

THE JOURNEY TO *self-love*



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Hello!

I'm LaMora Pace

My name is LaMora, and I'm a Licensed Clinical Social Worker, Relationship Expert, and Founder/CEO of The Healing Crest Counseling Services, LLC formerly Healing Hearts Behavioral Health Care, a counseling practice in Hollywood, FL, that teaches individuals how to love themselves so that loving others becomes easier.

Masterful at bringing love back to life, I specialize in counseling "Couples on the Verge" of calling it quits. And, while working with me, couples develop the tools to effectively communicate, recommit and rebuild a relationship rooted in trust, understanding, and affection. From their family dynamics to relational traumas, I also help clients to understand the root cause of their relationship challenges.

When I am not supporting clients in one on one sessions, I enjoy participating in fresh, new collaborations and partnerships, Beyond the Couch, and Coaching overworked and underpaid Health Care Professionals build a business they desire while earning an income they deserve.

xoxo

LaMora Pace



JOURNEY TO SELF-LOVE

ASSESSMENT

It's Important to Make Your Personal Well-Being One of Your Top Priorities. Most Women Treat Themselves Quite Poorly. They Berate Themselves and Put Everyone Else's Needs Above Their Own. They Judge Themselves with Unfair Criteria, And Then Feel Bad About Failing to Live Up To It.

This Self-Love Worksheet can be an effective way to learn more about yourself, and begin the journey to love and appreciate yourself.

Answer the below questions to gain a better perspective of how you can strengthen the relationship with yourself.

1. How do I determine my self-worth? Is that fair to me?
2. In what ways do I treat my spouse/partner in comparison to how I treat myself?
3. In what ways do I treat my friends in comparison to how I treat myself?
4. What are five things that I think everyone should be able to do that I currently cannot?
5. What are three different options for regular exercise that I would enjoy?

JOURNEY TO SELF-LOVE

ASSESSMENT

6. What are three things that I enjoy doing? How often do I make time doing what I enjoy? How can I add time to do these things into my schedule?

7. What do I admire most about my body?

8. What are 10 things in my life that I am grateful for?

9. How much am I influenced by others? What choices have I made as a result of the influences of others? How have those choices benefited me? How have those choices hindered my growth?

10. What makes me feel good about myself? How can I bring more of this into my life?

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