

SELF LOVE

SCHOOL JUNIOR

WEEK 6:

CLOSING CEREMONY

LET'S LOOK BACK 6 WEEKS

As you move forward, it's important to continually recognize how far you've come.

Notice **all** the things, even the little things that have changed in the last 6 weeks. Think of everytime you put yourself out there. Every instance of stepping outside of your comfort zone. Everytime you did not shrink to fit in.

What are you proud of? What could you be proud of if you wanted to be? LIST 10-15

LOOKING BACK

What is something you needed to learn or overcome in order to have these results now?

What are you taking away with you from this course?

We're bringing awareness to all the little efforts you have made. This practice of acknowledgment is to highlight that change happens by the little choices we make moment to moment.

NEW BASELINE

What is something that you were triggered by when we started this course that no longer feels a trigger?

WELL DONE 🖐️

BASELINE SHIFTS

Once again... What was once your ceiling is now your floor.



You have come so far! I am very proud of you!!!!

TRAJECTORY

If THIS is now your new normal way of operating,
what other good things might happen over time?

Write down at least 3 things that are possible for you now.

ACKNOWLEDGEMENT

Giving and receiving acknowledgement is nourishing to our souls. Most of us don't acknowledge ourselves nearly enough. We're conditioned to do the opposite, telling ourselves we're not enough or we should have done more or done better which is **demotivating**.

Let's acknowledge the every sacred step along the way. Because it's all adding up. It's all getting you where you want to go. The daily choices we make along the way are what create the big results.

"It adds up, and it adds up, and it adds up, and then it overflows." -AF

TOOLBOX RECAP

FRESHMAN

- AFFIRMATIONS
- PRIMING
- POWER POSING
- SMILE FOR 30 SEC
- 3 MINUTE DANCE PARTY
- TRIAD OF EMOTIONS
 - CHANGE YOUR LANGUAGE
 - CHANGE YOUR FOCUS
 - CHANGE YOUR PHYSIOLOGY
- MIRROR WORK

JUNIOR

- TAPPING/ EFT
- INNER CHILD PHOTO AFFIRMATIONS
- INNER CHILD PLAY DATES
- REPARENTING- GIVE YOUR INNER CHILD WHAT SHE NEEDS MOST
- 5 LOVE LANGUAGES
- SELF LOVE ACTIVATION
- MAKING UP MEANING/ MAKING AN EMPOWERING STORY

SOPHOMORE

- MONEY AFFIRMATIONS
- MAGIC OF GRATITUDE
- HO'OPONOPONO FORGIVENESS
- PROSPERITY DATES
- YOU KNOW HOW TO MANIFEST NOW ✨
- ENERGY CLEARING/ ACCESS CONSCIOUSNESS
- WRITING A LETTER TO MONEY

CONGRATULATIONS!

YOU DID IT! You should be so proud of yourself. I am proud of you.

What's next?

Senior course of Self Love School?

Senior course is all about integrating all parts of yourself and living in your chosen identity... not the one the world created for you.

Don't quit now! Graduation is 6 weeks away!