

## Day 1: Today's Lesson: Today you decide you are going to love yourself.

Welcome to day one where you are on the path to learning how to love yourself.

So let's start here: Close your eyes and imagine this: Today is the day you decide you are going to love yourself. Say it out loud. "Today is the day I am going to start being kinder to myself, give myself what I need and learn to love myself more deeply."

When you make a decision, you are making a clear intention and saying to the universe that you want to have a more loving relationship with yourself.

Whatever you are doing right now in the way of loving yourself and taking care of yourself is awesome AND we all can improve our practices. It is just that, a practice, so don't be hard on yourself but commit to the process of learning to have the best relationship possible with YOU so that you may feel worthy of everything you deserve. You deserve your daily attention and kindness.

All the exercises included will help you to embody the concepts and achieve the transformation you are seeking. If this feels too much, just do one thing each day for yourself and come back to the exercises at any point. It will look different for everyone and it will look different each day. You get to decide what it is and do what feels right for you.

Also make sure you download the self-love daily tracker to keep track of your progress. You'll find it on the website at the bottom of the page...and the link is in the email you got today. This will help you see the progress you are making which will build trust in yourself.

Know that through this process things will come up, you may feel resistance, you may find it challenging to do nice things for yourself, whatever it may be, know that if you've been treating yourself the same way for a long time, it takes some practice to change your habits. Do the best you can with it, and know that everyday is a new day!

Ok so let's start with what self love actually is....Self love is the belief you hold that you are a valuable and worthy person and believing you are valuable and worthy, is knowing who you are and trusting that you will show up for yourself.

Regardless of how you or other people have treated you in the past, you are worthy of being loved exactly as you are and when you decide this and do the practice to have a more loving relationship with yourself, show up for yourself, and make yourself accountable you start to love yourself fully.

This just takes a willingness to practice kind and loving gestures towards yourself. Open your heart and let yourself be seen and loved. You are uniquely you, you are imperfectly perfect and you always deserve to be loved. You get to decide that you are going to have more love in your life and it starts by making a conscious decision that you are good enough just the way you are and you are going to start treating yourself better.

It's your job to love yourself. It doesn't matter what has happened in your past, all that matters now is that you know you can experience love, even though you didn't receive the love or nourishment you needed as a child.

You get to decide now that you are going to be the one that fills those voids. You get to say what you want and give it to yourself and when you do, others start reflecting back to you how you are treating yourself.

Be brave, be willing and most of all be the love you have been lacking or missing in your life.

You are here to know, love and trust yourself and this week is all about getting to know all of who you are.

Loving who you are is knowing who you are, what your needs are, asking for your needs to be met and allowing yourself to receive. It's taking care of your own needs and not sacrificing your well being to please others. It's also not settling for anything less than you deserve.

Self love is a practice to love every part of yourself, but it's also being aware that we are constantly growing and there are parts of ourselves that need to change and evolve. And there's nothing wrong with that. That's part of why we are here is to become more, but we have to be willing to make those changes.

When you commit to this it empowers you to have more of what you want. But it's also a practice to say I'm still good enough even though I am a work in progress and I'm still worthy of love and belonging as I grow.

This is about taking responsibility for your life, your feelings, your actions and your choices. It's about showing up for yourself because when you do this builds confidence and self trust. It's doing the best you can do and being the best you can be, all while knowing you aren't perfect and this will take some conscious awareness on your part to make behavior changes, so be easy and go gentle on yourself.

Being in love with every part of yourself is a process... It's a journey and it starts with being kinder to yourself, more gentle and more loving.

Self love sets the foundation in which you live your whole life. It affects every part of your life. So ask yourself, are you making choices that are best for you and completely self loving? Are you putting your needs first? Are you using your voice and saying how you feel? Or are you being hard on yourself and beating yourself up and being self sacrificing?

Changing the trajectory of your relationship with yourself is a decision backed up with practice.

Making a commitment to be persistent and consistent with your practice, is the key to having more love, more peace and a more purposeful life.

You have to ask yourself what you need, you have to listen to what that is and then you have to take the action to show yourself you are worthy enough to do it. And only you can do it. No one else can do it for you.

You are the most important thing in this moment and you have to be conscious and determined to make your life different. You have to say to yourself, I'm going to do this because I want a different existence.

The more we love ourselves, the more we blossom into the greatest versions of ourselves and falling in love with yourself is the secret to happiness.

You were born with free will and so you have to exercise your free will and commit to being an active daily participant. Make a decision that you will start doing what it takes to be aware of how you are treating yourself and then doing what it takes to make your life better.

I know I've said this before and you will hear me say it again but please be kind to yourself in this process. The most important part of the journey to self love is accepting yourself where you are right now at this age, in this body, in this moment.

Loving yourself will look different each day depending on how you feel, how much time you perceive to have or not have, and what's going on in your life.....however, you must take the time for you...you are the most important thing. If you aren't functioning well on a particular day, it's even more important to take more time to take care of yourself. You can't help anyone else if you aren't doing well yourself.

Make this process the best possible, where you demonstrate to yourself how you want to be treated. And just know that during this process, there may be some resistance or self sabotage coming up...and we'll talk about all those things later in the challenge.

Don't rely on anyone else to create this experience for you. This is your experience and this is your choice to live in a way that feels good to you. When you take care of yourself, when you set good boundaries and when you allow yourself to come first, you are telling your subconscious that you are worth it.

Do the practices. Sometimes this will look like lighting a candle and meditating or spending some quiet time to hear your thoughts and other times this may

mean making a tough decision that was in your best interest and putting your needs first.

It doesn't have to look like meditation for an hour a day or taking 3 hours to yourself, although it could.

The most important thing is that you take actions that are going to be sustainable. Try adding 1 glass of water to your daily routine. Promise to say one nice thing to yourself a day. Whatever it is, take a small step. After a while of doing this (and writing these things on your daily log) you'll see the commitment you are keeping which will build self trust and confidence.

Don't be hard on yourself if you miss something, we are all human and the word practice means it won't be perfect. The most important thing is to start again. You get to choose to be easy on yourself, just be aware of the thoughts in your head and if you aren't being kind, stop the thought and choose a kinder one.

When you make choices in your best interest, life gets so much better and easier. When you start taking actions to love yourself, you are on the way to a happier life.

Have fun in the process. Make the decision to do it and expect to see results.