

Self-Love Manifesto

How to love yourself after a break-up, while dating & in a relationship





Self-love...

01

...For love

Why self-love is important in love and one key thing to help you develop your self-love

02

...After a break-up

Activities you can do after a break-up to boost your self-love

03

...While dating

Tips to help you maintain your self-worth and love yourself while dating

04

...In a relationship

Tips and to help you maintain your self-worth and love yourself when in a relationship

05

...Self-loving

Prompts to recognise and always remind yourself how amazing you are



Self-Love for Love

Why Self-Love is important for all stages of a relationship...

It's the foundation to helping you attract great relationships and to having a great relationship experience.

When you love yourself you are more likely to attract men of high value as your inner self-love will radiate outwards, and you will only accept what you deserve.

When in a relationship your love of self will help you to put your boundaries in place and remember to put yourself first and not lose yourself in the relationship.

When recovering from a relationship that hasn't worked, loving yourself will help you to embrace the good that you experienced, heal quickly and move forward with hope for the future.

If I were to make only ONE suggestion about how you could love yourself more I would say it comes down to how you talk to yourself.

If you're holding on to any negative beliefs about yourself, I would reframe these to the opposite, positive beliefs and speak these to yourself instead.

You can even take it a step further and say them to yourself in the mirror, daily, until you start to believe them.

And if you find yourself struggling to believe, ask yourself about the positive belief:

What if it COULD be true? I.e. "what if it COULD be true that I really AM confident?" "What if it COULD be true that I am still loveable even if I make mistakes?" and picture what that would look like.

That is just one idea that you can take on and is relevant whatever stage of love you're at, and in general in your every day life.

This short guide will give you some other suggested activities and tips to help you develop your self-love and self-worth at different stages of relationships. So if you're struggling a little to boost your feelings of self-love and self-worth (which may have been knocked at any of the relationship stages) you can come back to this guide for some reminders and actions to help you.



Self-Love After a Break-Up

When you've gone through a break-up your feelings of self-worth and self-esteem may take a dive as you worry that it's your fault - that there's something about you that means the relationship didn't work.

Granted, maybe you did something to contribute towards it (obviously I have no idea as I don't know details so I'm just speculating!), but even if that's the case it doesn't mean anything about your value.

Or you may have walked away from him because he wasn't stepping up to the plate and wondered why he didn't chase you down or fight for you, and you think maybe he doesn't think you're worth the fight.

Of course you are...but if he doesn't fight for you then let him go, and show yourself gratitude for choosing you above him...and know that one day you will meet a man who wouldn't dream of letting you go and do whatever it took to keep you.

Below are some activities you can do to help you get back to self-love...



Self-love after a break-up

Activities to help you get back to self-love

01

List all the positive ways you showed up in the relationship to remind yourself of why you're a great catch

02

List ALL your positive qualities in general to remind yourself of how awesome you are

03

Write what you were grateful for in the relationship to have a feeling of abundance/positivity rather than just hold on to the negatives

04

Do a daily gratitude practice about yourself where you focus on all the good things you brought to the relationship (what makes you a great catch) and your general awesomeness

05

Write a list of all the things you enjoy doing that put a smile on your face AND one thing on your enjoyment list every day to feel good and keep your vibe high as you try to move forward.



Self-Love While Dating

Working on your self-love as you're dating will benefit you greatly when it comes to attracting a man who is high value.

When you are loving yourself, and embracing your self-worth you won't settle for any unacceptable behaviour because you know your worth, and what you deserve.

Chances are you will easily repel any man who isn't high value because your self-worthiness will create a barrier and your intuition will be heightened.

And should someone slip through the net, you won't put up with anything and walk away with ease because you will always choose yourself first.

You will be able to maintain your standards and expectations, and overall won't settle for less than the kind of relationship you desire and be treated the way you know you deserve.



Self-love while dating

Tips to help you to maintain your self-love while dating

01

Remember that you get to choose - don't just REACT to men choosing you and deciding to date them based on them liking you. How about your thoughts towards him? Do YOU like him?

02

Do not allow poor experiences to affect your self-worth and make things mean something about your value. Maybe you go on a date or a few dates, and he doesn't want another one, try not to take that to heart. It's not because you're not good enough for him, but just not FOR him. The same way many dates may not be for you. This may be hard if you like him, and believe you should be compatible, but the right guy will come along soon enough.

03

Make sure that you are dating someone because you genuinely want to be with them and not just because you're feeling lonely or tired of dating, and just want to be with SOMEONE. It's worth holding out for the right person for you. You'll be happier for it.

04

Be yourself. Don't try to change anything about yourself to suit him. For example, If you know he prefers women to wear certain types of clothing - i.e. skirts - and that's not really you, stick to what you prefer to wear. The right man will like you for the way you are. The same goes for your personality - don't hold parts of your personality back for fear that he won't like you the way you are.



Self-Love In A Relationship

In your relationship you need to hold on to that loving feeling towards yourself so you can hold to your boundaries.

It's easy to lose yourself in a relationship because you get swept away and want to keep feeling those loving feelings with your partner.

Don't get caught up in those feelings at your own expense.

Always remember that your needs are just as important as your partner's.

You are a whole person - you were before you met, and you are now. His needs are important, but so are yours, and don't compromise yourself and your boundaries out of fear that if you push back he won't stay.

If he doesn't stay because you are asserting yourself then he's not the right man for you. He should care about your needs and want you to be happy, and want to contribute to that.



Self-love in a relationship

Tips to help you maintain self-love when in a relationship

01

Openly and respectfully communicate your needs to your partner. If you're not sure how to say what you need to say, try writing it down first - write down your feelings and what you would like from your partner.

02

Keep up your social activities with your friends as you did before - spending time with your friends keeps you feeling good and your vibrations high.

03

Spend time alone doing things to show yourself love - whether that is taking a bubble bath, going window shopping, reading or enjoying whatever is your preferred solo activity. Keep doing things just for you - you don't have to spend every moment with your partner. Time apart is good for you both to fill your cups up so you can give back to each other and also bring your solo experiences to the table to talk about.

04

If you do find yourself getting into arguments or your partner is not showing up in the way you would like, don't take these things to mean anything about your value or worth - your partner's choice with his behaviour and words are his own, even if you are unintentionally provoking him! Your worth always stays the same.



Self-Loving

To remind yourself of your amazing personality write some traits that you love about yourself

Write a list of things that you're grateful for about YOU - your accomplishments and achievements, and what your body does for you



Self-Loving

Write some positive affirmations for yourself to always hold on to when you start to doubt your worth - e.g. I AM enough

Music is a good way to boost your mood and can often be therapeutic. List some songs here that may remind you of your worth that you can listen to, to feel better(e.g. Firework by Katy Perry)





About the author

Hey gorgeous lady...I'm Tope - a Relationship, Dating & Self-Love Coach for driven, strong and fabulous women like yourself.

My mission in life is to help women like you to feel amazing about themselves, have a life that lights them up and attract the relationship that fully aligns with them.

On the journey to finding the love of my life, I've had my own challenges with being able to attract the right men into my life, and battling with my self-belief and self-worth along the way.

I know what it's like to struggle with feelings of worthiness, lack of self-confidence, and wondering if I'll ever find love or whether I was worthy of it.

I'm passionate about helping women to have incredible self-worth and to know they are worthy always – whatever is going on in their lives...whether they're in a relationship or not. And when they're ready to find their love, I want to help them make sure that they end up with the right one AND have the skills to navigate the tricky terrain that is a relationship!

If you want to know how to: **BECOME** an energetic match for a high value Mr. Right, **ATTRACT** a high quality man and **KEEP** your aligned man and the flourishing relationship, get in touch and we'll talk about the best programme to help you.

Wishing you love always.

Coach Tope ♥