

# SELF-LOVE

*This workbook is all about self-love and the way you think about your relationship with yourself.*

*Often, we think of self-love as though it's a destination. We think that one day we'll arrive at a place where we love ourselves perfectly and wholly all the time. A place that feels incredible and loving all the time.*

*When we think of self-love in these terms, we are essentially relating to it as something that will be an "exit ramp" off of the human experience. A destination where we will never again have negative thoughts or feelings about ourselves.*

*But that's not reality, and that place doesn't exist.*

*Self-love isn't a destination. Instead, it's a type of relationship that you can create with yourself. An ever-changing relationship that you develop and foster over time.*

*When you think about other relationships that you have in your life, notice how those relationships are always evolving, changing, and growing. There is no point at which everything in that relationship becomes perfect (in spite of what the wedding industrial complex would have you believe about marriage!).*

*Beyond that, the goal of a relationship you have with a spouse, child, parent, or friend isn't to banish all negative thoughts about them. If it were, you would abandon your friends and family the moment you felt slightly annoyed.*

*What if those same concepts were also true with your relationship to yourself?*

*Self-love is about developing the relationship that you have with yourself, on purpose.*

*This might look like being nice to yourself more often, giving yourself the benefit of the doubt more often, not believing the negative thoughts about yourself as often, and practicing loving thoughts about yourself more often.*

*That's what self-love can be.*

*In order to explore your thoughts about your self-love and relationship to yourself, answer the following questions.*

*Self-love is about developing the relationship that you have with yourself, on purpose.*



1. How do you define self-love?

2. How does it change your definition of self-love to view it as a RELATIONSHIP with yourself, rather than a destination where you feel happy all the time?

3. What are the thoughts you currently have that you think prevent you from loving yourself or being able to believe that you already do love yourself?



4. In what ways do you ALREADY love yourself?

5. Think of a person you love.

6. Are you 100% happy with them 100% of the time?



7. Do you still love them even though you sometimes have critical thoughts about them?

8. What thoughts do you have about them that enable you to love them even though you sometimes have negative thoughts about them?

9. How can you apply these thoughts to your relationship with yourself?



**10.** What do you want to tell yourself the next time you notice yourself having a self-critical thought?

**11.** Do a model with that thought in the T line, to ensure it leads to a result you like.

**12.** List 5 things that you like or love about yourself now, even just a little bit. Don't take "I don't know" for an answer.



13. How can you be 5% nicer to yourself tomorrow than you were today?

