



*Women's Group Coaching*  
CLASS THREE WORKBOOK

“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 THREE

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.

The practise of self-love is not about aiming for a destination or outcome. Self-love is an ongoing practice and it is a journey that you will continue to be on your whole life.

The way to practise self-love will change every day based on what you need and what is arising for you. It is a continual practise that involves daily inner work of choosing unconditional love and wholehearted acceptance over judgment, criticism, unworthiness and shame.

In every moment you can either choose to be kind, gentle, understanding, soft, patient, forgiving and loving of yourself, or you can continue to fuel the patterns of inadequacy that you have picked up through your life which keep you small and stuck.

I want to encourage you to see self-love as more of a journey of unlearning. It is a moment to moment journey of unlearning all of the patterns and perspectives of fear that have kept you disconnected from the love that is already within you.

Each time you release one old pattern, inner story, way of thinking or habit, you clear what is blocking you from feeling your natural essence of love. Every layer you release, brings you one step back closer to wholeness.

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. But now is our time to break that pattern and practise a new way of being that empowers us.

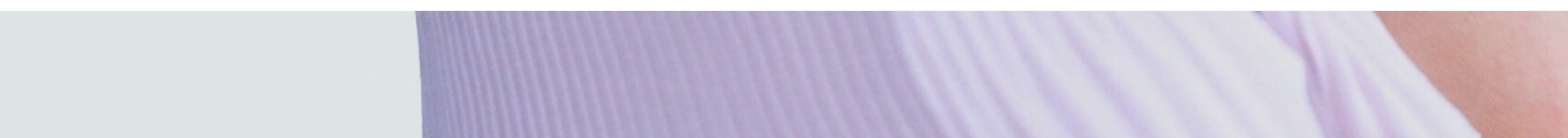
Connie x





HOW WOULD YOU DESCRIBE WHAT YOUR RELATIONSHIP WITH YOURSELF IS LIKE AT THE MOMENT? RELECT 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?



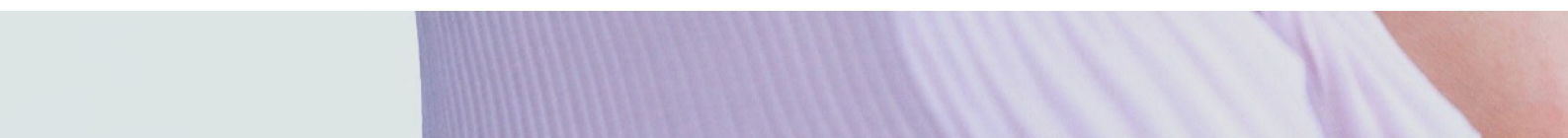
IMAGINE THE HEART BELOW REPRESENTS AN ENDLESS SOURCE OF UNCONDITIONAL LOVE THAT EXISTS WITHIN YOU. AROUND THE HEART, WRITE SOME OF THE KEY THINGS YOU OFTEN DO, THINK OR TELL YOURSELF WHICH BLOCK YOUR CONNECTION TO THIS LOVE.





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

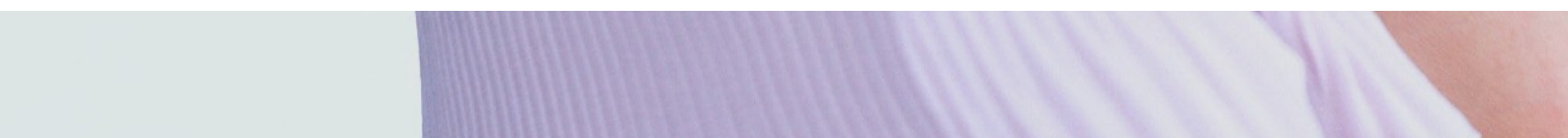
REFLECT ON HOW THIS PATTERN BEGAN. WHERE DID IT COME FROM? WHERE DID YOU LEARN IT? WHAT LIFE EXPERIENCE CAUSED YOU TO BELIEVE THIS ABOUT YOURSELF?





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:

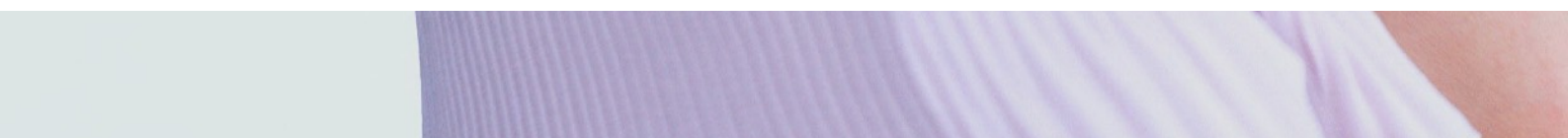
WHAT DID THIS YOUNGER VERSION OF YOURSELF MOST NEED TO RECEIVE OR HEAR IN THAT MOMENT IN ORDER FEEL LOVED, SUPPORTED AND SAFE?






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?







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?

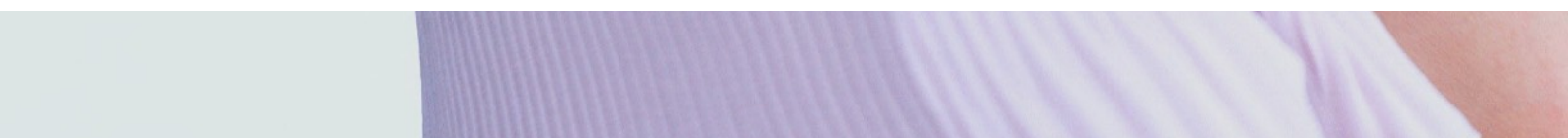
START MAKING TIME FOR?





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

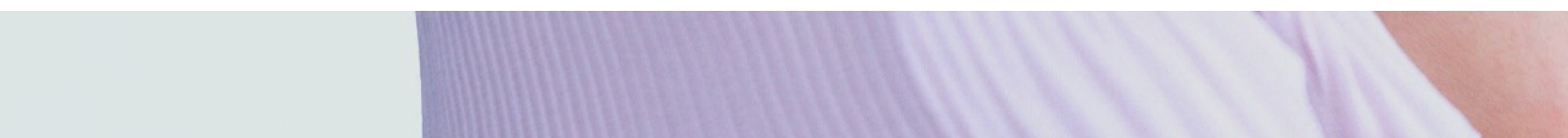
IF YOU WERE PRACTISING UNCONDITIONAL SELF-LOVE, WHAT PARTS OF YOURSELF WOULD YOU GIVE MORE LOVE TO?






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?





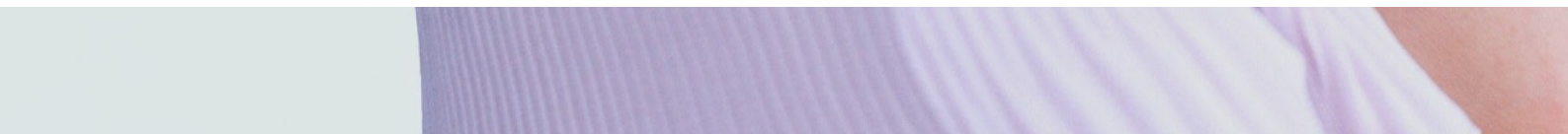
WRITE A LETTER TO YOURSELF, EXPLORING WHAT YOU WOULD LIKE TO FORGIVE YOURSELF FOR, APOLOGISE TO YOURSELF FOR, AND THE NEW COMMITMENTS YOU WANT TO MAKE TO YOURSELF.

DEAR:

I FORGIVE YOU FOR:

I AM SORRY FOR:

BECAUSE I LOVE YOU, I AM NOW GOING TO:

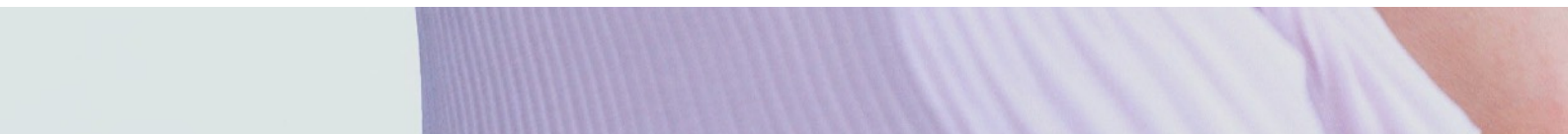




## CLASS REFLECTION

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

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





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