOUR LIFE ALL MAPPED OUT. BUT I WOULD LIKE YOU TO TAKE ADVANTAGE OF THE POSITIVE MOMENTUM YOU HAVE CREATED HERE, AND PLAN TO TAKE A FEW SMALL STEPS IN THE RIGHT DIRECTION, IN YOUR PATH TO SELF LOVE.

WHAT 3 SMALL BUT SIGNIFICANT CHANGES CAN YOU MAKE TO HONOUR YOURSELF, CHOOSE YOURSELF, & TAKE CARE OF YOURSELF?

1.

2.

3.

Final Thoughts

You are an amazing being just as you are. Finding yourself and loving yourself doesn't mean going on an external quest, changing who you are, or trying to be a certain way. In fact it's the exact opposite. It's about accepting everything about who you already are. The good and the bad. It's about loving those parts of you that somewhere along the way, you were taught to believe were unlovable. Well they are not my friend. All of you is lovable. And all of you is worthy. Be proud of yourself for taking this first step in providing the love for yourself that you know you so deeply deserve.

I hope this workbook has been helpful to you in your self love journey. I know with dedication and time, you will become the version of yourself that you long to be. I know that if you keep trying, if you do not give up on yourself, you can and will be happier then you ever dreamed possible. Sending you love and light my friend.

Please visit me at InteriorLoveAffair.com for more on self love.

Thank you so much,





NOTES



Journal



♡ Journal ♡

♡ Journal ♡