

SELF LOVE

SCHOOL JUNIOR

WEEK 5 WORKBOOK

NEXT LEVEL JOURNALING:

If you were already at your next level of understanding that YOU ARE ENOUGH (that your appearance is enough, your being is enough, your body is enough, your love is enough, what you have to offer is enough, and your way of doing things is enough... How would you be feeling NOW?)

If you were already at your next level of understanding that your desires are perfect and they are FOR you, And that is fully safe to home follow your heart in every area how would you be feeling now?

How else would you feel?

What energy would be circulating in your body right now?

What would you be know and deciding now? What else?

What would you allow yourself to have or do from there?

What would you let go of?

What would you stop trying to prove now?

I'm willing to accept that....

I am willing to admit that...

The truth is...

I ask for help with...

God/Universe, please help me see...

I now declare that...
