

SELF LOVE

SCHOOL JUNIOR

WEEK 4:

SELF LOVE LANGUAGE ✨

5 LOVE LANGUAGES

- 1- ACTS OF SERVICE
2. PHYSICAL TOUCH
3. RECEIVING GIFTS
4. WORDS OF AFFIRMATION
5. QUALITY TIME

**Which do you think is your Love Language?
Or which of these sound great or like something you're not getting
enough of?**

WILD CONCEPT

Speak your own love language! What could you do to speak your own love language?

IDEAS:

- 1- ACTS OF SERVICE-** prep your coffee the night before, hire a housekeeper
- 2. PHYSICAL TOUCH-** get massages, touch yourself! Enjoy it! Volunteer to hold babies
- 3. RECEIVING GIFTS-** When you buy something from amazon write a gift note,
- 4. WORDS OF AFFIRMATION-** affirmations + mirror work, leave yourself nice sticky notes in places you'll forget about
- 5. QUALITY TIME-** Prosperity dates, Play hookie and have a me day, Baths, Self Care days, Solo vacation

"I love when the past me hooks
up the future me" -Gina Giro

ACTS OF SELF LOVE

Letting yourself be supported- Delegating. Asking for help. Hiring help. Do you have beliefs or stories about you doing it all, having no help, If you want something done right you have to do it. Or like it's not ok to ask for help? Can you give up some control/certainty? Let it be done their way. Not everything has to be done perfect. >>> Done is better than perfect

You are Worthy for being, not for doing

Food

Movement + Activity- our bodies WANT to move but we get resistant when we think we HAVE to.

Honoring your feelings by FEELING them. Emotions are Energy in motion

Investing in yourself

Good sleep

Time and space in your day/ (art of calendaring bonus) not rushing, being relaxed, doing less

Affirmations, Mirror Work

Setting clear boundaries

Saying No when you want to say no, (not saying yes out of needing to be liked)

RELATIONSHIP W/ FOOD

Drop the food guilt and shame and eat. Listen to your body's and it's signals. If you'd give up the restrictions you'd have nothing to rebel against.

Babies have no guilt or shame about about eating, their bodies, or getting any other need met.
Mirror: I love and accept you exactly as you are

Total Body Love and appreciation- fear of food is not the vibe

You are worth the fancy food. If you count: count ingredients, not calories

ABCDE of eating

Allow- no restrictions

Breathe- 5-5-5 turns on parasympathetic response to relax

Chew- improves digestion, can taste the food, more enjoyment

Dance- i dance when I eat because I am soooo happy

Enjoy the food- 20 min meals. Don't rush babe. Enjoy it!

SELF LOVE ACTIVATION RITUAL

1. Breathe and connect to heart & higher self
2. Touch your body. Connect. Feel grateful. Say “Thank you” to each body part thinking of what it does for you, or what you can do because of it.
3. Mirror Work: Say “I love you! I appreciate You. I accept you just as you are”

ACTIONS

1. **Start Speaking Your Love Language w/ the action you chose**
2. **Try the ABCDE's of eating**
3. **Self Love Activation Ritual**