

A woman with blonde hair, wearing a dark patterned dress, is sitting on large dark rocks by the ocean. She is facing away from the camera, looking out at the sea. The sky is a mix of soft pinks, oranges, and blues, suggesting a sunset or sunrise. The water has gentle waves. The overall mood is peaceful and contemplative.

Class Two

WHOLE-HEARTEDLY LOVING
WHO YOU ARE

WOMEN'S GROUP COACHING PROGRAM
WITH CONNIE CHAPMAN

“A massive and essential part of self-love is forgiveness and acceptance. So while you’re making an effort and striving to be the best person you can be, at the same time you need to recognise your own humanity. Try to not hold yourself to impeccable standards, and just do the best you can right now.”

Gala Darling

WELCOME TO CLASS TWO!

In today's class we will be taking a deeper look at your relationship with yourself and the love you experience within yourself and for yourself.

We will be exploring how to anchor more deeply into the energy of love and release the energies of fear, unworthiness, wounding and limitation.

It is time for us all to unlearn our patterns of fear-based living. The problem is that many of us are still giving too much power to the perspective of fear and we are not reaching for and prioritising the voice and perspective of love.

What we need to realise as we step onto this journey of self-love, is that it is not so much about learning to love ourselves. Instead, it is simply about un-learning all of the patterns and perspectives of fear that have kept us disconnected from the love that is already within us.

Who you are at your essence is love. You do not need to create or find this love. It is already within you. All you need to do is clear out everything that is blocking you from living in connection with it.

This is going to be a powerful and deeply healing class. Be gentle, kind and patient with yourself as you move through it.

With love,

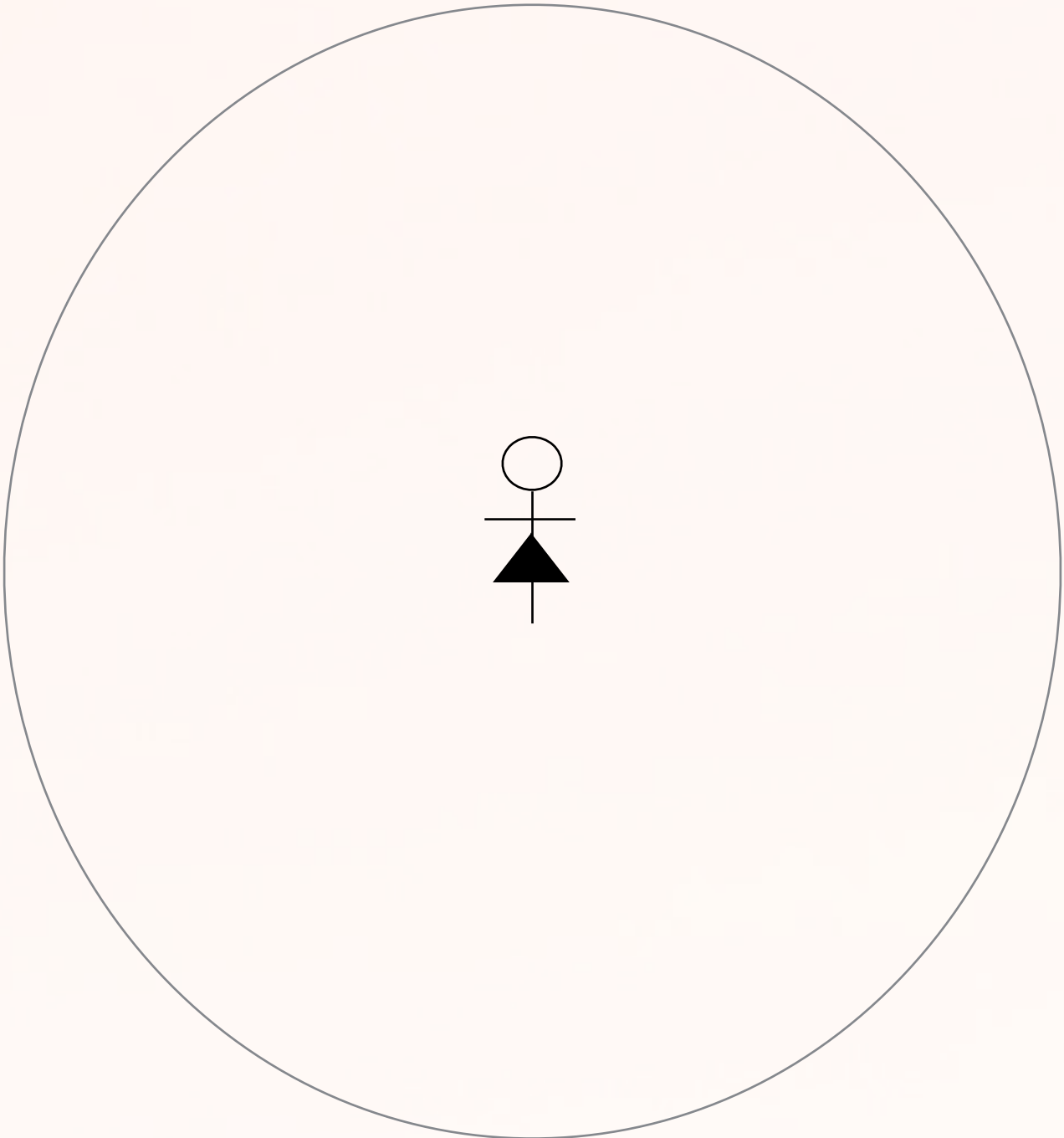
Connie x

IN THIS CLASS WE WILL COVER:

- Clearing the inner blocks and wounds you hold around love.
- Releasing old stories and beliefs about what makes you loveable or worthy of love.
- Radical self-acceptance and how to begin practicing self-love.
- The power of your self-talk and how to shift your inner dialogue out of criticism and judgment and into love and acceptance.
- Creating new inner stories, beliefs and patterns of behaviour that are based on unconditional love.
- Treating yourself like a goddess.
- Self-support and self-soothing and how to care for yourself when you most need it.
- Inner child healing.
- Activating your heart energy.

1. RELEASING BLOCKS

IN THE CIRCLE BELOW, WRITE SOME OF THE KEY NEGATIVE STORIES AND BELIEFS YOU HOLD ABOUT YOURSELF WHICH LEAVE YOU FEELING UNLOVED, UNWORTHY OR NOT GOOD ENOUGH:



1. RELEASING BLOCKS

WHERE DID YOU LEARN THESE? WHAT KEY LIFE EXPERIENCES CAUSED YOU TO START BELIEVING THIS ABOUT YOURSELF?

WHAT MAKES YOU THINK THEY ARE TRUE?

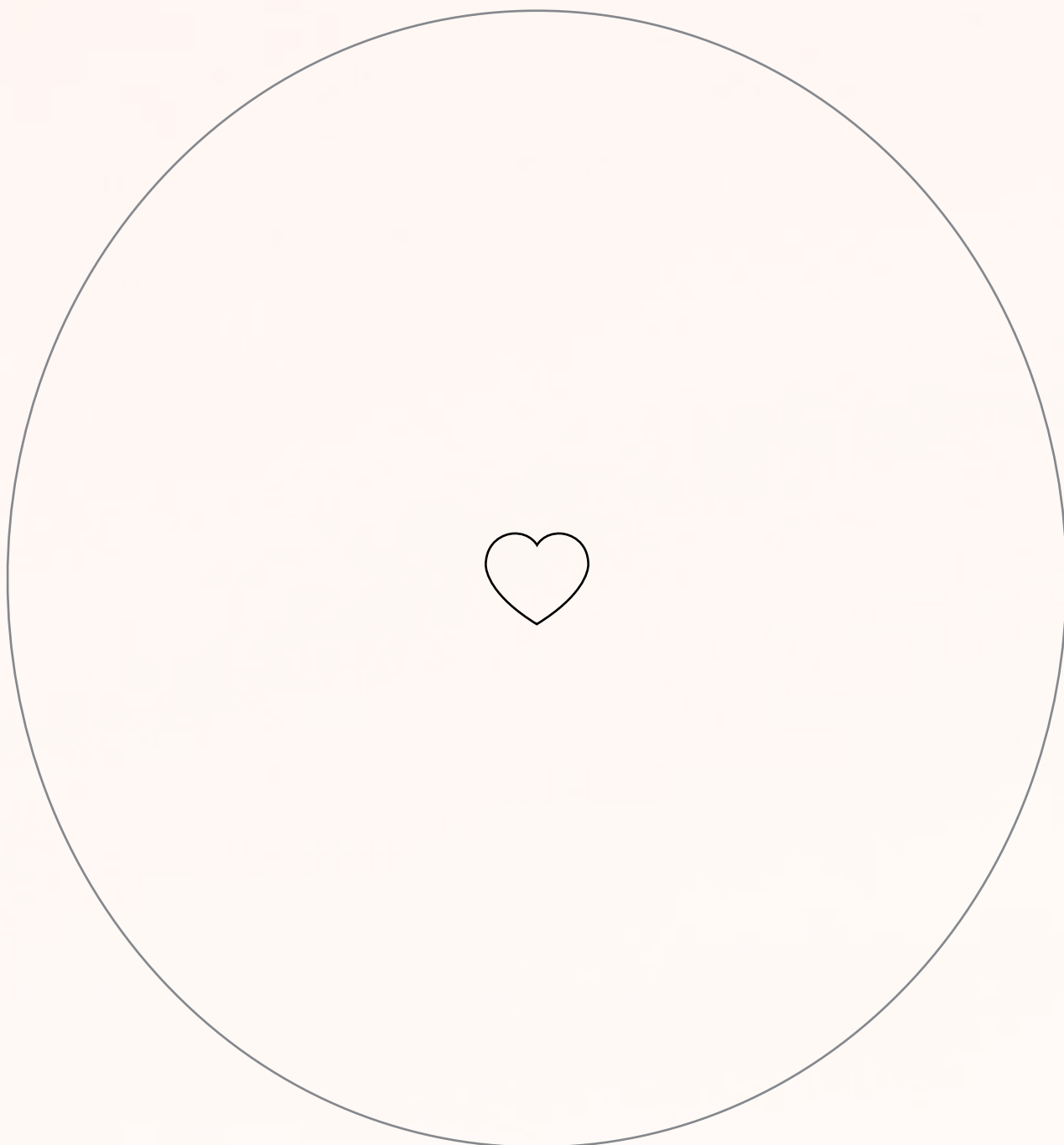
1. RELEASING BLOCKS

IS THERE ANY REASON YOU MAY BE HOLDING ONTO THESE PERCEPTIONS OF YOURSELF?

WHY ARE YOU NOW COMMITTED AND READY TO LET THESE GO?

2. CHOOSING LOVE

IN THE CIRCLE BELOW, WRITE SOME NEW KIND, LOVING AND EMPOWERING THOUGHTS AND BELIEFS THAT YOU WOULD LOVE TO START THINKING ABOUT YOURSELF:



3. YOUR WORTHINESS

IN THE PAST, WHO HAVE YOU THOUGHT YOU NEEDED TO BE OR HOW HAVE YOU NEEDED TO ACT TO BE WORTHY OF LOVE OR BE ENOUGH?

IF YOU KNEW THAT YOU WERE ALREADY LOVED AND ENOUGH JUST AS YOU ARE RIGHT NOW, AND YOU DID NOT HAVE TO EARN IT, HOW WOULD YOU BE SHOWING UP DIFFERENTLY?

4. YOUR SELF-TALK

WHAT SELF-TALK DO YOU EXPERIENCE THAT IS JUDGEMENTAL, CRITICAL OR UNLOVING?

IF YOU WERE COMMITTED TO PRACTISING DEEP SELF-ACCEPTANCE AND SELF-LOVE, HOW WOULD THIS CHANGE YOUR SELF-TALK?

5. UNCONDITIONAL LOVE

IF YOU TRULY AND DEEPLY LOVED AND ACCEPTED YOURSELF, HOW WOULD YOU BE TREATING YOURSELF?

IF YOU TRULY AND DEEPLY LOVED AND ACCEPTED YOURSELF, WHAT DIFFERENT CHOICES WOULD YOU BE MAKING?

5. UNCONDITIONAL LOVE

IF YOU TRULY AND DEEPLY LOVED AND ACCEPTED YOURSELF, WHAT WOULD YOU NO LONGER TOLERATE FROM YOURSELF OR OTHERS?

IF YOU TRULY AND DEEPLY LOVED AND ACCEPTED YOURSELF, WHAT LIFE CHANGES WOULD YOU FEEL EMPOWERED AND READY TO MAKE?

6. GODDESS ENERGY

WHAT DOES IT MEAN TO YOU TO TREAT YOURSELF LIKE A GODDESS?

FIND AN EXAMPLE OF SOMEONE IN YOUR LIFE OR SOMEONE IN THE WORLD, WHO INSPIRES YOU AND WHO YOU FEEL EMBODIES GODDESS ENERGY. WHAT DO YOU NOTICE ABOUT THEM AND HOW THEY LIVE THAT YOU WOULD LOVE TO PRACTISE?

7. INNER CHILD

AS A CHILD, WHAT DID YOU MOST WANT OR NEED THAT YOU DID NOT RECEIVE?

IN WHAT WAYS DOES YOUR INNER CHILD NEED TO BE LOVED, NURTURED, SUPPORTED, MADE TO FEEL SAFE OR ENCOURAGED?

8. SELF-LOVE LETTER

WRITE A LETTER TO YOURSELF, EXPLORING WHAT YOU WOULD LIKE TO FORGIVE YOURSELF FOR, APOLOGISE TO YOURSELF FOR AND THE NEW COMMITMENTS YOU WANT TO MAKE TO YOURSELF:

DEAR:

I FORGIVE YOU FOR:

I AM SORRY FOR:

BECAUSE I LOVE YOU, I AM NOW GOING TO:

WELL DONE!

Well done for diving deep and looking within to answer these questions. There is no right or wrong way to complete this workbook, so please trust that whatever has flowed onto these pages is perfect.

If you have had any insights or realisations while working through these questions, or if there is anything you feel to share, please do come over to our Facebook group and post your experiences. If you have questions or feel stuck in any area, again come into our community and let us know.

While you may feel that something you are going through is quite specific to you, I want to reassure you that others in the group will gain so much from what you share. I have no doubt everyone will be able to relate on some level to what you are working through.

Allow yourself to be vulnerable, to be seen and held. Remember that you are part of a community, and we are all here for you. The more you share yourself and your experiences, the more you will open up to receive the support you need.

I am honoured to be sharing this journey with you and I look forward to seeing what shifts and unfolds for you.

With love,

Connie x

