

A close-up, soft-focus photograph of a woman's face, partially obscured by white daisies. The image has a warm, reddish-pink tint. The woman has light-colored eyes and is looking directly at the camera. Her hair is dark and pulled back. The flowers are in the foreground, some in focus and some blurred.

R V K R I T U A L

SELF LOVE

Welcome

This workbook is perfect for printing out to get
deeper in your self love practice

best,

A handwritten signature in black ink, reading "Sean R. Dwyer". The signature is fluid and cursive, with a large initial "S" and a stylized "R".

SELF LOVE

"YOU CAN SPEND THE REST OF YOUR DAYS
EITHER LOVING OR HATING THE PERSON
YOU ARE. THE TIME WILL PASS EITHER WAY.
THE CHOICE IS 100% YOURS, SO CHOOSE
WISELY."

THE PILLARS

- SELF RESPONSIBILITY
- SELF ACCEPTANCE
- SELF COMPASSION
- SELF WORTH
- SELF RESPECT

INVENTORY

From 1-5 where are you in each area, 5 being best

SELF RESPONSIBILITY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SELF ACCEPTANCE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SELF COMPASSION	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SELF WORTH	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SELF RESPECT	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

JOURNAL

WHO AM I?

IN WHAT AREA DO I TAKE FULL RESPONSIBILITY OF MYSELF?

IN WHAT AREA DO I NOT TAKE FULL RESPONSIBILITY OF MYSELF?

HOW TO YOU FEEL WHEN YOU MAKE A MISTAKE? WHAT DO YOU DO?

LOOKING AT THE PAST 5 YEARS. WHAT ARE SOME WAYS YOU ARE PROUD HOW YOU HAVE GROWN?

WHAT MAKES YOU FEEL GOOD ABOUT YOURSELF?

WHICH ONE OF THESE 5 PILLARS OF SELF LOVE NEEDS YOUR ATTENTION MOST?

WHAT ARE 3 THINGS YOU COULD DO RIGHT NOW TO GROW YOUR SELF LOVE?



SELF LOVE TOOLS

- Stop Comparing - If you feel your negative self talk go up, tune down your social media consumption
- Prioritize your favorite way to take care of your self
- Use Affirmations that work for you. Create some that really sound true and needed by your soul: example: "I deserve the absolute best"
- Use Gratitude and point it towards yourself: what are you grateful for for you today?
- Celebrate the small wins - do something to celebrate big or small
- Practice meditation to become less reactive and tune down negative self talk



SELF LOVE TRUTHS

"LOVE YOURSELF INSTEAD OF LOVING THE IDEA OF OTHERS LOVING YOU. " unknown

"All people deserve your kindness, but none more so than you." Justin Kay

"Loving yourself isn't vanity; it's sanity." Katrina Mayer

"Self-love is the source of all our other loves." Pierre Corneille

"Love yourself so much that when someone treats you wrong, you recognize it." Rena Rose

**"Be very very very gentle with yourself. The world is very very hard on you." Srividya
Srinivasan**

**"You yourself, as much as anybody in the entire universe, deserve your love and affection."
Buddah**

R V K R I T U A L

self love