

CLASS TWO: WHOLEHEARTED  
SELF-LOVE

*Divine Femme*

“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 recognize 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 that you experience within yourself and for yourself.

As you step onto this journey of self-love, it will not so much about learning to love yourself or aiming for a certain destination or outcome.

Instead this is a moment to moment journey of un-learning all of the patterns and perspectives of fear that have kept you disconnected from the love that is already within you.

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.

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.

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:

- Radical self-acceptance and how to begin practising self-love.
- The power of unconditional love.
- Clearing the inner blocks and wounds you hold around love.
- Releasing old stories and beliefs about what makes you loveable or worthy.
- 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 self-love.
- Self-support and self-soothing and how to care for yourself when you most need it.
- Inner child healing and releasing old stories of what makes you loveable.
- Activating and opening your heart energy.



## *Divine Femme | Class Two*

HOW WOULD YOU DESCRIBE WHAT YOUR RELATIONSHIP WITH YOURSELF IS LIKE AT THE MOMENT? REFLECT ON HOW YOU SPEAK TO YOURSELF, TREAT YOURSELF, MAKE TIME FOR YOURSELF, SUPPORT YOURSELF, AND FEEL ABOUT YOURSELF.

WHAT ARE 1-3 THINGS THAT YOU FEEL ARE MISSING FROM THIS RELATIONSHIP?



## *Divine Femme | Class Two*

IMAGINE THE HEART BELOW REPRESENTS AN ENDLESS SOURCE OF UNCONDITIONAL LOVE THAT EXISTS WITHIN YOU. AROUND THE HEART, WRITE SOME OF THE KEY THINGS YOU OFTEN DO, THINK OR TELL YOURSELF WHICH BLOCK YOUR CONNECTION TO THIS LOVE.





## *Divine Femme | Class Two*

FROM THE PREVIOUS PAGE, CHOOSE ONE PATTERN OR INNER STORY WHICH FEELS LIKE A KEY ONE FOR YOU. DESCRIBE IT BELOW.

REFLECT ON HOW THIS PATTERN BEGAN. WHERE DID IT COME FROM? WHERE DID YOU LEARN IT? WHAT LIFE EXPERIENCE CAUSED YOU TO BELIEVE THIS ABOUT YOURSELF?



## *Divine Femme | Class Two*

HOW OLD WERE YOU WHEN THIS PATTERN OR STORY WAS FORMED? BRING TO MIND AN IMAGE OF YOURSELF AT THAT AGE, AND DESCRIBE WHAT YOU NOTICE ABOUT THIS YOUNGER VERSION OF YOURSELF AND WHAT YOU WERE THINKING AND FEELING:

WHAT DID THIS YOUNGER VERSION OF YOURSELF MOST NEED TO RECEIVE OR HEAR IN THAT MOMENT IN ORDER FEEL LOVED, SUPPORTED AND SAFE?



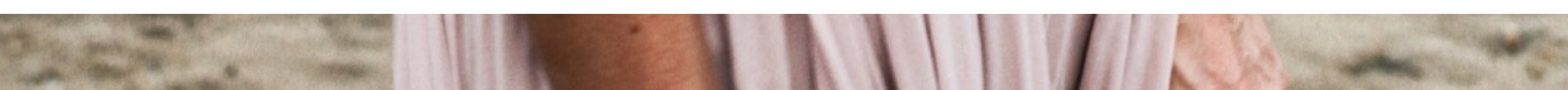




## *Divine Femme | Class Two*

IS THERE ANY REASON YOU MAY BE HOLDING ONTO THIS PATTERN OF BEHAVIOUR OR STORY ABOUT YOURSELF? DOES IT KEEP YOU SAFE IN SOME WAY?

IF YOU WERE ABLE TO LET IT GO RIGHT NOW, WHAT NEW STORY WOULD YOU WRITE IN ITS PLACE?





## *Divine Femme | Class Two*

TO IMPROVE AND STRENGTHEN YOUR RELATIONSHIP WITH YOURSELF, WHAT DO YOU NEED TO:

STOP SAYING TO YOURSELF?

START SAYING TO YOURSELF?

STOP DOING TO YOURSELF?

START DOING FOR YOURSELF?

STOP GIVING TIME TO?

START MAKING TIME FOR?

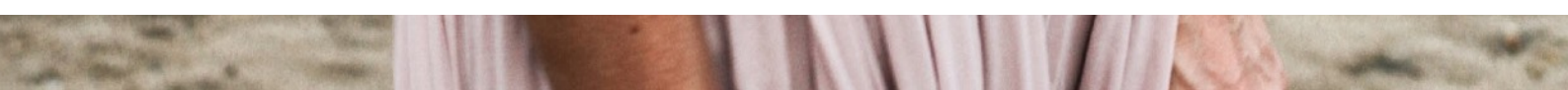




## *Divine Femme | Class Two*

IF YOU WERE PRACTISING RADICAL SELF ACCEPTANCE, WHAT WOULD YOU STOP JUDGING AND CRITICISING YOURSELF FOR?

IF YOU WERE PRACTISING UNCONDITIONAL SELF-LOVE, WHAT PARTS OF YOURSELF WOULD YOU GIVE MORE LOVE TO?





## *Divine Femme | Class Two*

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 WERE ALREADY LOVED AND ENOUGH, AND YOU DID NOT HAVE TO EARN IT OR GET IT, HOW WOULD YOU BE SHOWING UP DIFFERENTLY?



## *Divine Femme | Class Two*

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:



# *Divine Femme | Class Two*

## **CLASS TWO REFLECTION**

WHAT ARE YOUR 1-3 KEY LEARNINGS AND TAKE-AWAYS FROM THIS CLASS?

WHAT ARE 1-3 STEPS YOU WANT TO TAKE FROM THIS CLASS?



## WELL DONE!

Once again, some of the questions in this workbook may have challenged you, or felt difficult to answer. They may have triggered you, stirred up emotion or created resistance.

Trust that whatever arose for you was perfect. Continue to bring a patient and loving approach to this coursework and your own process of working through it.

Refrain from placing expectations, pressure or judgment on yourself and remember that you are doing the best you can.

I know that at times this work can feel confronting and overwhelming, so just keep taking this journey step by step, and work through it at your own pace and in your own way.

There is no right or wrong way to complete this course; whatever unfolds for you is perfect.

Remember that you can come into our Facebook community at any time to share your experiences, receive support and ask questions. Both myself and your community of women are here for you the whole way.

With love,

Connie x



*This workbook and its contents are protected under Copyright  
© Connie Chapman 2019 All Rights Reserved, and must not be  
replicated, copied or re-distributed without permission from  
the owner Connie Chapman.*