

# SELF LOVE SCHOOL

## WEEK 1 WORKBOOK

FIRST, Set your intention. Here are some sample questions to jog your mind.  
What do you hope to get from this course? What do you really want? How do you want to FEEL 6 weeks from now? What are you ready to let go of? (habits, patterns, ways of thinking, trauma, drama) What needs to be healed? Body- Mind- Spirit

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What are some of the negative words or labels you use for yourself?

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Are there any habitual questions you ask? For example: Why does this always happen to me? Why am I such a \_\_\_\_\_? How come I can't get it right? If nothing comes to mind right now it's ok. Pay attention throughout the week and journal your answers as you notice them.

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What will you start saying instead? Create reminders

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Choose an affirmation to say 500x a day this week. Which one feels like the one to start with? You are welcome to say them ALL! But one will be your mantra.

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Here is some space to write your own affirmations. Write down what you will swap in when you spot stop + swap. You can use other people until you feel like writing your own. Write down your affirmations below.

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It can be helpful to bombard yourself with positive messages. Where else could you put your affirmations until they become second nature?

- iPhone Reminders
- Post it notes
- Signs on your wall
- Bathroom mirror
- Passwords (ex: our Zoom PW is iamenough)
- Add them to a vision board
- Get creative

Expanding your vocabulary will enrich your life. Juicy words make for juicy feelings and experiences! What are some new ways you can answer the question we get asked several times a day... How are you?

Some of mine: Amazing, Excellent, Blessed, Dreamy, Peachy, Wonderful, Jazzed, SO good

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What did you feel during the Dove Sketch video? Did any memories come up? What do you want to focus on from now on?

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