



MODULE TWO

Tune In

Class Three: Build A Loving Relationship With Yourself



**“YOUR TASK IS NOT TO SEEK
FOR LOVE, BUT MERELY TO SEEK
AND FIND ALL OF THE BARRIERS
WITHIN YOURSELF THAT YOU
HAVE BUILT AGAINST IT.”**

Rumi





WELCOME TO MODULE TWO, CLASS THREE.

Build A Loving Relationship With Yourself.

In this class we will cover:

- + What it means to practise self-love.
- + How to build a loving, trusting, strong, empowered and connected relationship with yourself.
- + The patterns blocking you feeling love, including searching for love outside yourself, and withholding love from yourself.
- + How to fill yourself up from within and become the source of the love you seek.
- + The power of becoming in tune with your own wants, needs and desires so that you can meet them.
- + How to get clear on your 'self-care pillars', so you can take the very best care of yourself.

HOW TO USE THIS WORKBOOK

This workbook is full of questions that will help you dive deeper into the principles shared in the video class. The workbooks will help you create new levels of self-awareness, make new discoveries about yourself, work through inner blocks and find clarity.

If some questions create resistance, or you feel blocked, it is ok to leave them and return to them later. However, I would also encourage you to lean into any discomfort that arises and become curious as to why it is there for you. It could be that the question has triggered or challenged you in some way, and that is worth exploring further.

Approach these workbooks with an open mind and a willingness to think about yourself in ways you haven't before. I encourage you to enjoy this journey of self-discovery even if at some points it may be a little challenging.

Awareness is the first step to creating change, so get excited about anything you discover, as this is the beginning point for transformation.





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What does practising self-love mean to you?

List 3-5 things that you could do, practise or implement, that would show greater love towards yourself:



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What is your relationship with yourself like at the moment?

List 3-5 ways you want to strengthen and improve your relationship with yourself:



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Notice the ways that you look externally for love. Who's love, approval, acceptance or validation do you find yourself wanting the most and why?

What is your strategy for getting this love? Who do you think you need to be, or what do you think you need to do or achieve, to gain this love from them?



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Next time this plays out, catch it. Choose to let go of the pattern, and bring your focus back onto yourself, so you can be the source of the love you seek.

What I am seeking from them?

Have I been giving this to myself?

How can I give this to myself?



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What parts of yourself do you withhold love from?

What aspects of yourself do you carry guilt and shame around?

What parts of yourself do you make wrong?



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Write a letter of apology, forgiveness and love to yourself.

Dear

I am sorry for...

I forgive you for...

I love you because...



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What are your indicators that your inner reserves are running low?

What quick hit or short-term fix do you normally reach for when you notice these indicators?

How do you want to love, support and nourish yourself when you notice your inner reserves are running low?



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Choose your 3-5 self-care pillars:

How will you practise integrating these into your upcoming week?

PRACTICES TO WORK WITH THIS WEEK:

- + **Practise self-love:** Become more aware of what self-love looks like and feels like to you. Use the exercises in this workbook and the video class to explore in your journal how you want to practise and experience deeper self-love. The way we each experience, feel and create a feeling of self-love is different, so focus this week on uncovering that for yourself. Think about: What makes you feel deeply loved? What parts of yourself need more love? How can you relate to yourself in a more loving way? How can you become more in tune with your feelings, wants and needs? Depending on where you are at on your self-love journey, this may be your main focus of this week.
- + **Mirror work:** Mirror work is a beautiful way to practise self-love. Sit in front of the mirror, look into your eyes and hold your gaze. Send love to yourself. Say kind, gentle and loving things to yourself. Practise being present with yourself and deeply connecting with yourself.
- + **Bring awareness to your relationship with yourself:** Bring deeper awareness to how you relate to yourself, speak to yourself, feel about yourself and support yourself. Focus this week on the relationship between you and yourself. Notice the places where you carry shame, guilt, judgement, blame, negativity and a lack of love within your relationship with yourself, and commit to shifting into a space of forgiveness and unconditional love instead.
- + **Be the source of what you seek:** When you notice yourself looking to another for love, approval, acceptance, validation or praise, pause and stop. Notice what you are seeking and how you are wanting to feel by receiving this from another. Take a moment to reflect on whether you have been giving this love, approval or validation to yourself. If not, think about how you could give to yourself what it is that you are seeking from another.
- + **Map out your self-care pillars:** Use the video class to find clarity on your self-care pillars and write these out. Place them somewhere you can see them regularly. For example, either in your journal, on your mirror or besides your bed. Practise making time for these self-care pillars every week, and reflect on the difference that you notice in how you feel.



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Which practices from today's class would you like to integrate or focus on this week?

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CONGRATULATIONS!
**YOU HAVE COMPLETED
MODULE TWO - CLASS THREE.**

SHARE YOUR EXPERIENCES:

Come on over to our
Facebook community and share about
your insights, realisations, learning or
practices from this week.



