

Self-Love and YOU WORKBOOK

HOW TO START LOVING
YOURSELF
SIMPLY AND HONESTLY



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WELCOME TO ZEN ZEN DEN

Zen Zen Den invites you to embark on a transformative journey of holistic healing, to nurture your body, mind, and spirit.

Whether you're just looking to feel better about yourself, or you're seeking emotional healing from trauma or toxic relationships, my specially curated and created compassionate healing resources can help you reconnect with your authentic self, to heal and thrive.

For personal growth, I'll be bringing you evidence-based strategies that promote self-love and purpose. In my Freebies Den, you'll find lots of lovely free gifts like this one, and many other courses that support your self-discovery journey.

Unlock your higher self in the Spirituality Den with guidance and meditations, or explore the transformative benefits of mindfulness in the Meditation Den. Your path to radical self-transformation awaits you in Zen Zen Den if you're ready to begin!

MEET THE AUTHOR



Maria McMahon
BSc. (Psych), Dip. H.E. Hyp/NLP

On a more personal note, Maria has lived in many different countries, including Germany, Hong Kong, the UAE, Azerbaijan, and now lives in Spain with her pack of 3 rescue dogs, Levi, Reuben and Skye.

Maria McMahon is a British Certified Clinical NLP/Hypnotherapist, Coach & Author of multiple books on healing and spirituality.

She is passionate about helping people to heal from past trauma (inc. narcissistic abuse), to learn to love themselves and be the best version of themselves they can be. She has specialised training in somatic/nervous system regulation, inner child healing, positive psychology, Reiki, past life regression, to name a few, and she has a deeply spiritual outlook on life and is an HSP (Highly Sensitive Person). She has co-authored 3 books on the spiritual insights of the Danish mystic Martinus, to bring some of his concepts of life after death, reincarnation and fate and karma to a wider audience.

Find out more at
www.mariamcmahon.com and
www.zenzenden.com

PART 1



WHAT IS SELF-LOVE?

So let's talk about Self-love, which is perhaps one of the most fundamental yet misunderstood concepts out there!

As a therapist who's worked with a lot of women who needed to heal from trauma, I can tell you without a shadow of a doubt, that self-love - or the lack of it - is usually the root of the problem.

This eBook will show you practical steps to developing self-love. It just requires some shifts in your thinking, and just being open to changing.

Self-love is NOT...

Self-love is not about vanity or ego. Let's be clear on that!

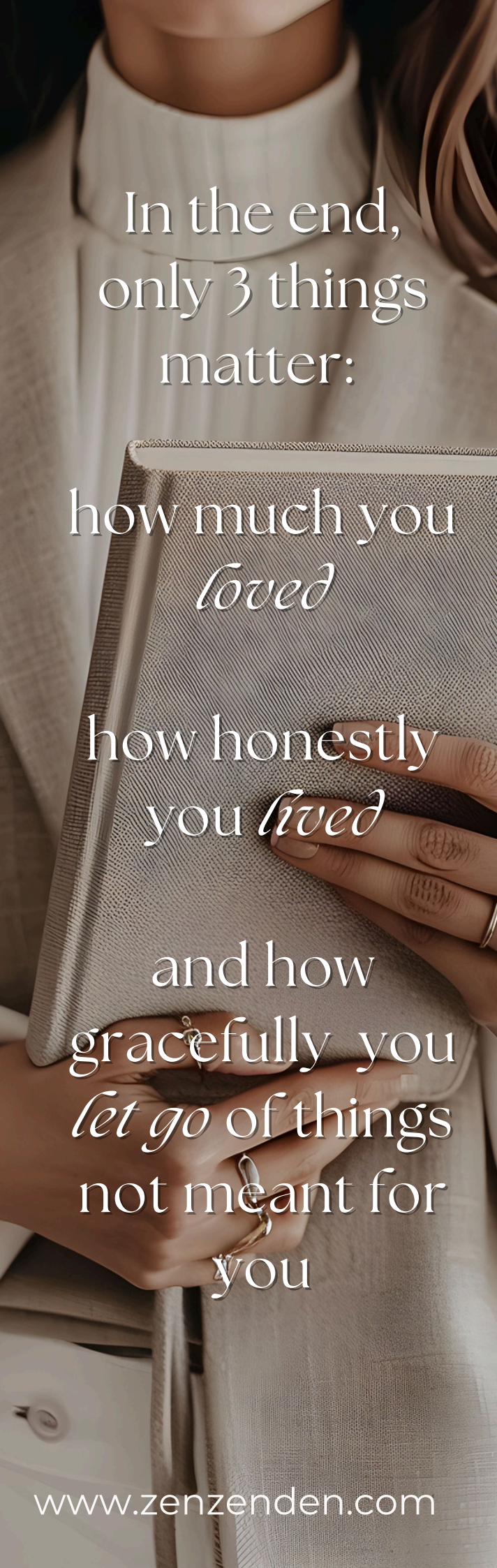
It has nothing to do with arrogance or narcissism and everything to do with becoming a fully whole and integrated person. Authentically yourself, basically!

When you are able to exercise self-love, your life will become so much easier. This is because you will not sabotage yourself with negative thoughts and limiting beliefs about who you are and what you deserve in this life. Which is, make no mistake, love, respect and kindness. Anything less, from any quarter, is unacceptable. And it's YOUR job, to make it unacceptable to you.

All radical change begins from within. You then start to really value yourself as a powerful creator of your own reality and deserving of love and respect from everybody.

Self-love is the opposite of selfish. It's about accepting that you are a unique creation of God, and there is no one on the planet like you.

Think about that - how does it make you feel? Does it make sense? If yes, why? If no, why? Be curious about your thoughts and feelings around the idea of self-love, because there will be things for you to learn from them.



In the end,
only 3 things
matter:

how much you
loved

how honestly
you *lived*

and how
gracefully you
let go of things
not meant for
you

True self-love will give you much more stability in your life as you will no longer depend on others for fulfillment or validation.

Your emotions and reactions will not be volatile and you'll actually become detached (but not uncaring) from a lot of 'stuff' that goes on in the world.

Love is the ultimate building block of the entire universe. Lucky humans are born into the arms of loving parents and die with their loved ones around them, but for others, that love wasn't there and it makes it much harder for them to love themselves.

If that applies to you, I feel your pain! I've worked with tons of people to help them heal from childhood & adult trauma, and the truth is, you CAN heal, and you can learn to love yourself.

Growing up, parents, teachers and caregivers scolded us when we did something that did not conform to their viewpoint. Effectively, everyone is always trying to 'shoe horn' us into their belief structures.

As such, we learn how to behave in certain ways, so that we can be accepted. And by the way, therein lies the roots of codependency and people-pleasing, as an example of how this shapes us.!

Being part of a group, family or tribe is the single most important social norm. This dates back to a time where non-conformity would have gotten us thrown out of the tribe - likely to starve or freeze to death. Pleasing others is ingrained deep within us, but it is also very harmful in terms of spiritual evolution.

We have to peel away the layers of conditioning and programming, to find the true self, so that we can learn to love that self, without conditions.

Reconnecting is anything but easy in the modern age. Technology ensures that information is everywhere so we will look everywhere but inside - where the self resides.

We've also got to ditch that inner mean girl. Because quite honestly, you're probably always being mean to yourself. You're probably always talking down to yourself. You're probably always comparing yourself to everyone else, and always finding yourself wanting.

Well, I want you to stop that right now. I want you to start talking to yourself like you would to your best friend. You'd never say 'You're not good enough'. Or 'You're too fat/thin/tall' whatever! You just wouldn't do that, would you? Think about it!

So why do it to yourself? Maybe it's because of that childhood where you didn't get the love you needed. But don't worry because now, you're going to start giving yourself love. So you're going to stop all that negative BS, today, right? And I want a promise from you! Stamp it on your brain right now, and say 'I'm going to start being nice to ME!'

A woman with long blonde hair is wearing a beige, double-breasted blazer over a matching top and high-waisted trousers. She is standing in a bright, modern office environment with white desks and blurred background elements. The text 'How to find the self' is overlaid on the image in a white, serif font. 'How' is in a large, bold serif font, 'to' is in a smaller, italicized serif font, 'find' is in a smaller, bold serif font, and 'the self' is in a large, italicized serif font.

How
to
find
the self

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Connecting with Your Inner Self: A Simple Meditation Guide

Discovering and connecting with your inner self is the first step to take towards self-love. And it doesn't have to involve complex rituals or extreme practices. Here's a straightforward, down-to-earth approach to meditation that can help you tap into your deeper essence:

Find a Quiet Spot

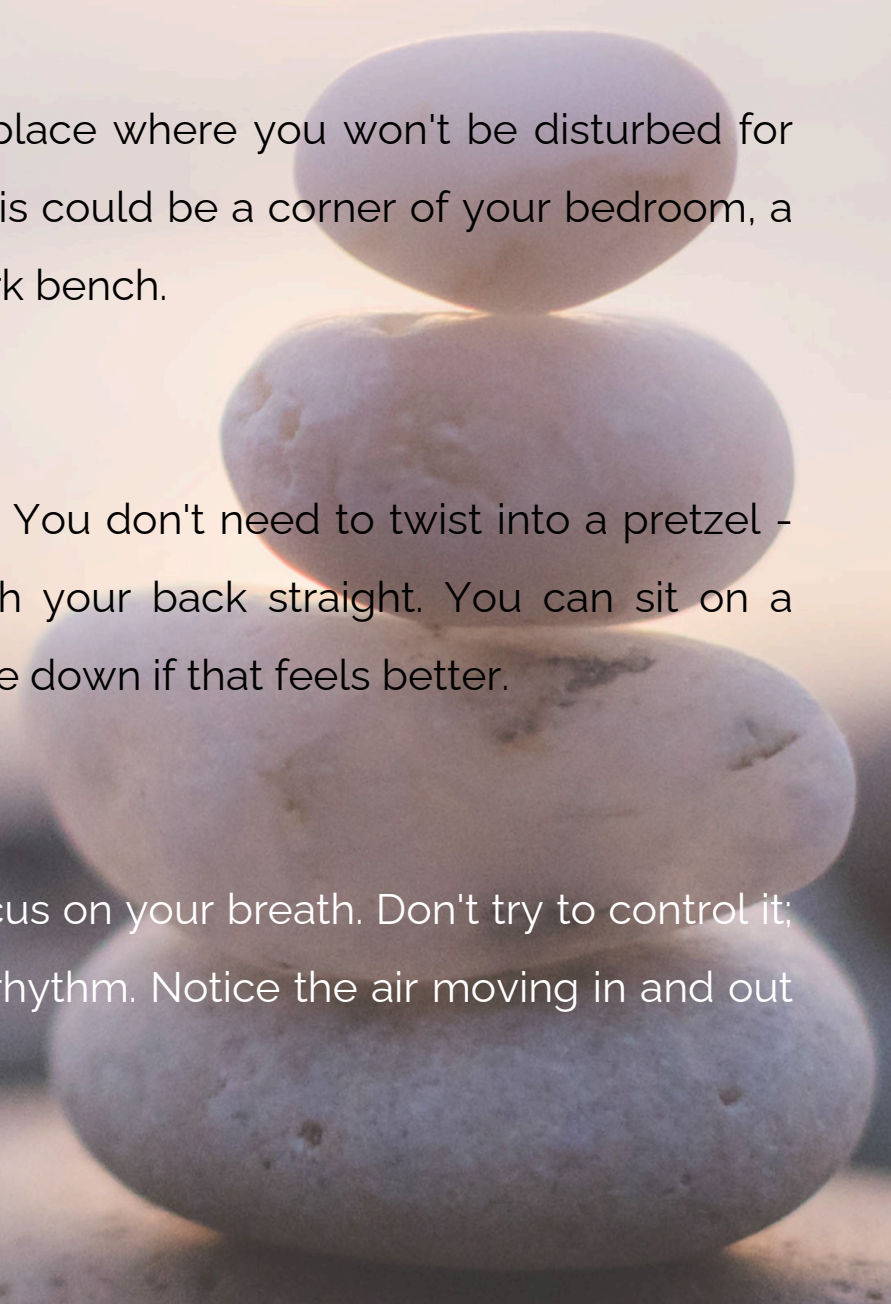
Choose a comfortable place where you won't be disturbed for about 10-15 minutes. This could be a corner of your bedroom, a cozy chair, or even a park bench.

Get Comfortable

Sit in a relaxed position. You don't need to twist into a pretzel - just sit comfortably with your back straight. You can sit on a chair, cushion, or even lie down if that feels better.

Breathe Naturally

Close your eyes and focus on your breath. Don't try to control it; just observe its natural rhythm. Notice the air moving in and out of your body.



Let Thoughts Float By

As the thoughts come (and they will), don't fight them. Imagine they're clouds drifting across the sky of your mind. Acknowledge them, then gently return your focus to your breath.

Explore Your Inner Landscape

After a few minutes of breath focus, turn your attention inward. Imagine you're looking into yourself. What do you feel? What do you sense? There's no right or wrong here - just observe.

Connect with Your Core

As you settle into this quiet space, you might sense a calm center within you. This is your inner self - the part that remains constant despite life's ups and downs. Just sit with this feeling.

Gently Return

When you're ready, slowly open your eyes. Take a moment to stretch and reflect on your experience. Remember, this is a practice. It's called 'practice' for a reason - it takes time to develop. Be patient and kind to yourself. Even a few minutes a day can make a difference in helping you connect with your inner self, so that you can start building a new foundation of self-love.



Rinse and Repeat!

Repeat this process daily. Each time you do this, you will feel better, and start to notice the difference in your body. Your mind, body and spirit love CALMNESS.

But it takes time to get past the thoughts that bombard you when you try - which is why the secret is to just notice, and observe those thoughts, and let them float by without judgement or analysis.

Above all, be patient with yourself! This is not a race, it's not a competition. It's about self-love, self-awareness, self-compassion, and just quieting your mind, going inside and observing the truth of who you are - and you'll hear me say this often - you are a divine being, a creation of God, made from the light energy that is God. Now when you think about it, how absolutely amazing is that?



There are hundreds of other esoteric modalities that aid in connecting to the self - including working with sound healing, guided meditations, crystals, essential oils, visualization, lucid dreaming, chakra work, art and creativity, and even walking meditation - that we at **Zen Zen Den** love, but when you start, keep it very simple.

As you start to grow spiritually, you will automatically be drawn to the tools and practices that are right for you. And be sure to follow us on Social Media and visit our website, **Zen Zen Den** regularly as we're going to be bringing you lots of amazing healing tools to help you on your spiritual growth journey.

And it IS a journey, not a destination, so take it slowly, easily, and remember to be kind to your lovely self.

Other Methods to find the self

There are more ways to try and find who you really are. It is best likened to the peeling of an onion where only the true self is left.

A good place to start is to review all that has happened to you in this lifetime and the major events you believe have shaped who you are today.

The point is not to wallow in them or take pride in achievements.

Just draw a linear map of the major events that happened, what their effect on you was, and try to see the bigger picture.

What meaning do you give to those events?





So look at all the ways you believe those events have impacted you, and ask yourself, 'What have these taught me'? What relevance do they have now in my life?'

Are you emotionally, mentally, physically, or financially dependent on other people and things? If so, why, and how do you feel about it? What would you like to change?

This could entail eliminating anything that does not make you feel good. It might mean finding a therapist to help you heal from past traumas. It might mean a complete re-evaluation of your life.

It will be different for everybody. Finding self is an individual process.

This means that when you are finding the self, the practices that you use and the philosophy that you adopt will be yours alone. If you simply copy what others are doing, then you are already disempowered, and will never find the self. Above all, resist being judgemental to yourself.

Now when you have that list, pick one that is top of mind for you, and meditate on that. Ask your higher power for clarity on the issue. And wait to see what comes up.



I will mention here that if you've had a toxic childhood, as have many of my clients - narcissistic parents, for example, you are probably carrying deep inner child wounds that need to be healed.

You carry those wounds into adulthood, and very often, end up in more abusive relationships and marriages, and keep attracting the same kind of people.

If this is the case for you, then I recommend you explore therapy to help you heal those wounds, because it will make a massive difference in your life.

I'm a specialist in this area and would be happy to have a chat with you if you're looking to heal your past and break the cycle of attracting toxics!

You can book a free call with me via my online scheduler
<https://calendly.com/speedytraumahealing/45mincall>

Part 2

BUILDING SELF-LOVE



BUILDING SELF-LOVE

If you want to build up self-love, the first thing that you have to do learn to love and accept yourself. We've touched on this earlier!

During your meditations sessions, things might come up that you know are hitting home-truths for you. Maybe you realise that there are gaping holes inside you where love wasn't given when it should have been. It's up to you now to learn how to start filling those holes.

So let's now look a few very simple ways you can expand your self-love and positivity vibes.



Practical ways TO BUILD SELF-LOVE

As complex and multifaceted as building self-love might be, there are still a number of down to earth and practical ways to start loving yourself, and here I'm sharing 6 of my favourites with you.



The following are 6 practical ways to build self-esteem.

Day-to-day

EXERCISES

Build self-love steadily and consistently over time. Pick some additional practices here and start adding them to your daily repertoire.

Most people have heavy stress from either energy vampires or from work and relationships. The best scenario, if at all possible, is to simply exit a toxic relationship or environment. Of course, that can be easier said than done! I know it, having worked with people for years to help them heal from relationship trauma, including childhood trauma and narcissistic abuse.

If that applies to you, then you have to start somewhere, and starting with simple self-love steps is actually a very good place to start!

There are many self-love exercises you can do, but next are 6 of the most effective!

01 TURN YOUR THOUGHTS POSITIVE

The waking up and falling sleeping hours are a prime time to master your thoughts and emotions. In the place between sleeping and waking, make your thoughts as positive as possible. These states are more powerful and set the tone for the rest of the day, or a positive night's sleep.

KEEP A GRATITUDE JOURNAL 02

Keeping a gratitude journal is perfect for appreciating what you are and all that you have accomplished. We can work towards a goal for 5 years and appreciate its completion for a week, and that's great, but, we need to reframe our gratitude and appreciation so we can be joyful for everything, not just the big goals.

So spend a little time each day, writing in your Gratitude Journal. The more you focus on the good, the more good will come to you.

03 PUT YOURSELF FIRST

Put yourself first - and stop people-pleasing. Start doing whatever it is that you want to do. You deserve supreme enjoyment, and it is what you are here for. Sadly, most people think that life is supposed to be a painful chore and create stress for themselves. Do not do this to yourself.

SEE THE BEAUTY IN THE WORLD 04

Stop reading the news or watching negative TV. News media focus on the negative - because sensationalism sells and this has become more and more skewed.

Look at two very contrasting studies:

Social Media: A study tracking negativity in headlines from 2000 to 2019 found an increase in "headlines denoting anger, fear, disgust and sadness."

Conversely: Positive News Prevalence

A comprehensive study analyzing nearly half a million news headlines from Google News, which aggregates content from various sources worldwide, found that 70.54% of headlines were positive.

So FOCUS ON THE GOOD, NOT THE BAD!

05

MEDITATE ON LOVE

Meditating on love (whilst ideally focusing on the heart chakra) is a powerful practice that has been recommended in many ancient spiritual traditions. This technique is believed to not only elevate YOUR personal vibration but also contribute positively to the collective energy of the planet. By directing your attention and intention towards the heart center, whilst thinking of loving, joyful things, you tap into a wellspring of compassion, empathy, and unconditional love that resides within us all.

Love is the basic tone of the Universe, created by Source, and we are all made out of light. For some, that light has grown so dark that they have completely lost their connection. But focusing on these simple practices outlined in this short little book, will help you to reconnect to and expand your inner light.

06 Mirror, mirror, on the wall... this is my favourite one of all!

To love yourself, you must look at yourself clearly. And doing this is not as easy as you might think. This exercise is a bit deeper! It requires vulnerability.

Most people have an idea of themselves that they associate with their jobs, their roles in life, and their accomplishments - all the 'stuff' of life. Mostly that's material stuff too.

These ideas have nothing to do with who you really ARE. You're so much MORE than all of those put together x10 with bells on.

Mirror gazing, a technique pioneered by the late, great Louise Hay, is a good way to really look at yourself.





The Mirror Technique can be used to address any issue you want. What's important for you is to approach it from a 'soul' perspective. Forget what you look like when you look into the mirror. Look past the packaging of your body that contains the real you – the real you is who you are inside. And try saying 'I love you'. See how that feels.

Forget the 'bad hair day', the spots and pimples... look into your eyes... the window of your soul... that's who you are going to be talking to. But don't get all 'deep and heavy' if you are not comfortable and it's not 'You'... Lighten up, have FUN with it! Instead of saying 'I love you', say something like 'You're ok. I'm learning to like/love you'. That's far less deep and threatening.

One of my clients shared this with me after she tried it:

"I looked in the mirror and suddenly I found two new wrinkles under my eyes. I said "what beautiful wrinkles, they really suit me!"

That's the frame of mind you want to be getting into! Just be your honest-to-goodness self and enjoy the process. But... I know that this can be a very scary, difficult exercise and my advice to you if this is hard for you is to just stick with it, and accept when it's uncomfortable. There is wisdom to be found in that too.

Just look deeply into your eyes and know that the person looking back at you is YOU, and deserves your love.

If you really struggle with this, because it can be really uncomfortable the first time you try it - it was for me - meditate on it for a while. Ask yourself what's going on underneath your struggle? There is undoubtedly a core wound, or several, quite often to do with the wounded inner child, that need to be healed.

So next time, armed with some new knowledge that you've uncovered during meditation, try again looking deep into your eyes. See what changes, see what shifts. Remember you are looking to reconnect with your soul-essence. It's not about outer beauty.

Mirror work can be extremely powerful for getting past the superficial barriers to self-love, and deeper healing that you might need.

'Mirror, mirror, on the wall, YOU are the fairest of them all!'

金継ぎ

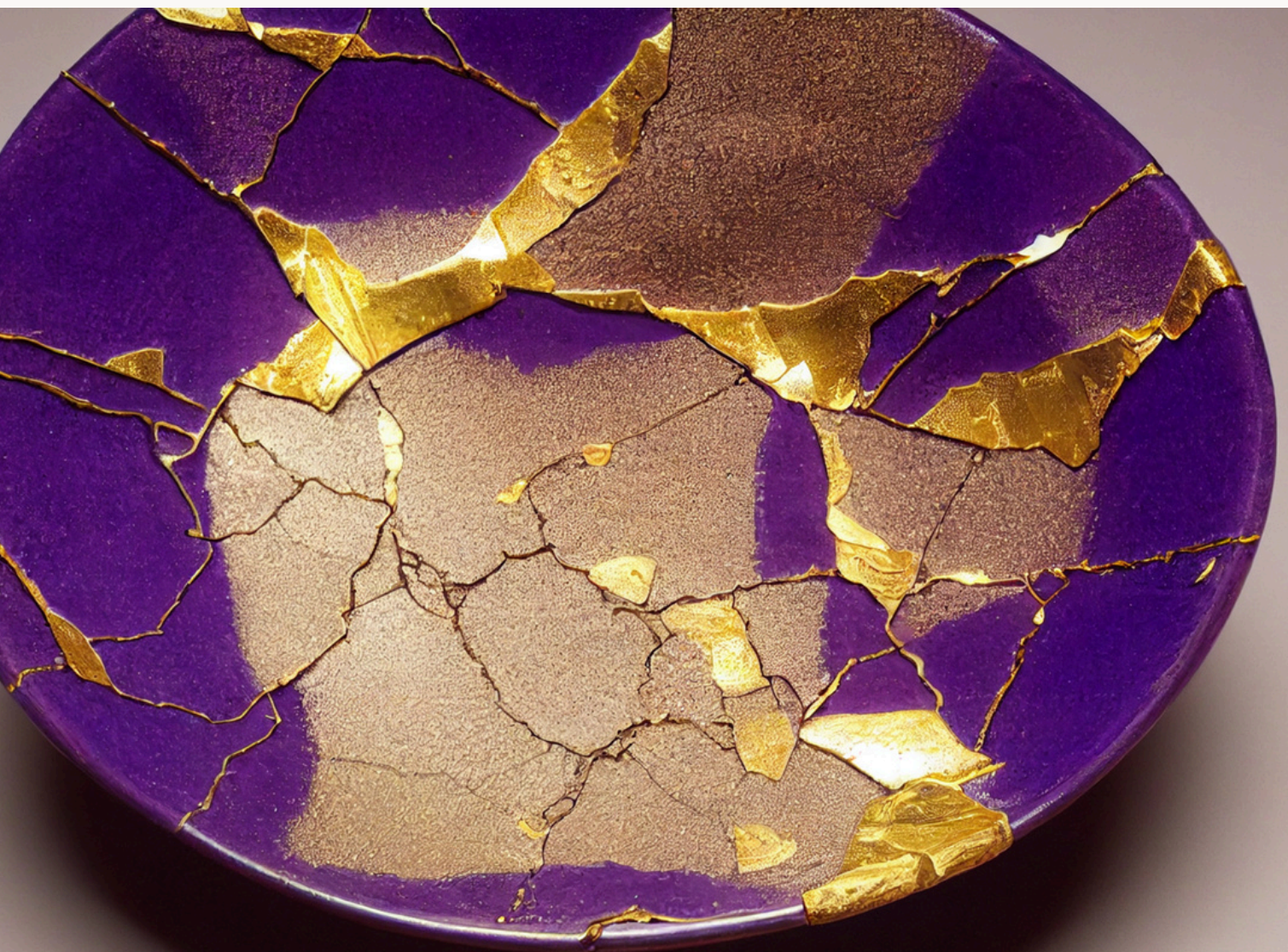
Kintsugi

Kintsugi is a beautiful Japanese art form that embodies a profound philosophy of resilience and self-acceptance. This centuries-old practice involves repairing broken pottery with gold-infused lacquer, transforming flaws into stunning features

Rather than hiding imperfections, kintsugi celebrates them, turning broken vessels into unique works of art.

Kintsugi serves as a powerful metaphor for embracing life's challenges and finding strength in our scars, encouraging us to view our own imperfections as sources of beauty and growth. So if you ever feel a little bit broken, remember you are still a work of art.

Add a little bit of body text



know that 'All is Well'

It's ok to feel good, and it's also ok to feel bad!

There is a tendency to believe that you must suffer to 'achieve' happiness. Whilst there are reasons for suffering (another book, another time!), the goal of being on this earth is to grow spiritually, to evolve back to the light that you are.

So it is NOT possible, nor even desirable, to feel good at all times. This life of ours comes with ups and downs, heartbreak and tears, joys and laughter. We have to become emotionally resilient enough to fight through life's storms, whilst knowing deep in our hearts, that all is well.

Enjoy the good times, seek more joy, love and compassion in your life, spread that around like it's going out of fashion, and in doing so, you'll grow your inner spiritual wisdom, and that will give you the strength to fight those storms when they show up!

Part 3

CREATIVE WAYS TO BOOST SELF-LOVE



creativity and imagination

Creativity is a means of accessing parts of you that have lain dormant due to any number of reasons. Maybe you were not very good at art or creative pursuits, or you were TOLD you were not (as I was!) when you were at school, so you shut that lane down and told yourself 'I'm useless at art!'. And that will stay true for you as long as you let it.

But maybe that just wasn't true, and there is a way for you to find out, as an adult, if you might have some artistic ability after all. This happened to me, when I recently got into adult colouring. Within a few months, I'd gone from colouring a basic mandala to actually being able to sketch reasonably (not brilliantly lol) from a reference photo. This is something I never thought I'd be able to do! See my (Maria's) attempt of a GSD below!



So the point is, don't be afraid to try something (no matter your age!) and no matter who told you whenever, that you couldn't. You will only know when you try! I've seen loads of great work from people in art groups that are SO good, and these people have no training - like me, and they are BEGINNERS, like me, and they just found a desire to give it a try, and liked what they found.

In fact, I'm enjoying my new passion for art so much that I'm taking a course in art therapy!



There are a variety of ways express yourself with creative hobbies. Bear in mind that it's an ongoing and never-ending process, but one that gets more satisfying as times goes by. So pick one that appeals to you and give it a go - and this list is not exhaustive - just find what makes sense to you, what sounds like fun to you, or something that you've always thought 'I'd love to do that but....'... let's say to hell with the 'buts' now, and go for it!

1. Creative Arts and Crafts
2. Art - adult colouring, sketching, painting, etc.
3. Martial arts. Yoga. Tai Chi.
4. Dancing.
5. Singing.
6. Cooking.
7. Travel.
8. Writing / Journaling
9. Anything else that you love to do, but were too scared. Feel the fear and do it anyway!





Once you do start, the way to enhance creativity lies in persistence. If you are painting, then try to do a little every day. You will have certain insights and eureka moments some days - I've had a few of those now - and they're nice when they happen.

You will also have moments when you feel like you're absolute rubbish and you'll crumple up the paper and bin it. And that's OKAY! When this happens to me, I will leave it for a day or so, and when I go back, I almost always do better!

Creativity can also help to uproot subconscious tendencies. For example, characters in a story or images in a painting are reflected in the inner psyche. I'm currently taking a course in art therapy to learn more about how art helps in healing past trauma.

the intuition

The intuition is an incredibly underappreciated aspect of every individual. Many of my clients are empaths, and they are highly intuitive, but anyone can develop their intuition to higher or deeper levels.

Intuition evolves when you detach from the rational processes associated with strenuous mental thought, and meditation and creative expression can really help you to tune into your intuition.

the intuition



the

Intuition, creativity, and imagination are very tightly linked. The processes that you can use to increase creativity are the same ones that you can use to increase your intuitive power. Intuition is your biggest friend when it comes to making life choices. In fact, trusting your intuition is Red Flag No 1 in my book, *The Top 50 Red Flags of Romantic Predators - How to avoid the narcissist's trap!* You gotta trust that gut!

There are thousands of ways to increase self-love, but only a few will be perfect for you at a specific time.

Don't dismiss your desires and goals as irrelevant - trust those desires. They are the single greatest signposts that you have. Above all, find something that you love to do and be creative in doing it. This is your true self and this is empowering.

Give yourself the gift of doing what you love, without caring what other people think of you. What others think is absolutely irrelevant, as long as you get pleasure and fun from the activity.

intuition

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Conclusion

SUMMARY ON SELF-LOVE



Conclusion

Finding out who you really are and generating self-love for yourself is the most rewarding experience that you can have.

Self-love means acceptance of yourself, with all your faults and flaws, as well as all your unique beautiful qualities that make you the amazing person that you are.

No one outside of you can validate yourself in a way that is more powerful than the validation you can give to yourself. When you really learn to love yourself, unconditionally, nothing negative can penetrate this shield. And what's even more special, and I've seen it happen so many times, is that you start to vibrate at a different level, and you start attracting more genuine, lovely people into your life.

Now I have a selection of wonderful worksheets that you can start working with, and I'd love to hear how you get on with them. You are welcome to email me anytime at **maria@mariamcmahon.com**.

In the meantime, sending you love and light,

Maria

A tan leather notebook with a strap is positioned in the lower-left foreground. In the background, a roll of burlap fabric is visible, resting on a light-colored wooden surface. The scene is lit with soft, natural light, creating gentle shadows.

Part 3

Workbook

YOUR JOURNEY TO
SELF-LOVE



Workbook

This eBook is aimed at giving you super-simple ways to get started, and it's designed to NOT overwhelm you. It is not designed for diving deeper into healing trauma - if that is an issue for you. That can come later, when you have started to be open to the concept of self-love, or, if you need help with that, I am a British certified trauma trained therapist, and I can help so you are welcome to email me anytime for guidance. email maria@mariamcmahon.com.

To help you on your journey to self-love, I've created some beautiful worksheets to encourage and inspire you every day. Please review them and select the ones that resonate with you most, to work with each day/week. You can print off copies of the ones you like most and reuse them.

Self-love

DAILY CHECK-IN

AFFIRMATIONS TODAY

COMPLIMENTS FOR MYSELF
WHAT I'M PROUD OF



Self-love

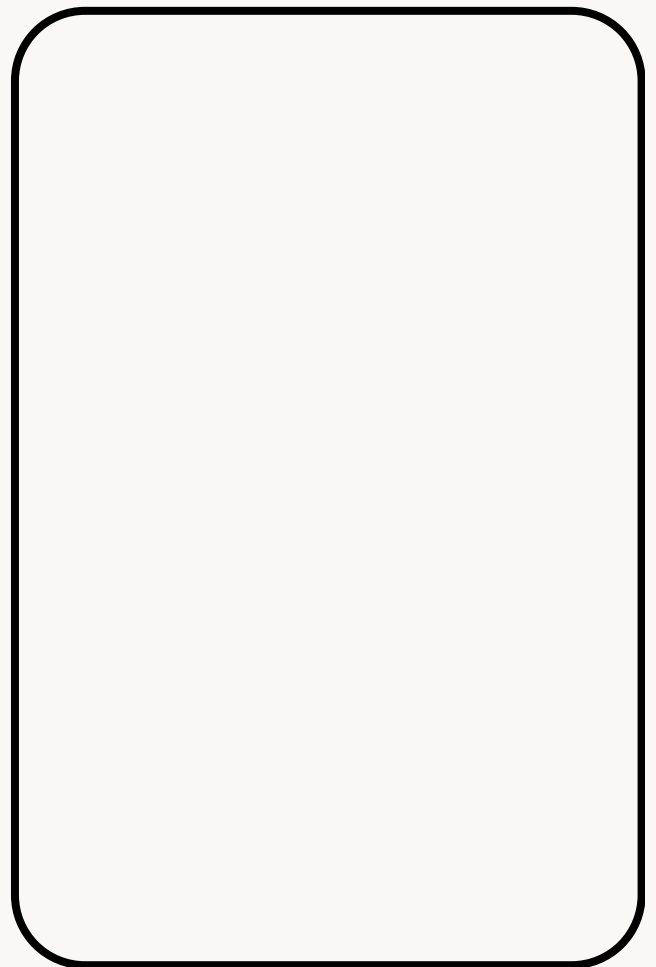
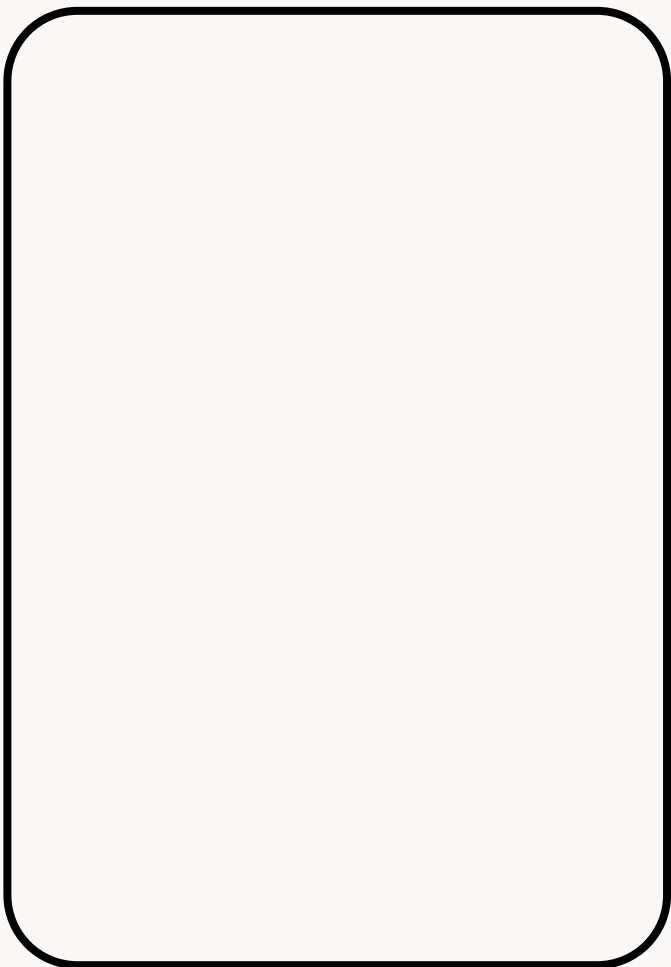
DAILY CHECK-IN



TODAY I AM GRATEFUL FOR...

ACCOMPLISHMENTS

FUTURE GOALS



DAILY REFLECTION

DATE:

RATE MY DAY: 1 / 2 / 3 / 4 / 5

Things that made me happy today:

Things that were hard or stressful today:

What can I do to make tomorrow better:

WEEKLY REFLECTION

WEEK: 1 / 2 / 3 / 4 MONTH:

YEAR:

Things that made me happy this week:

Things that were hard or stressful this week:

How can my past experience help me in the future:

Challenge

28 DAY BINGO

LOVE YOURSELF

1 Spend time understanding your purpose

2 Make a list on things you love about yourself

3 Put on your favourite outfit

4 Create a new affirmation

5 Do something that makes you happy

6 Write a letter to your future self

7 Workout day!

8 Accept your mistakes and forgive yourself

9 Celebrate your achievements

10 Dance like no one's watching

11 Eat a healthy meal

12 Make yourself a priority

13 Straighten up and be confident

14 Look in the mirror and appreciate yourself

15 Unplug from social media and connect with yourself

16 Read a self-help book

17 Treat yourself to a spa/massage

18 Make your dreams come true

19 Unfollow negative social media accounts

20 Adopt a new habit you'll thank for

21 Watch a sunset or sunrise

22 Create bucket lists

23 Pamper yourself with a dessert

24 Go for a hike or do nature activities

25 Eat your favourite ice cream

26 Donate articles or clothing you barely use

27 Blast and sing your favourite song

28 Call and talk to someone who makes you smile

What are the 3 things
I value about my
personality?

What are the 3 things
I love or like about
my body?

SELF-LOVE JOURNAL PROMPTS

What are the 3 things
I'm insecure about?

Write 'I love' followed
by each insecurity
you stated.

How i'm feeling
today

One goal for
today

MINDFULNESS JOURNAL

What do I need
to give more
love to?

MOOD Tracker

WEEK: 1 / 2 / 3 / 4

MONTH:

YEAR:

I FEEL

MON | TUE | WED | THURS | FRI | SAT | SUN

HAPPY



SAD



EXCITED



ANGRY



RELAXED



TIRED



INSECURE



CONTENT



SELF-CARE Planner

WRITE DOWN YOUR SELF-CARE ACTIONS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
SUN				
SAT				
FRI				
THURS				
WED				
TUE				
MON				

SELF-CARE Routine

BODY &
HEALTH

RELATION-
SHIP WITH
OTHERS

REST &
RELAX

SOUL &
INNER
GROWTH

Letters of FORGIVENESS

I FORGIVE
MYSELF FOR

NEXT TIME I
WILL



Journal

SELF-ESTEEM

♥ What I love about myself ♥

♥ Others say I am good at ♥

♥ What's unique about me ♥

Rewind

THE UN-DO LIST

What are the things I want to
stop doing?

BRAIN DUMP

Write anything that comes
to your mind

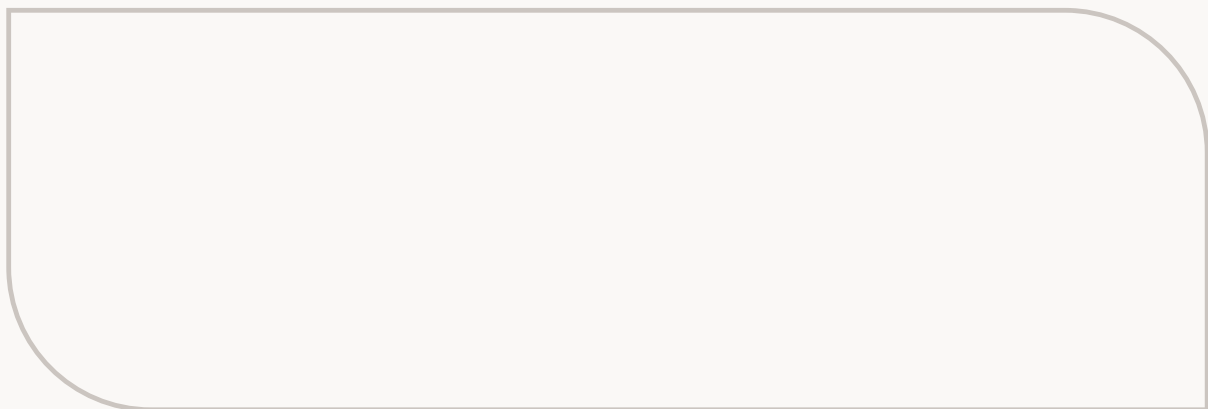
Personal




Work/home



What I'd like to learn



A close-up photograph of a woman wearing a grey, textured blazer over a white top. She is holding an open book, and her hands are visible at the bottom of the frame. A large, semi-transparent white heart is overlaid on the left side of the image. The text is centered over the heart and the book.

you are
loved
no
matter
how
you feel



Self-love
isn't selfish.

YOU'RE
DOING
GREAT

www.zenzenden.com

Congrats!

Congrats again for downloading this eBook and I hope that it has given you lots of food for thought!

If you want to continue your self-love journey, I have a companion mini-course which you can access here if you have not already:

Self-Love in Seven Days

Check it out!

On that link, I'm still making it available to you at the insane price of just \$7, discounted from \$47.

And in the meantime, if you have any thoughts to share, or insights, or feedback on this eBook, I'd love to hear from you. You can email maria@mariamcmahon.com.

In love and light,
Maria

www.zenzenden.com

This companion course is a **7-Day online mini-course**, that comes with a bunch of additional self-love journals and workbooks. Plenty to keep you steadily progressing with your self-love journey! Check it out now so that you can snag it at this insane price!



Only available to YOU via this link!

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