

9 TIPS CULTIVATING SELF LOVE



*Give Yourself The Gift
That Keeps on Giving!*

SELF LOVE: This is where you're happiness begins, this is where you create the change. Self-love is not a selfish act, it is our divine responsibility to love ourselves. When we love ourselves for all that we are, we teach our daughters, our mothers, our sisters, our aunts, to love who they are. Self-love is a ripple effect in motion. And it doesn't just effect the feminine, it creates positive change in the masculine realms too.

Always Remember, You are worth it!

TIP 1

AFFIRM YOUR LOVE

Develop an affirmation to affirm your love to yourself. The more you recite it, proclaim it, or tell yourself, the more self love you cultivate from within your body & being.

Examples of Self Love Affirmations: "I love who I am", "I am worthy of loving all that I am", "I heal myself with love for myself."

TIP 2

PRACTICE PRESENCE

Practice being present in each and every moment of the day. Live in the NOW of the day and love who you are in each moment by centring into you heart space. Practice presence and centring by placing your hand on your heart, slowing your breath and reminding yourself that your are enough in this moment here.

TIP 3

WRITE LOVE NOTES

Write little love notes to yourself and leave them around the house where you can find and connect with them throughout your day. Post-It notes are perfect for this! Write yourself a love note and then stick them on your walls, mirrors, fridge, anywhere!

TIP 4

SELF LOVING ACT

Do something for yourself today that resembles and reflects self love as you define it. Perhaps this self love act is going for that walk you've been meaning to go on. It may be laying on grass and gazing at the sky. Perhaps your act of self love is a bath, spa treatment or shopping day.

No matter what it is, if says 'self love' to you, do it.

TIP 5

ACKNOWLEDGE WHAT YOU LOVE

Write down all the things that you love about yourself. Do you love your back, your smile, your laugh, your legs? Write down everything that you love about yourself, no matter how big or small, acknowledge it all.

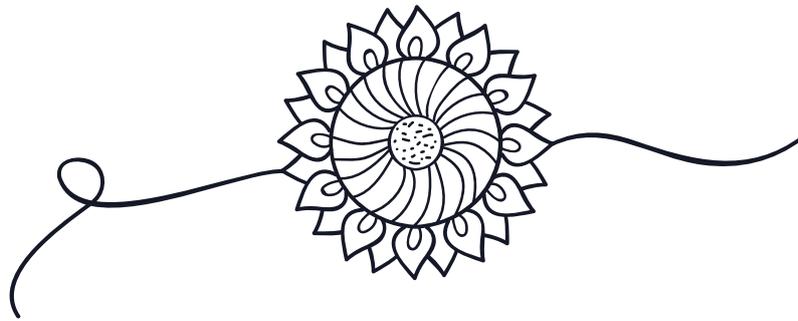
Once you have your 'list of loves', go back over it by spending time contemplating and feeling into the loves you've expressed, allowing the energy to grow and expand within your body.

PLUS: Done on a regular basis, you will find more LOVES to add!

TIP 6

WHAT DO YOU NEED TO DO?

Take a moment to still your mind, to slow your breath and feel into your heart space. Using your mind's eye and inner voice, ask yourself, "what is it that I need to do to cultivate greater love for myself? Listen for the answer, the first answer, and write it down in your self love journal. The next step is super important...action it! Action the guidance that comes through as your soul is speaking to you.



TIP 7

WRITE A LOVE LETTER

Write a love letter to yourself. Take the time to reflect upon yourself in the third person, step out of your head, and write yourself a love letter expressing your most heartfelt feelings and expressions of love, adoration and admiration.

**Take your time with this process of love letter writing, as much time as you would when writing a crush or a partner a love letter. Be sensual, thoughtful, caring, gentle, passionate and fierce in your expressions of self love.*

TIP 8

LOVE WHERE YOU CAME FROM

Light a candle in honour of yourself and in honour of your ancestry. Love yourself know and where you've come from by saying out loud or in your mind, "I love and celebrate my divine essence, the history that is my journey and the earth upon which I walk. I love, I honour, I celebrate."

Sit with this space for a little, inhaling love and exhaling love. If you can, allow your candles to burn out naturally, or blow them out and go about your day with the intention to love, honour and celebration of the earth, yourself and all others.

TIP 9

LOVE THROUGH THE MIRROR

Find yourself at least 15 minutes of breathing space and personal time to do this step of cultivating self love.

Place yourself in front of a mirror. Breathe deeply, releasing energy and planting yourself in the present moment with each inhale and exhale. Look into your eyes through the mirror and allow your mind to wander, but only for a few minutes - no more than 3.

Close your eyes.

Breathe deeply, inhaling and exhaling, connecting the breaths. With eyes closed, see and feel your awareness drop from your head to your heart.

When you feel centred in your heart, open your eyes once more. In love and compassion what do you see? What do you see? Look upon your reflection with love and compassion, for as much of you as you possibly can.

REMEMBER: *Cultivating self love is a continual act and process, one that evolves and changes as you yourself evolve and change. It is one that needs constant attention and commitment to flourish, blossom, bloom and spill over from your heart.*

There is no amount of self love that can be reached where you no longer require conscious effort or awareness to cultivate. It is always and forever, a work in progress, one that is worth your dedication to.

*Why choose to dedicated yourself to cultivating self love?
Because you are absolutely deserving of it!*

BONUS TIP

OWNERSHIP

Are you ready for the next level? Then try taking complete ownership of everything that you do.

If it doesn't feel right, don't do it! Take stock of how you feel throughout the day and if or when faced with things that don't feel right (listen to your body, she will tell you) and know that it's okay to not follow through. Say no if you really want to say no or accept full responsibility for saying yes when you really wanted to say no.

Take full responsibility for all that you do today and that will be one the greatest gifts of love you can give to yourself.

Are you ready for even more? Then dive a little deeper and dare yourself to write down all of the things that you do each day and or throughout your life in general, that don't feel like you, that don't sit well with your being or that don't sing to you.

Take stock, and turn things around by loving yourself first, choosing you, and doing what feels good to you, your body, your heart, your mind and your soul.

About The Author: *Gemma Rose is the Raw & Real Goddess.*

She lovingly inspires & invokes a healing revolution from within ourselves, focusing on the heart, mind, body, soul and spirit as a means to advocating and assisting others in healing in many forms.

With almost 12 years of experience in working with women, energy sources and spirit, Gemma Rose has evolved her practice to include Self Love Mediumship, Mental Health Advocacy & Support, Holistic Healing, Counselling and Spiritual Mentorship.

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"I acknowledge the traditional owners of country throughout Australia. I acknowledge traditional custodians of land, river and seas, and their deep cultural connection to country and community. I pay my respects to them and their cultures, to elders both past, present and emerging, and I pay my respects to the Biripi people upon which I reside, work and play. I also pay respect to my culture of heritage, people, land and waterways of Kamilaroi."

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