



Self Love Handbook

Show off that shining personality, soak up the love, and feel the confidence boost! Let yourself bask in the appreciation and awaken to a world of joy and endless possibilities.

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Self Love Handbook



Welcome

Hello, I'm Angela, the proud founder of **Be you to Blossom**. Our mission is to help everybody to blossom into their best ever selves!

This book has been designed to provide you with an insight into the importance of Self Love.

It provides exercises and actions steps to support you in a transformational journey of self esteem boosting and confidence raising. Our aim is for you to leave those self-limiting self beliefs behind and grow into your greatness!



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Disclaimer

The topic of mental health is incredibly important and should not be taken lightly. It is essential to remember that mental health is just as important as physical health, and that seeking help for mental health concerns is a sign of strength, not weakness. It is also crucial to remember that everyone's experiences with mental health are unique, and that there is no one-size-fits-all solution.

Whilst our materials, content and services here at Be you to Blossom are created to support, they are not intended as a substitute for professional advice, diagnosis or treatment.

If you or someone you know is struggling with mental health concerns, it is important to seek help from a trained professional. There are many resources available, including counselling services, support lines, and support groups. Remember, you are not alone and help is available.

Support Contacts

<https://www.samaritans.org/how-wecan-help/contact-samaritan/>

<https://www.mind.org.uk/>

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About Me

Hello there, it's Angela here, Mum to four lively football-loving lads, a wife to Mark, and a dog Mum to a sixteen year old pooch.

I'm all about personal growth and its amazing power! My own journey began 7 years ago (back in August 2016) when I discovered the wonders of mindfulness and mindset techniques in a rather unexpected way.

During my third maternity leave, I built a health and wellness business, and wow did I learn to be tough. I had to grow my inner strength to make it a success, and that's when everything changed for me and my whole outlook towards life. I've transformed my confidence through my "worrier to warrior" transformation! I firmly believe that with work you can do this too... HOW???..... It all starts with loving yourself!

Before, I was a frazzled primary school teacher, dealing with burn out, anxiety and also depression during my third pregnancy.

But now, the majority of the time regardless of my circumstances I'm living a happy life, and it's all thanks to the magic of gratitude and personal growth!

After the madness of 2020, I founded Be you to Blossom and created The Colour Droplets to help kids, schools, communities and families.

I truly believe that if you can tweak those negative thoughts and practice some good daily habits, you can change your whole world.

So go ahead, make some magic!

Angela x



WELCOME

Hello & Congratulations!!!

Are you feeling the good vibes? I sure am! And it's all because you're here, ready to take on this epic journey to self-love!

This handbook is like having a personal cheerleader, guiding you to tap into your inner glow and strut your stuff with confidence. Believe me when I say, you are a superstar, and it's time for you to own it!

Flip through these pages, and you'll find an absolute goldmine of information, tools and tips to help you to feel the love, appreciate yourself, and soak up all the happiness that life has to offer.

We're going to break down those pesky barriers and light up that fire inside of you, so you can truly discover who you are and LOVE yourself for it!

So, are you ready to take the leap? Let's go!!!

What is Self Love?

Defining Self-Love:

What is self-love? It is more than a fleeting moment of admiration in the mirror or a temporary boost of confidence. Self-love is a profound and enduring commitment to your own well-being—a journey of embracing your authentic self, flaws, and all. It's about cultivating a relationship with yourself that is rooted in kindness, acceptance, and genuine care.

Self-love is not a destination but a continuous, evolving process. It is the art of recognising your worthiness, honouring your unique qualities, and treating yourself with the same compassion that you extend to others.

In a nutshell, it's the unwavering belief that you are deserving of love, not only from external sources but, most importantly, from yourself!

Self Love is not Selfish!

Self-love is often misunderstood as selfishness. However, it is in fact a transformative journey that benefits not only you but also those around you!

By giving the time to yourself that you deserve, you can begin to radiate positive energy to those around you, creating meaningful relationships and setting healthy boundaries.

Self-love is not a selfish act but a commitment to becoming the best version of yourself for the benefit of all.

Remember, you cannot pour from an empty cup so you need to fill yourself up first!

It is important to recognise that self-love is not a one-time event but a continuous process. It requires consistent effort to prioritise your mental, emotional, and physical well-being.

This may involve saying no to activities or people that drain your energy, practicing self-care regularly, and nurturing healthy relationships.

We will talk about setting boundaries in more detail coming up. We'll help you to say no and leave the guilt at the door!

When you give yourself some love, you're like a superhero with extra powers to tackle any challenge! You'll be ready to take on anything that comes your way with a positive attitude and a clear mind, inspiring others to follow your example.

The coolest part? Self-love is like a treasure hunt, where you discover your strengths, weaknesses, and quirks along the way. It's all about accepting yourself, flaws and all, and celebrating what makes you so special and unique!

Be in love
with yourself
x/x/x



Saying No and Setting Boundaries

Guard your energy like it's your own VIP party! Why, because it's all about creating a fortress of positive vibes around yourself, where your self-care and happiness is number one priority!

So, how do you set this party up then!? By embracing healthy boundaries! That way, you can steer clear of all that negative energy and soar towards growth and vitality. It's like building your own cosy nest where you can grow, heal, and thrive.

But, wait, it's not about cutting off your friends or family completely. You get to decide what is serving you at the time and what you are comfortable with and what you're not. You're the boss here, always remember that! You don't have to take on anything that doesn't align with your well-being, and that's pretty empowering, hey!

Of course, some people might not get it and try to push your buttons, but don't let them dim your sparkle! It's not about you; they're just not used to change. Keep that self-love flame burning bright and stay true to your path. You'll be amazed at how much more balanced and radiant your life becomes. So, go ahead, keep guarding that energy like a boss!

Self Love and Social Media

In a world of 24/7 internet access, our lives have become a never-ending online story, with social media as the main character. But, beware! While social media is like a global party, it can also be a tricky maze of comparisons, unrealistic expectations, and harsh judgments.

As we swipe through perfect pics and seemingly flawless feeds, we can forget that it's often all just a highlight reel, not the full movie.

And, let's be honest, who doesn't want likes and comments on their posts? But, this thirst for virtual high-fives can mess with our self-esteem and leave us feeling down.

So, let's remember to take social media with a grain of salt and not let it play mind games with our worth!

On the next pages we will dive into the benefits of taking a **Digital Detox** and why it is important to set these boundaries for our wellbeing.



The Benefits of a Digital Detox

Ah, the sweet escape from the digital world, a digital detox! The ultimate power move to shake up our relationship with tech and sprinkle some self-love into our lives.

By bidding farewell to social media, we can finally give ourselves the much-needed space for introspection, self-discovery, and mindful reflection.

Here are some of the ways a digital detox can help boost our self-love game:

Zen Vibes: Let's declutter our minds! By taking a break from the constant information influx, our brain can finally catch a break and find some inner peace. This newfound calmness can help us tune into our emotions, thoughts, and desires, and lead us to a happier and more content self.

Mindful Living: Embrace the 'real world'. Let's soak in the present moment, relish delightful conversations, and leave the notifications behind!

Authentic Self-Connection: Are you tired of seeking external validation? Are you focusing on the likes and comments. Do you find yourself comparing your feed to that of others and judging your success by the number you see?

Let's break free from the digital chains and connect with our true selves!

By detoxing from digital influence, we can build a solid foundation of self-love that will never fade away and take back the control when we need to.

It's not about removing yourself from your socials forever (unless you want to of course), it's about knowing when a break is needed for your wellbeing and connection with what matters - you!

You set the time frame, you have the power!



The Comparison Trap!

Comparison is the thief of Joy : In today's world, social media has become an integral part of our daily lives. We spend hours scrolling through pictures and posts, admiring the seemingly perfect lives of others.

However, this constant exposure to carefully polished rosy images and narratives can have a negative impact on our mental health, particularly when it comes to self-perception.

We often find ourselves comparing our own lives to those we see online, which can lead to feelings of inadequacy and low self-esteem.

The truth is, behind every perfect post lies a complex and imperfect reality. Stepping away from social media and focusing on our own unique journey can help us cultivate a more positive and healthy self-image. Remember, comparison truly is the thief of joy, and it's up to us to take control of our own happiness and well-being.



The Comparison Trap!

Comparing yourself to another person or another household is like putting an apple next to a banana and saying 'be more like that....you need to switch from being round and juicy to yellow, pointy and crescent shaped!

So STOP judging yourself based on others. Stop looking around and comparing yourself to others. You do you and let others do them.

You are on your own journey and you should only ever compare yourself TODAY to the person that you were before this point!

Think of the growth that you have experienced and your own personal journey. Everyone has a different set of circumstances and what is right or possible for one person/family will not be the case for all.



Comparison is the thief of Joy!

I have battled with this and been measuring myself for years against others. You might think that this is helpful and inspiring but in fact it can just chisel away at your self worth and leave you feeling low. As we have discussed, you will only likely see the highlights online or hear about them in conversations anyway, so what are you even measuring against - it's not even reality?

Do you often compare yourself to others? This might be comparing family lives, looks, house, cars, holidays, fitness levels, weight, jobs, businesses and so on!

Just remember the next time you catch yourself doing it that "Comparison is the thief of Joy!" and "Comparison is an act of violence against the self." You do you and be PROUD!

*"Why fit in when you were
born to stand out!"*

Dr. Seuss



Energy Drainers

Okay, so let's be real! We all know and have Energy Drainers in our lives! It can be tough to protect yourself but you can absolutely do this and you must for the sake of your own wellbeing!

I'm going to level with you- I haven't always been Mrs Positive Pants. I was once a bit of a Negative Nancy, gossiping with family members and getting sucked into the moaning and complaining.

And guess what came from this - nothing but more negativity!

So let my hindsight, be your foresight. You can avoid this by :-

Managing your Expectations: Set realistic expectations for interactions with negative family members. Acknowledge that you may not be able to change their behaviour, but you can control how you respond.

Adjusting your expectations can reduce disappointments and stress.



Energy Drainers

Practice Emotional Detachment: Learn to emotionally detach from negative comments or behaviours. Recognise that their negativity is a reflection of their own issues, and it doesn't define your worth. This mindset shift can help you maintain a sense of self-love in challenging situations.

Lead by Example: Model the behaviour that you want to see. Share your own positive experiences and refrain from participating in gossip. Be the source of positivity within your family, and over time, others may follow suit.

Choose Your Battles: Sometimes, it may be necessary to gently disengage from certain conversations without making a big deal out of it. Politely excuse yourself or change the subject if needed, especially if the conversation becomes too negative.

Example: "I appreciate your perspective on that, but I've been trying to focus on more positive discussions lately. Can we talk about something uplifting?"

Remember, trying to build a positive environment is an ongoing process, and it may take time for others to adjust. Approach these changes with patience, empathy, and a commitment to your own well-being.

Keep Learning and Self Love

Did you know that learning something new or starting a new hobby is a great self esteem booster so an absolute must in the game of self love! Here are some ideas to get you started:

Creative Outlets:

- **Painting or Drawing:** Express yourself visually on canvas or paper.
- **Writing:** Start a journal, try poetry, or explore creative writing.
- **Photography:** Capture moments that inspire and bring joy.

Mind-Body Connection:

- **Yoga or Pilates:** Improve flexibility and mindfulness.
- **Dance Classes:** Learn a dance style that resonates with you.
- **Meditation:** Cultivate inner peace and self-awareness.

Learn New Skills:

- **Cooking or Baking:** Experiment with new recipes and flavours.
- **Instrumental Music:** Pick up a musical instrument and learn to play.
- **Language Learning:** Explore a new language with apps or classes.

Outdoor Activities:

- **Hiking or Nature Walks:** Connect with nature for relaxation.
- **Gardening:** Get green fingered with plants, flowers and create a green space.
- **Cycling:** Explore your surroundings on a bike ride.

Fitness and Well-Being:

- **Group Fitness Classes:** Join a class that interests you.
- **Martial Arts:** Boost physical fitness while learning self-defence.
- **Running or Jogging:** Set achievable goals for yourself - Couch to 5K was game changing for me - A Free APP too!

Crafting and DIY Projects:

- **Knitting or Crocheting:** Create handmade items.
- **DIY Home Decor:** Personalise your living space with crafts.
- **Up-cycling:** Turn old items into something new and functional.

Educational Pursuits:

- **Online Courses:** Explore platforms for courses in various subjects.
- **Book Clubs:** Join a group to discuss literature and ideas.
- **Podcasts or Audiobooks:** Feed your curiosity and expand your knowledge.

Social Engagement:

- **Volunteer Work:** Contribute to a cause you are passionate about.
- **Join Clubs or Meetups:** Connect with people who share your interests.
- **Public Speaking Events** - Get out of your comfort zone and seek opportunities to boost confidence in communication.

Artistic Expression:

- **Sculpture or Pottery:** Work with your hands to create 3D art.
- **Acting/Drama Classes:** Explore your expressive side.
- **Graphic Design:** Create digital art using design tools such as the one I have used here - CANVA (It's fabulous)

Mind Games and Puzzles:

- **Chess or Board Games:** Challenge yourself mentally.
- **Crossword Puzzles or Sudoku:** Sharpen your cognitive skills.
- **Strategy Video Games:** Enjoy games that engage the mind.

The World really is your Oyster! Remember, the key is to choose, the activity types, that genuinely interest you and thus bring you joy!

By exploring new hobbies and skills, you not only enhance your self-esteem through your accomplishments but through the setbacks, which in turn grow your strength and resilience too!

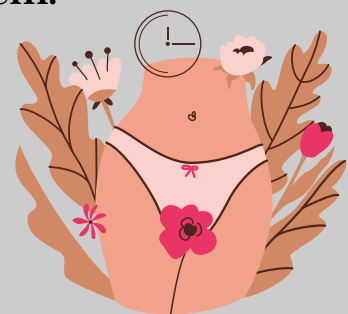
Self Love and your Menstruation Cycle

Let's talk periods and the art of self-love. Your menstrual cycle is a natural rhythm, and being kind to yourself during this time is not just okay; it's essential. Here's your guide to owning your feelings and making allowances for those days when you might feel a bit out of sorts.

1. Acknowledge Your Feelings - Periods bring a symphony of emotions, and that's perfectly normal. From joy to frustration, allow yourself to feel it all without judgment. Your feelings are valid, and acknowledging them is the first step to self-love.

2. Be Gentle with Your Body: Your body is doing incredible things during your period. Pamper yourself a bit. Whether it's a warm bath, a cosy blanket, or a favourite treat, treat your body with the tenderness it deserves.

3. Listen to Your Needs: Pay attention to what your body is telling you. If you need rest, take it. If you crave certain foods, indulge a little. Your body is giving you signals; honour them.





4. Practice Self-Compassion: Imagine talking to your best friend. What would you say to her if she was feeling a bit low? Now, turn those words of kindness inward. Be your own best friend and practice self-compassion.

5. Create a Menstrual Self-Care Ritual: Develop a self-care routine tailored to your menstrual cycle. It could include activities that bring comfort and joy – whether it's reading a book, listening to soothing music, or spending time in nature.

6. Prioritise Rest: Your body might need a bit more rest during your period. Give yourself permission to slow down. Whether it's an extra hour of sleep or a quiet moment of meditation, go with it and give yourself some extra chill time!

7. Celebrate Your Body: Your body is incredible, and your menstrual cycle is a testament to its strength. Celebrate it! Write a love letter to your body or engage in activities that make you feel connected to your physical self.

Remember, self-love during your period is not about perfection; it's about embracing your authentic experience. Be kind, be patient, and most importantly, be in tune with yourself. You deserve all the love and care in the world.

Self Love and Cycles of Life

And then just like that - Guess What??? After years of periods, bleeding and hormones, next, it's time to deal with the next phase! Now to navigate perimenopause and menopause!

Firstly be understanding to yourself and your Hormonal Changes:

- Estrogen Decline: During menopause, estrogen levels decrease, impacting mood, sleep, and overall well-being.
- Progesterone Shifts: Progesterone levels may also fluctuate, affecting mood and sleep patterns.

Be Patient with Yourself:

- Understand that hormonal changes may bring emotional and physical shifts. Be patient and kind to yourself as you navigate these changes.

Seek Support:

- Reach out to friends, family, or support groups. Sharing experiences and feelings with others going through similar changes can be reassuring and uplifting.



Seek Professional Guidance:

- Consider consulting with healthcare professionals to explore options for managing symptoms, from lifestyle adjustments to medical interventions. There is no shame in asking for help!

Celebrate Your Wisdom:

- Menopause marks a transition, but it's also a celebration of wisdom and experience. Embrace this stage as a new chapter filled with growth and self-discovery.

Adjusting Self-Expectations:

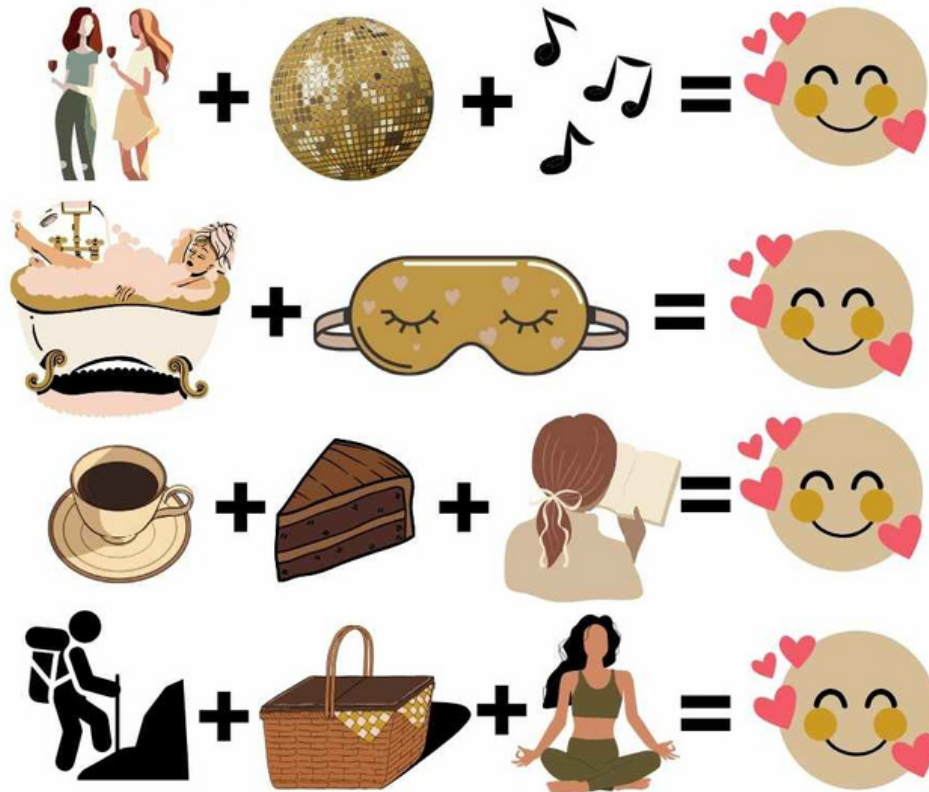
- Acknowledge and adjust expectations. Understand that energy levels and priorities may shift, and it's okay to reprioritise and focus on what truly matters to you.

Explore New Passions:

- Menopause can be a time of reinvention. Explore new passions, hobbies, or activities that bring a sense of fulfillment and joy.

With each phase of our life, we can choose to look back or to look forward. Milestones can have a profound effect on our wellbeing. Always honour your feelings but remember, self-love during each season of life is about embracing the evolving you with compassion, acceptance and excitement for the future!

Self Love is not a One Size fits all



One size doesn't fit all in the realm of self-love. Just as a cosy bath and an early night can be nurturing for some, others may find joy and fulfillment in dancing and sharing wine with friends.

Self-love is a personalised journey, embracing diverse preferences based upon your individual needs at any given time.

It is important to acknowledge that what brings comfort and happiness varies from time to time and person to person. Most importantly too - that this is always okay!

Self Love Exercises

It's EXERCISE TIME!!!

Through the exercises that follow, this handbook aims to empower you with the tools to cultivate a deeper connection with yourself.

Be honest with yourself as you complete the exercises, owning your dreams and vision for your future.

Let your pen go to paper and record what comes to mind.

There is no right or wrong - these are your dreams and hopes so honour them and enjoy the process.

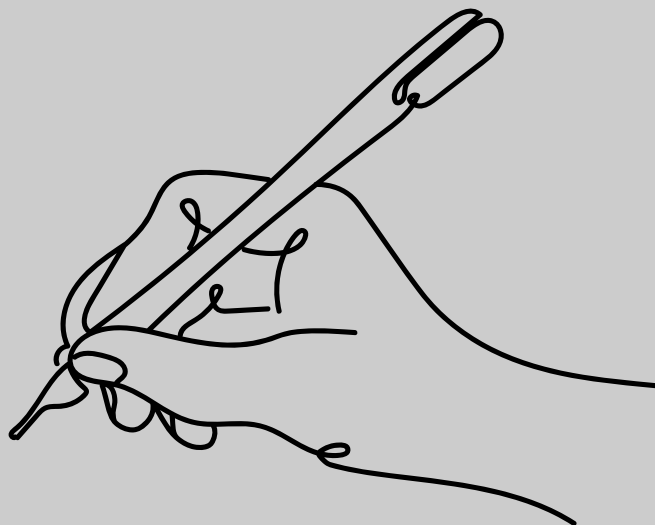
We want you to build self-compassion, embrace imperfections, and celebrate the unique tapestry of who you are.

Complete this in your own time and at your own pace. It is not a race!

Make it as purposeful as you can to get the most from it.

Are you ready!? Take a Pen and let's begin...

Your Self Love Exercises





1

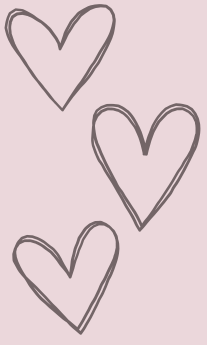


Being Loved Begins With Awareness

The first step in falling in love is getting to know the person, what makes them tick, what makes them unique...essentially what makes them who they are...The relationship with yourself is the same and it's easy to forget the truest essence of who we are when we get swept up in life. So let's get to know you.

What inspires you to start my day with enthusiasm?

Revisiting Childhood Memories: What were your Favourite Activities?



What are some of my favourite memories?

I am the happiest when I am....



3

When do I feel the bravest, strongest and most confident ? What am I doing, wearing...thinking?

If I could be anyone, who would I be and why?



Perfect ✨

Describe your Perfect Day - What does it look like? What does it sound like? Who are you with? Where are you?

What does a life I love look and feel like?



What are my favourite ways of being inspired?


What are the things that gives me energy?

This is *Me*

Name _____ **Star Sign** _____


My human design _____

My two primary love languages _____

 **Songs I love to sing to**

 **Colours I love surrounding myself with**

 **Words that describe me**

 **The type of things I love doing that stop time**

[Links to The 5 Love Languages Quiz](#)

This is *Me*



Imagine if you had a cool million pounds in the bank and all the resources you could dream of, what would you do?



Who would you surround yourself with? What qualities do these people share? What are your shared values?

This is *Me*



If I knew I couldn't fail, and embraced my quirks as my super powers what is one thing I'd love to do?



Knowing that I deserve to be supported and that it is safe for me to be supported, what kind of support would I love to have?



Things to Love about me



I like who I am because...



I'm at the most me when...



Things that bring me joy and make me laugh are ...



Things to *Love* about me



The biggest challenge I have ever overcome was...



How I handle stress the best is when I ...



My happiest moments are when...

What it means to *Be* me



Things I am good at, that come naturally to me are...



Compliments I often receive...



Things I find simple to do...

What it means to *Be* me



All the ways I have succeeded and surprised myself are



Parts of my life that are awesome



Things I am proud of myself for (that maybe I haven't ever shared)

Embracing my strengths

It's been shown that when you identify your strengths and strengthen them every day those parts of you that aren't as strong get stronger. It's like the saying " *The tide raises all boats*". When you play and work on your strengths into daily you feel less stress, have more energy and feel more confidence.

Part of self-love involves recognising our natural gifts and strengths.

Make a list of at least five of your gifts, talents, and strengths. These are not job titles or specific roles but more the special qualities you bring to these roles, that come naturally to you.

Possible Strengths: Honesty, gratitude, visionary, supportiveness, patience, brave, bold, motivation, confidence, compassion, forgiveness, respect, energy, loyal, consistency, hardworking, make friends with ease

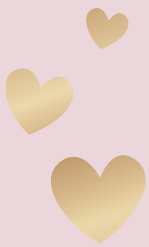
Example: Strength is motivation

How I will develop this further: Tomorrow I will inspire three people through my positive attitude and actions



Strength #1 _____

How I will develop this further _____



Embracing my strengths



"The longest love you will ever experience is the love
with yourself"



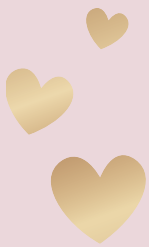
Strength #2 _____

How I will develop this further...

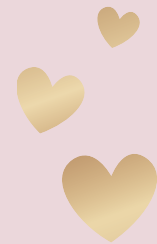


Strength #3 _____

How I will develop this further...



Embracing my strengths



"How you love others will teach you how to love yourself!"



Strength #4 _____

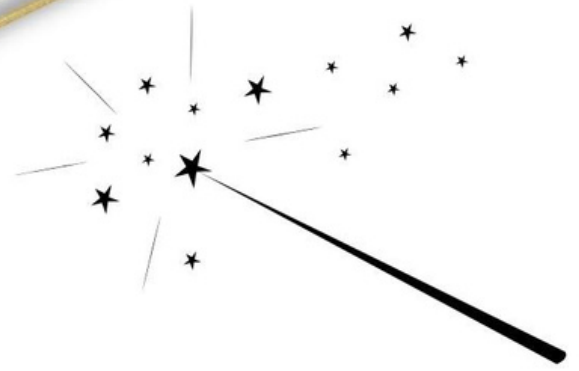
How I will develop this further...



Strength #5 _____

How I will develop this further...

Daily Love Spell



Close your eyes, place a hand on your heart and a hand on your belly.

Now recite this spell as you take big deep breaths in and out

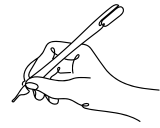
- I embrace who I am
- I allow love to flow to me and through me
- I am worthy
- I am deserving
- I am perfect
- I am brave
- I am smart
- I am strong
- I am beautiful
- I am loved
- I love and accept myself as I am body, mind and soul



Now give yourself a hug xx



Love Letter to You



Time to send some self-love your way! Grab a pen, and let's scribble a love letter to the most amazing person you know: YOU! Picture yourself as your bestie, and jot down all the things that make you a one-of-a-kind gem.

Take a moment to celebrate your unique gifts, talents, and accomplishments. Think back to when folks complimented you, or when you overcame a tough challenge. Let the words flow, and pour your heart out!

Now, save this love note for a day when you're feeling down or lost in a sea of self-doubt. Take a deep breath, read it aloud, and remind yourself of the absolute magic that you are!

Dear

Love Always...

Gratitude Prompts

Practicing gratitude is a wonderful way to cultivate self-love. Here are some gratitude prompts tailored specifically for fostering a sense of self-love and appreciation:

Body Appreciation:

- Today, I am grateful for my body because...
- One thing I love about my physical self is...
- I appreciate my body's ability to...

Self-Kindness Moments:

- I am thankful for the kind words I spoke to myself when...
- Today, I showed myself love by...
- A self-care ritual that brought me joy was...

Inner Strength Acknowledgment:

- I am grateful for my resilience in the face of...
- One way I've shown strength recently is...
- A challenge I overcame that makes me proud is...

Positive Traits Reflection:

- Today, I appreciate my personality because...
- One of my strengths that I am grateful for is...
- I love the way I bring [positive trait] into the world.

Learning and Growth Moments:

- I am grateful for the lessons I've learned from...
- A mistake I made that taught me something valuable is...
- Today, I appreciate the personal growth I've experienced in...

Gratitude Prompts

Accomplishments and Achievements:

- I celebrate myself for achieving...
- Something I am proud of accomplishing recently is...
- I appreciate the effort and dedication I put into...

Moments of Joy:

- Today, I am thankful for the small moments of joy, like...
- A simple pleasure that brought me happiness was...
- I love the way I felt when...

Compliments to Yourself:

- One compliment I genuinely believe about myself is...
- I appreciate the unique qualities that make me...
- If I were my own best friend, I would compliment myself on...

Gratitude for Support Systems:

- I am grateful for the people in my life who support and love me, like...
- Today, I appreciate the kindness I received from...
- One way I can express gratitude to those who support me is...

Future Self-Love Intentions:

- I am thankful for the self-love practices I plan to incorporate, such as...
- One way I envision showing love to myself in the future is...
- Today, I set an intention to love myself by...
- Today, I appreciate the personal growth I've experienced in...

Self Love Cards

Self Love Affirmation Cards

Firstly - What is an affirmation?

An affirmation is a positive statement or declaration that is consciously chosen and repeated to encourage and uplift the individual who says or thinks it.

Affirmations are often used as a tool for self-improvement, personal development, and fostering a positive mindset.

The goal of affirmations is to challenge and overcome self-sabotaging and negative thoughts, and to replace them with constructive and empowering beliefs.

Affirmations typically focus on specific areas of a person's life, such as self-esteem, confidence, health, relationships, or success. They are crafted in the present tense, as if the desired outcome is already occurring, and are expressed in a clear, positive, and concise manner.

For example, a general affirmation for self-love could be: "I am worthy of love and embrace my unique qualities."

The repetition of affirmations is believed to influence the subconscious mind, gradually shaping one's beliefs and attitudes. Incorporating positive affirmations into daily routines can be a powerful way to shift thought patterns and promote a more optimistic and constructive mindset.

Rewriting the Inner Script: Imagine your mind as a grand storyteller, constantly narrating the tale of your life. We can use Self-love affirmations to act as editors, rewriting the script to infuse positivity, kindness, and acceptance. By consciously choosing affirmations that celebrate your worth and potential, you reshape the narrative, fostering a mindset of self-compassion.

How to Use the following Cards? - Cut them up, put them in your purse, around your house, desk, workspace, stick them around your mirrors, copy them on post its, write them out in a list, recite them, think them, live them, breath them! Do you get the picture!????

*I am worthy of love just for being who
I am.*

BE YOU TO BLOSSOM 2024 ©

*I am deserving of
contentment, joy and peace*

BE YOU TO BLOSSOM 2024 ©

Thank you, body, for my ability to

BE YOU TO BLOSSOM 2024 ©

I am enough.

BE YOU TO BLOSSOM 2024 ©

*I am committed to personal
growth today*

BE YOU TO BLOSSOM 2024 ©

*Love is a birthright for each and every
one of us, me included!*

BE YOU TO BLOSSOM 2024 ©

I am safe

BE YOU TO BLOSSOM 2024 ©

*Today, I will give myself space to
grow.*

BE YOU TO BLOSSOM 2024 ©

*Today I am stepping into boundless
possibilities.*

BE YOU TO BLOSSOM 2024 ©

*I am open to the opportunities today
brings.*

BE YOU TO BLOSSOM 2024 ©

*I trust the universe to show me
the way*

BE YOU TO BLOSSOM 2024 ©

*I celebrate the love that I
give.*

BE YOU TO BLOSSOM 2024 ©

*I am courageous, confident, and
competent.*

BE YOU TO BLOSSOM 2024 ©

*I allow myself to be calm and in
control*

BE YOU TO BLOSSOM 2024 ©

The light within me shines through.

BE YOU TO BLOSSOM 2024 ©

My voice and opinions matter.


BE YOU TO BLOSSOM 2024 ©

*I have everything I need to do this
well.*

BE YOU TO BLOSSOM 2024 ©


I have a lot to offer.

BE YOU TO BLOSSOM 2024 ©




*I am kind to others and inspire others to be
kind and this feels great*

BE YOU TO BLOSSOM 2024 ©




I am capable and prepared.

BE YOU TO BLOSSOM 2024 ©




I belong here.

BE YOU TO BLOSSOM 2024 ©




I am enough!!!

BE YOU TO BLOSSOM 2024 ©



*I deserve to feel happy and full
of life*

BE YOU TO BLOSSOM 2024 ©



I believe in my goodness.

BE YOU TO BLOSSOM 2024 ©

I keep going!

BE YOU TO BLOSSOM 2024 ©

I am always growing

BE YOU TO BLOSSOM 2024 ©

*My hero (name them) would do
_____ in my situation*

BE YOU TO BLOSSOM 2024 ©

*I experience comfort and peace at
times of challenge*

BE YOU TO BLOSSOM 2024 ©

*I am learning to get outside of my
comfort zone*

BE YOU TO BLOSSOM 2024 ©

*I am deserving of kindness and
compassion.*

BE YOU TO BLOSSOM 2024 ©

*I'm human and I'm
doing my best*

BE YOU TO BLOSSOM 2024 ©

*I'm confident that I will achieve
my goal.*

BE YOU TO BLOSSOM 2024 ©

*I am doing the best I can with what
I have in this moment*

BE YOU TO BLOSSOM 2024 ©

*Failures and mistakes help me
to move forward*

BE YOU TO BLOSSOM 2024 ©

I believe in my potential.

BE YOU TO BLOSSOM 2024 ©

It's okay to not be okay.

BE YOU TO BLOSSOM 2024 ©

*I am stronger than I
know.*

BE YOU TO BLOSSOM 2024 ©

I can do hard things.

BE YOU TO BLOSSOM 2024 ©

I take it step by step

BE YOU TO BLOSSOM 2024 ©

*I've done tough things before and got
through them, I can do it this time
too!*

BE YOU TO BLOSSOM 2024 ©

I am focused and alert.

BE YOU TO BLOSSOM 2024 ©

*My worth is not determined by
the outcome.*

BE YOU TO BLOSSOM 2024 ©

I am a good. _____

(Mum, friend, sister, work colleague etc)

BE YOU TO BLOSSOM 2024 ©

*I am grateful for what I did
today.*

BE YOU TO BLOSSOM 2024 ©

*I give myself the same
respect that I give to others*

BE YOU TO BLOSSOM 2024 ©

*I give myself permission to have
restful sleep*

BE YOU TO BLOSSOM 2024 ©

*Today I am aiming for good
enough, not perfection*

BE YOU TO BLOSSOM 2024 ©

*My body and spirit are at
rest.*

BE YOU TO BLOSSOM 2024 ©

I am stronger than I know.

BE YOU TO BLOSSOM 2024 ©

I can do hard things.

BE YOU TO BLOSSOM 2024 ©

*I am a gift to those around
me!*

BE YOU TO BLOSSOM 2024 ©

*I am open to the opportunities
today brings.*

BE YOU TO BLOSSOM 2024 ©

I am proud to be me!

BE YOU TO BLOSSOM 2024 ©

I love who I am

BE YOU TO BLOSSOM 2024 ©




**“Owning our story and loving ourselves
through that process is the bravest thing
that we’ll ever do.”**

Brené Brown



“If you don’t love yourself, nobody will. Not only that, you won’t be good at loving anyone else. Loving starts with the self.”

Wayne Dyer




“We just need to be kinder to ourselves. If we treated ourselves the way we treated our best friend, can you imagine how much better off we would be?”

Meghan Markle




**“Be healthy and take care of yourself, but be
happy with the beautiful things that make you,
you.”**

Beyoncé



**"I'm all about body positivity and self-love
because I believe that we can save the world if
we first save ourselves."**

Lizzo




**“Today you are you! That is truer than true!
There is no one alive who is you-er than you!
Shout loud, ‘I am lucky to be what I am!...”**

Dr. Seuss




"Everyone of us needs to show how much we care for each other and, in the process, care for ourselves."

Diana, Princess of Wales



“Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.”

Oprah Winfrey



**“Stand up for who you are. Respect your Self
and ignite the divine sparks in you.”**

Amit Ray



“Only love today. Be kind to yourself.”

Rachel Macy Stafford

A 5 Minute Meditation



(Hymn To The Dawn by Scott Buckley | www.scottbuckley.com.au Music promoted by [https://www.chosic.com/free-music/all/Creative Commons CC BY 4.0](https://www.chosic.com/free-music/all/Creative%20Commons%20CC%20BY%204.0))

<https://creativecommons.org/licenses/by/4.0/>)

Goal Setting and Self Love

Picture this: Goal-setting and self-love doing a high-five, because winning isn't just about crossing the finish line but also about showing yourself some love along the way.

Setting doable goals is like a hug from yourself, cheering on your progress instead of chasing after perfection.

When you mindfully set goals that fit your personality and desires, you're on a path of self-care and growth.

Think of self-love as the starting line for goal-setting. From here, you're on a journey that's both satisfying and sustainable, where you can reach for the stars while looking after your own well-being.

We've got you! Welcome your **Daily To Do List** which is separated into realistic sections.

This way you can reach for the stars but prioritise what is the most important. This will take the pressure away and keep you confident in your abilities.

You've got this!

The image shows a 'Daily To Do List' template. It features a title 'Daily To Do List' in a cursive font at the top right, accompanied by a heart icon. Below the title is a 'DATE:' field. The list is organized into four distinct sections: 'MUST DO' (top left), 'SHOULD DO' (bottom left), 'COULD DO' (top right), and 'IF I HAVE TIME' (bottom right). Each section is represented by a white rounded rectangle. The entire template is decorated with heart and leaf motifs and is set against a pink and yellow background.



Daily To Do List



DATE:

MUST DO

Blank space for 'MUST DO' tasks.

COULD DO

Blank space for 'COULD DO' tasks.

SHOULD DO

Blank space for 'SHOULD DO' tasks.

IF I HAVE TIME

Blank space for 'IF I HAVE TIME' tasks.





SELF-LOVE

Journal



Date:

Today's Affirmation(s)...

Goal(s) For Today



Things I'm Thankful for...

Important Notes

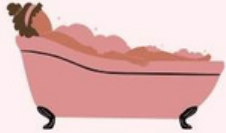
Things I love about myself...



Selfcare Checklist



Get an early night



Take a relaxing bath



Listen to your favourite song



Read a book



Move your body



Walk at the park



At home spa



Try journaling

Self Love & Mental Health



1

The practice of self-love is rooted in valuing and respecting yourself. It involves accepting and celebrating all aspects of our identity, including both our strengths and weaknesses, while prioritising self-care and personal growth.

2

Caring for yourself can be a transformative experience that leads to improved mental well-being. By prioritising self-love, we ignite a spark that fuels self-esteem, self-confidence, and gives us the ability to navigate life's obstacles with a greater ease.

3

To become your biggest supporter is to set boundaries of self-worth, to assertively decline when necessary, and to cherish your well-being and desires with unwavering confidence and zero regrets.

4

Self Love requires adopting an attitude of self-compassion, treating yourself with kindness and understanding, especially during challenging periods or when confronted with setbacks.



Self Love Reminders

YOUR DAILY DOSE OF Positive Tea



You are in charge of
what happens next.



You are worthy of
great things.



You are capable of
achieving anything.



You have the courage
to move forward.



You are not your
mistakes.



You are loved and
appreciated.

Protect yourself from people if...



**They take
but never
give**

**They make
you &
everyone
around them
miserable**

**They criticise
your ambitions
& discourage
you from
believing
in yourself**

**They only reach
out when they
want something
from you**

**They tear
you down
to build
themselves
up**

The Colour Droplets Wellbeing Workbook

A Wellbeing Workbook for Children



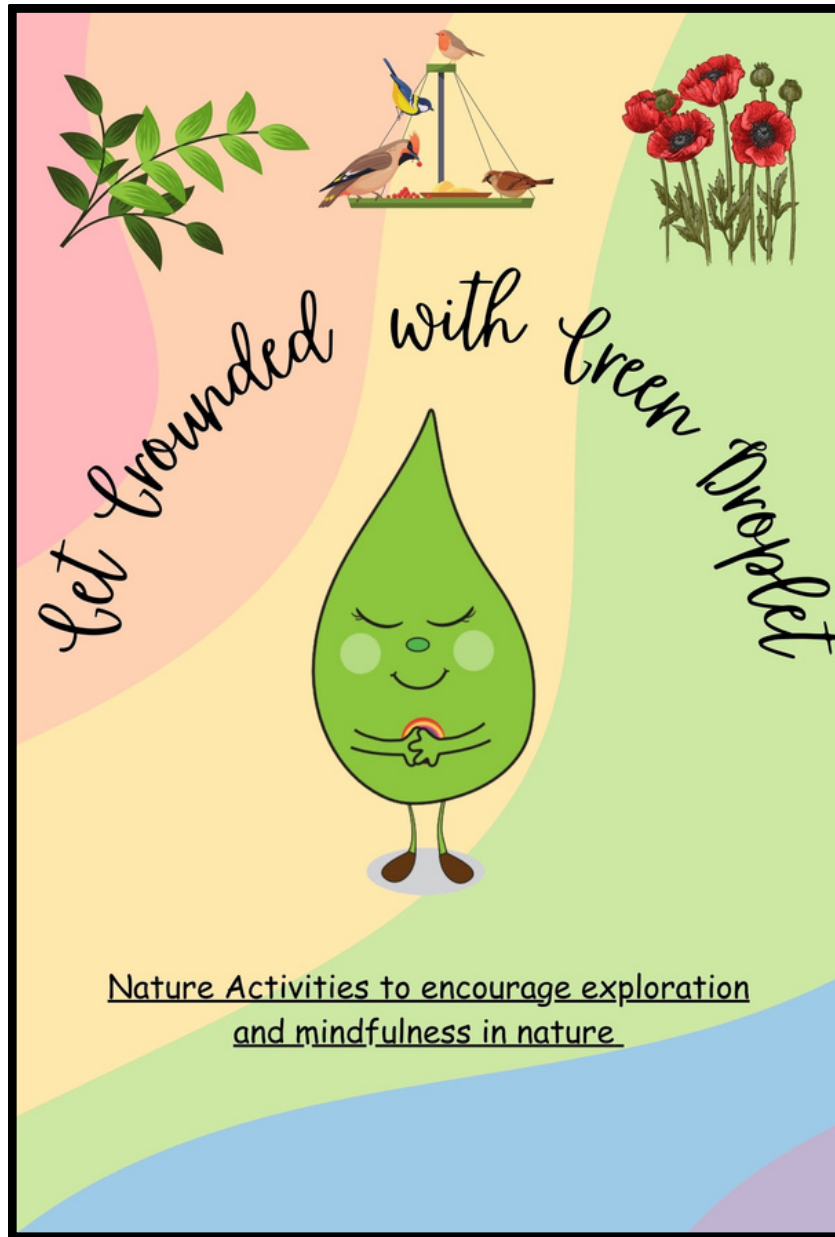
Activities for self-esteem, confidence,
resilience and controlling emotions

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Bumper Bundle Digital Workbook

Over 80 Pages worth of Content



CLICK HERE 


Mindfulness in Nature Workbook

Over 30 Pages worth of Content



[CLICK HERE !\[\]\(64c8e780d75de097b19bee5a3fd1f73a_img.jpg\)](#)

Blossom into your Best Self Guide/Ebook

A close-up photograph of a woman with long, wavy blonde hair, smiling warmly at the camera. She is holding a clear wine glass filled with a light-colored liquid, and a small white candle is floating inside the glass. She is wearing a dark top and a silver chain necklace with a circular pendant. The background is a plain, light-colored wall.

*Cheers to
You!*

Now go out there and blossom into your Best Self!