



3 Steps To Start With Self Love



Use this printable download to record your thoughts and feelings with the three steps described. There's plenty of space for you to write, doodle and note it all down so that you can refer back to it when you need to.

Step 1 - Pay Attention & Notice

Until you begin to notice the way you talk to yourself, you won't pay attention to whether it's sweet love messages or downright nasty stuff, so become more aware. A really simple way to start this is by drawing a circle and shading in different colours the proportions that you've been kind and loving towards yourself or not, so it ends up looking like a pie chart. Or you can write what you noticed, e.g, I was aware of criticising myself when x,y, z...

Also become aware of how your actions play out, are they coming from a place of love and care or sabotage?

Step 2 - Write It Down & Let It Go

Write below all the ways that you don't show yourself love. This could be what you say, or what you do - e.g staying up late for no good reason when you could be having an early night, eating something you know will sabotage your plans. Even if it feels uncomfortable, get it onto paper. As you write, tell yourself that as the words go onto the page they relinquish their power over you. You may not actually believe this to be the case in the moment, but stick with it and it will be.

Step 3 - Create A New Story

If you were to be at your best, your fully empowered and super-duper self, what would you be saying to yourself? Grab your pen again and start 10 lines with the words 'I am....' then get writing in the positive and affirmation sense, just let the words flow. If you're still staring at a blank sheet of paper, start with some practical things. E.g I am well rested, I am hydrated, I am doing the hobbies I enjoy etc.

Keep this piece of paper with you and read it often, go one better and say it out loud, or go two better and read it out loud while looking at yourself in the mirror - show yourself some love.

I am...

I am...

I am...

I am...

I am...

I am...

I am...

I am...

I am...

I am...

Extra Space - Let It All Out!