

divine femme



Class Three

Embrace and love all of who
you are

welcome



Welcome to Class Three of Divine Femme! This week we will be working on healing your relationship with yourself so you can feel a deep sense of self-love and embrace all of who you are.

This workbook complements the Live Class and will help you reflect and do the inner work.

Please watch the Live Class first before completing this workbook, or work through it while you are watching the class.

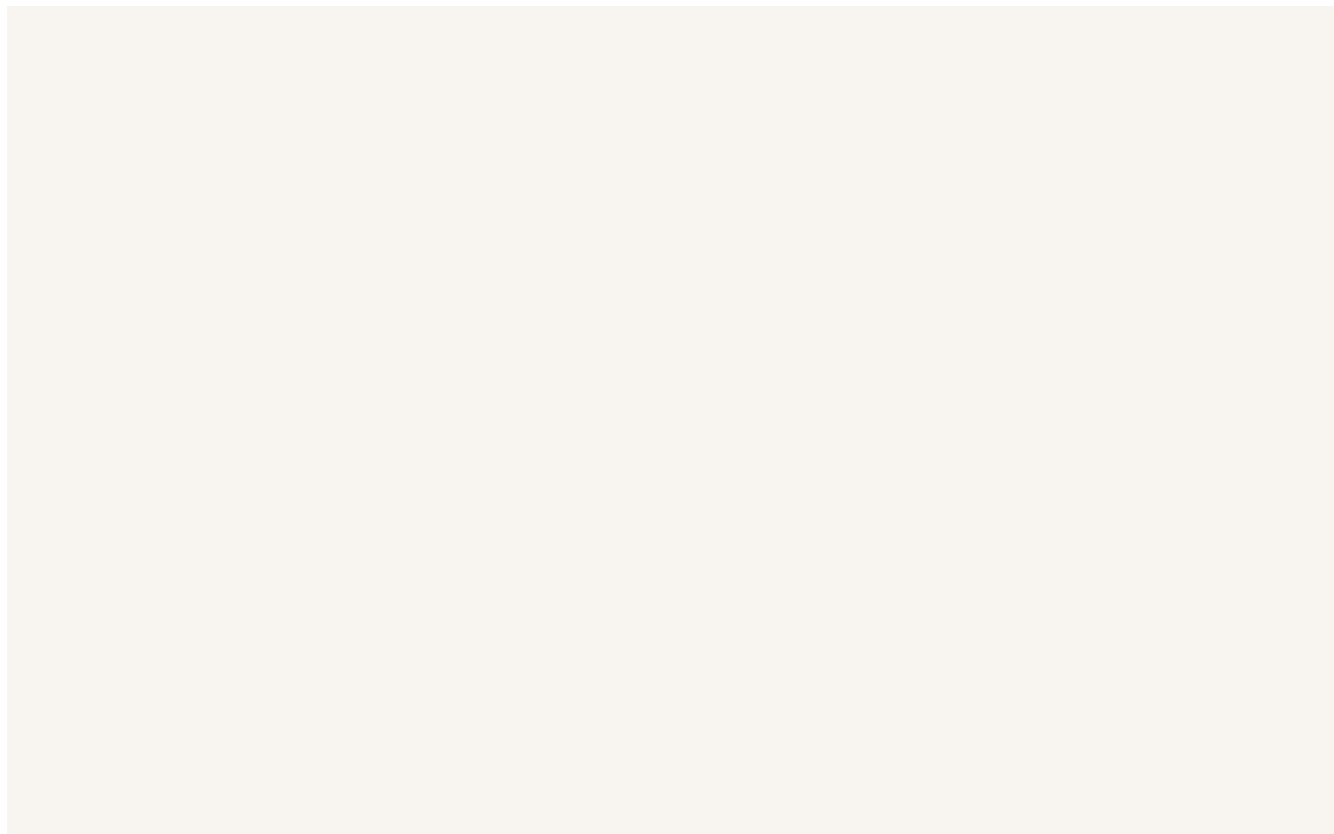
You can type directly into this workbook or print it out and handwrite your responses.

Take your time with these questions, and trust whatever wants to flow.

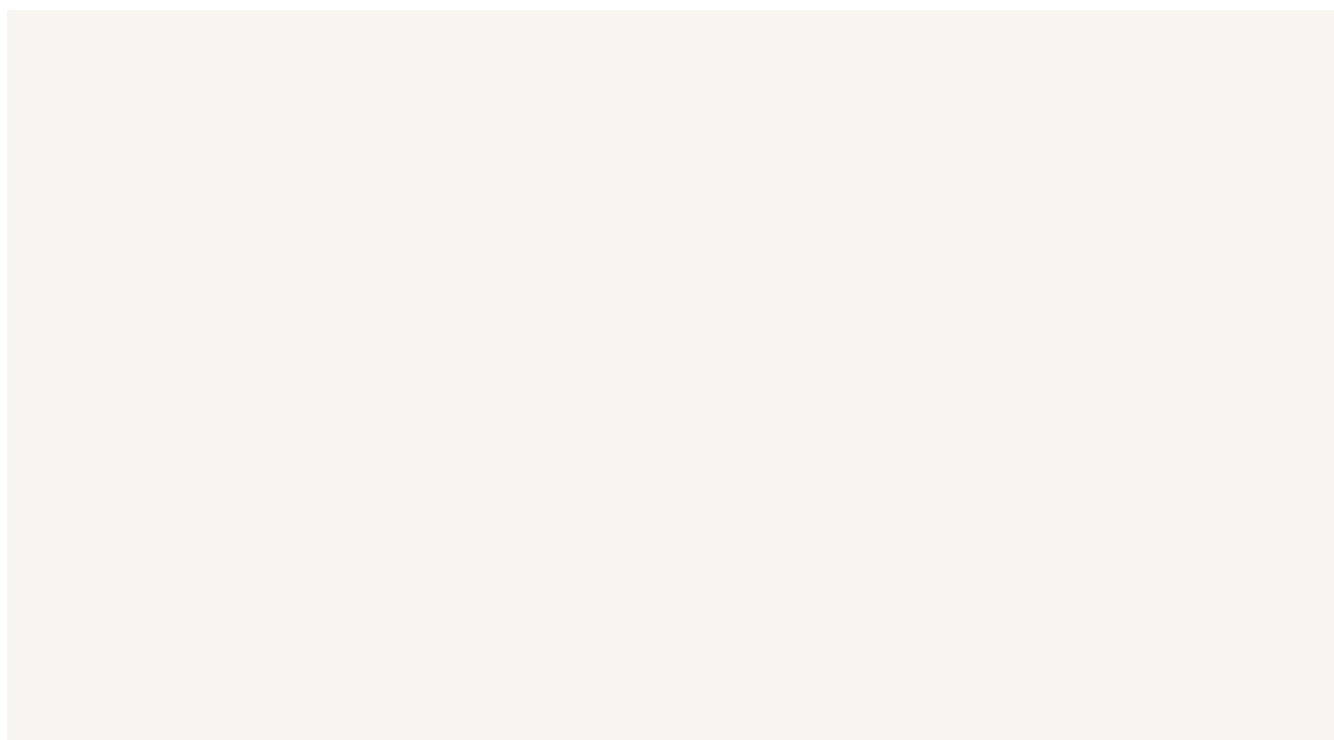
Connie x

QUESTIONS

*How would you describe what your relationship with yourself is like at the moment?
Reflect on how you speak to yourself, treat yourself, and feel about yourself.*



What are 3-5 things that are missing from this relationship?



QUESTIONS

Imagine that the heart below represents the endless source of unconditional love that exists within you. Around this heart, write some of the key things you often do, think, believe or tell yourself which block your connection to this love.



QUESTIONS

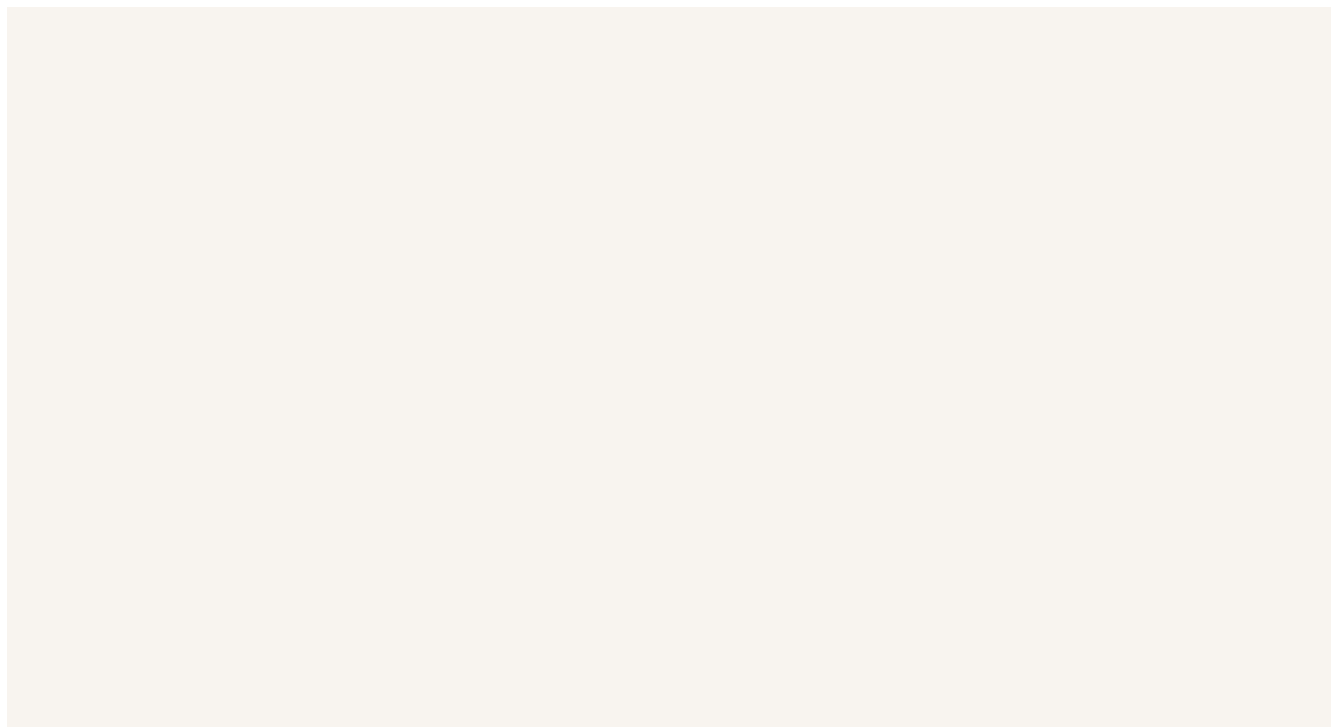
What would help bring you back into connection with this love? Around this heart, write out the things you can do, think, believe or tell yourself that will bring you back into connection with this love and make you feel loved by you.



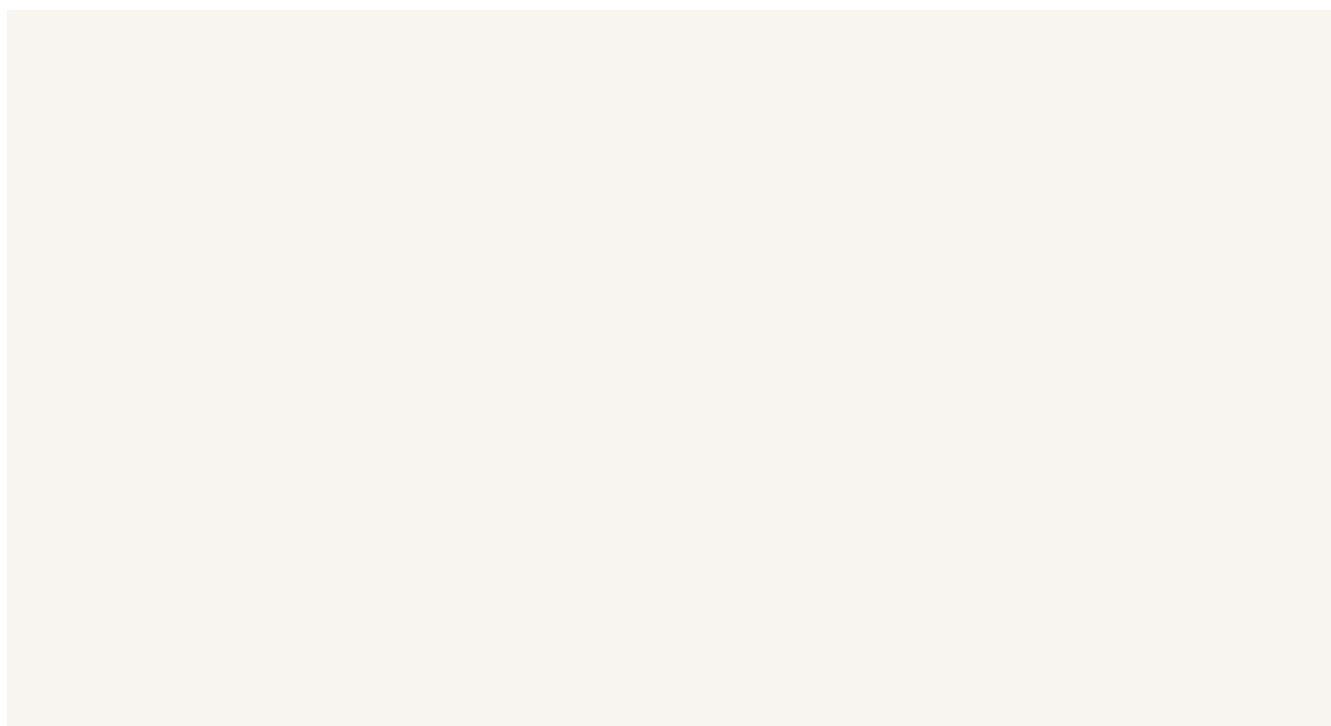
QUESTIONS

Reflect on the ways you experience and practice conditional self-love:

When do you most love yourself or feel worthy of love? What conditions or rules do you need to meet in order to love yourself or feel worthy of love?



When do you least love yourself or feel worthy of love? What conditions or rules do you need to break in order to lose your love and feel unworthy of love?



QUESTIONS

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:

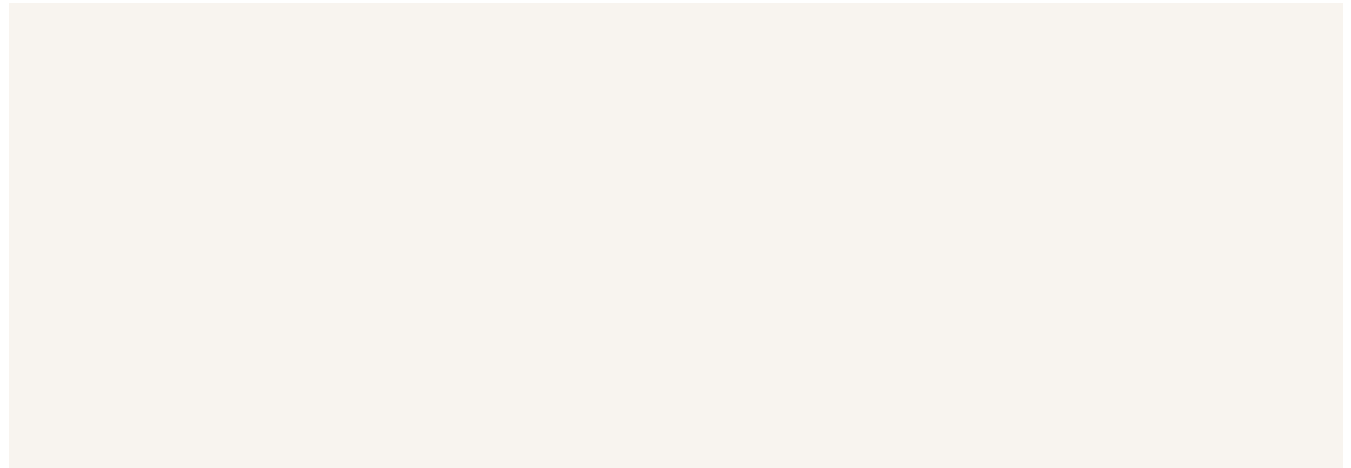
Start doing for yourself:

Stop giving time to:

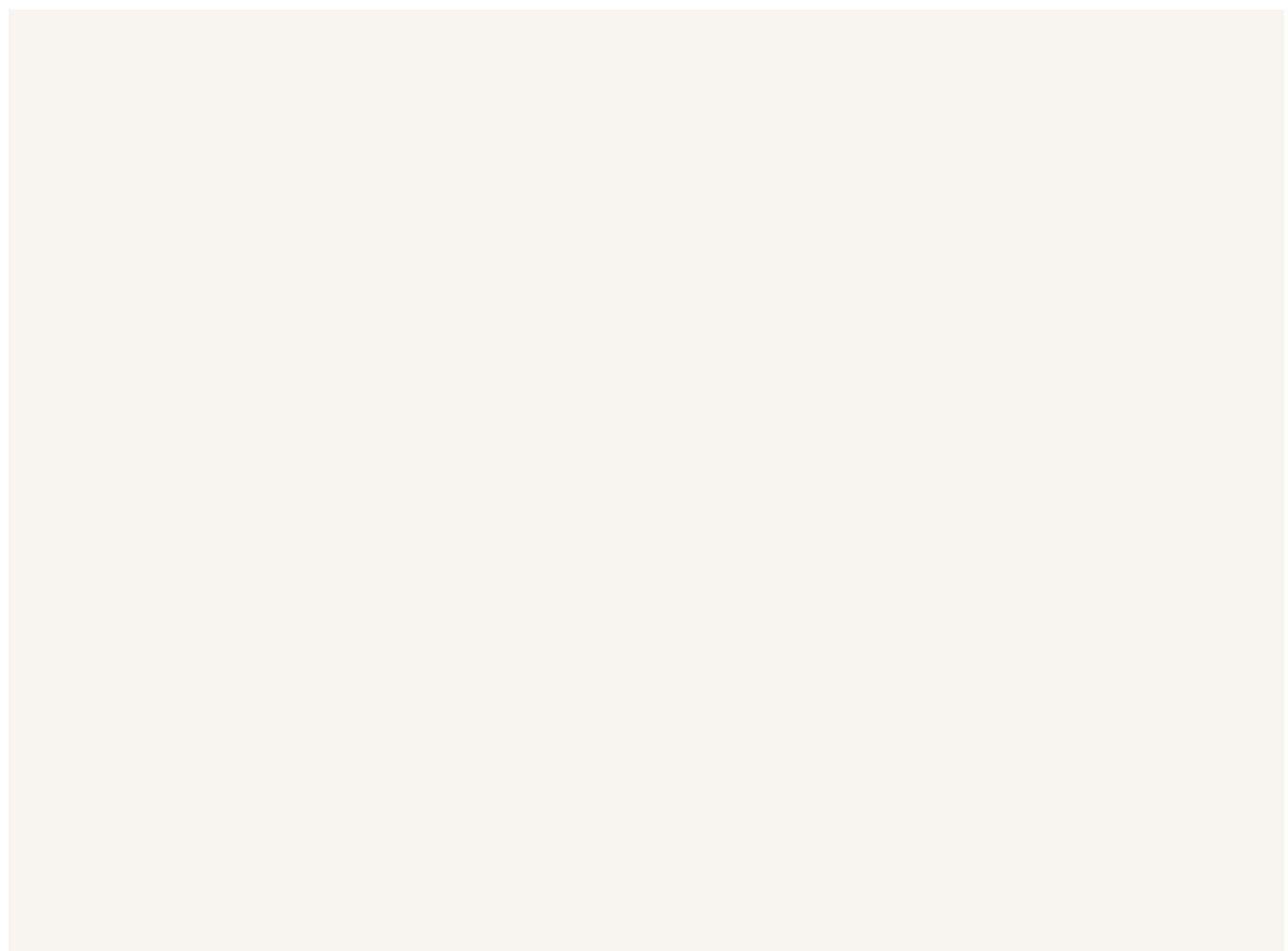
Start making time for:

QUESTIONS

What do you tend to judge and criticise yourself for?



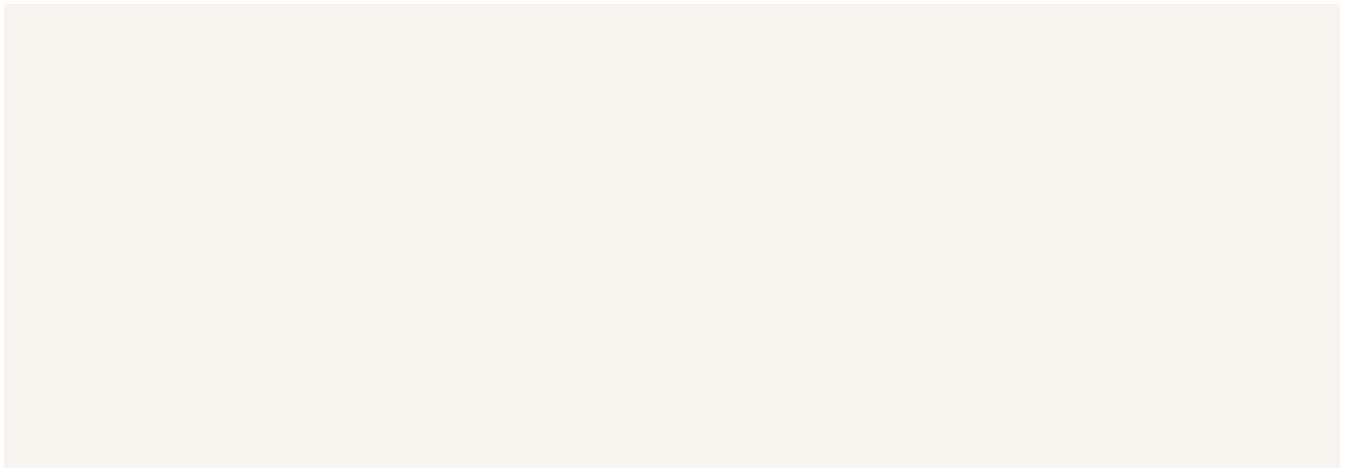
Use the following framework to practice self-love. "Even though I (insert area you judge or criticize) I still deeply and completely love and accept myself." Write this sentence for every part of you that you judge. For example, "Even though I emotionally eat, I still deeply and completely love and accept myself."



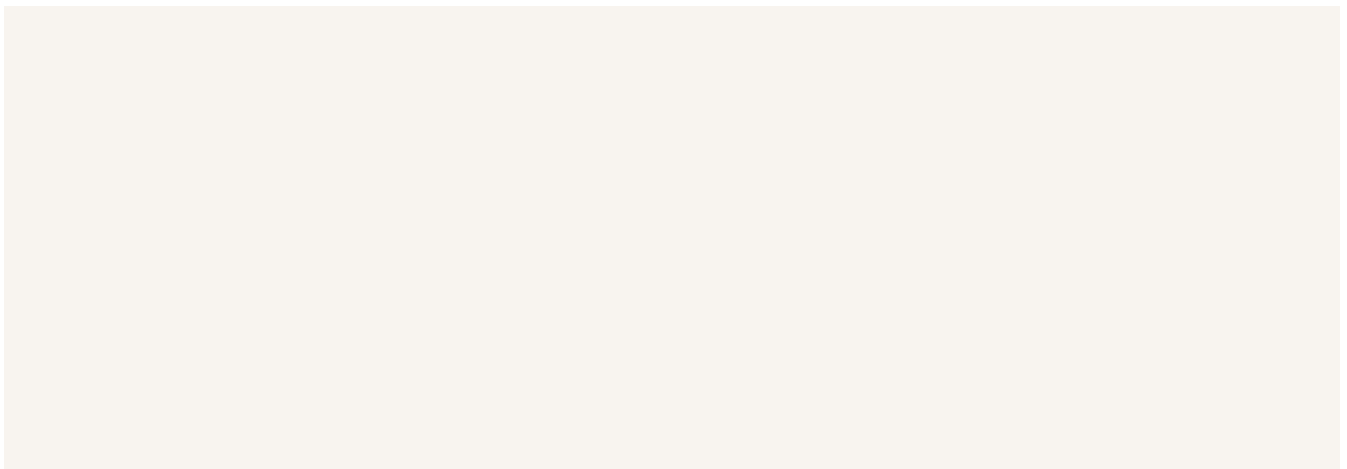
QUESTIONS

Write a letter to yourself exploring what you would like to forgive yourself for and apologise to yourself for, and then state the new commitments you want to make to yourself:

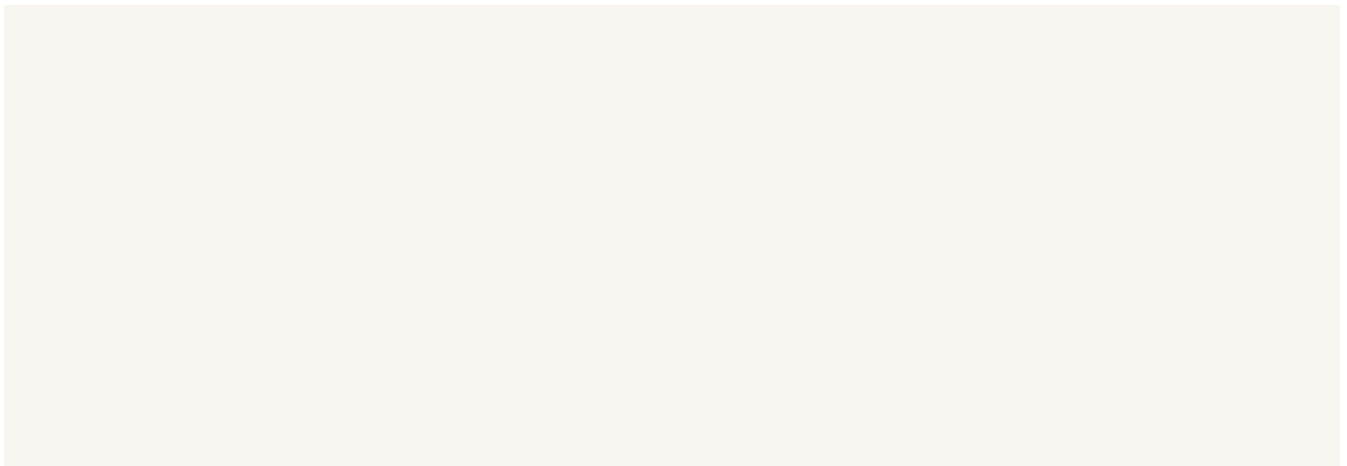
I forgive you for:



I am sorry for:

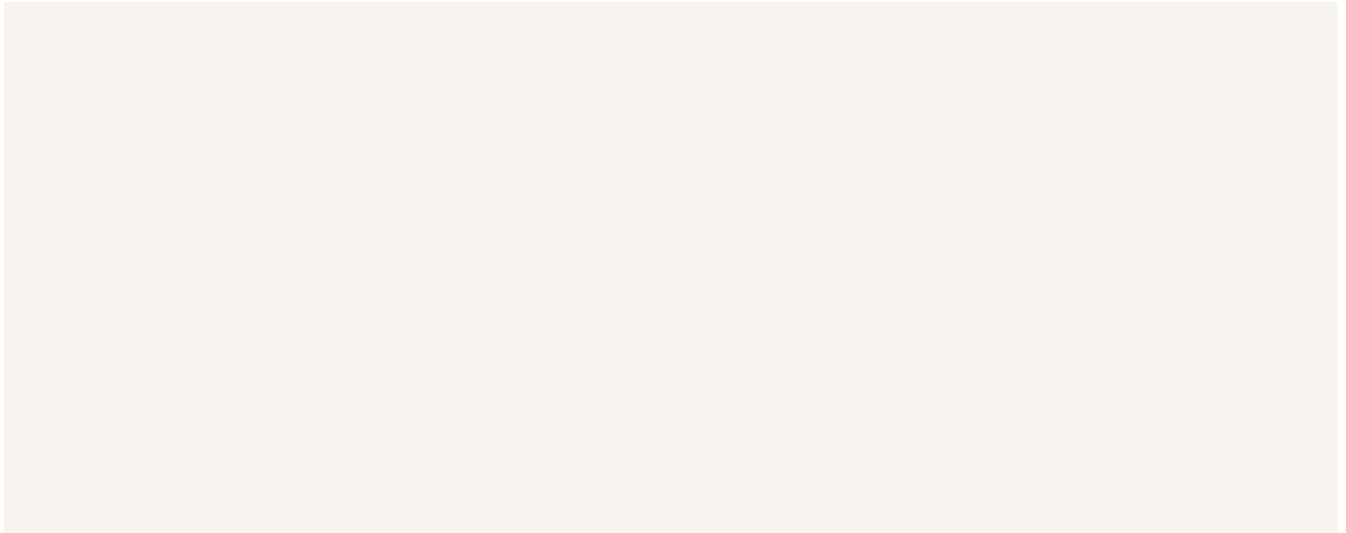


Because I love you, I am going to:

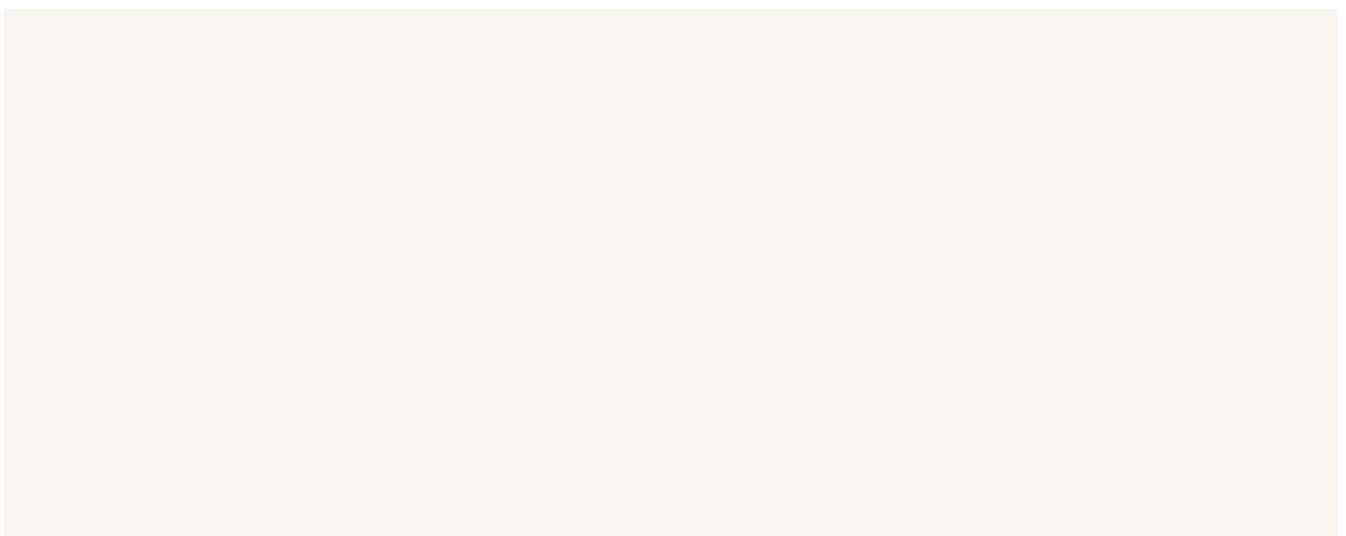


QUESTIONS

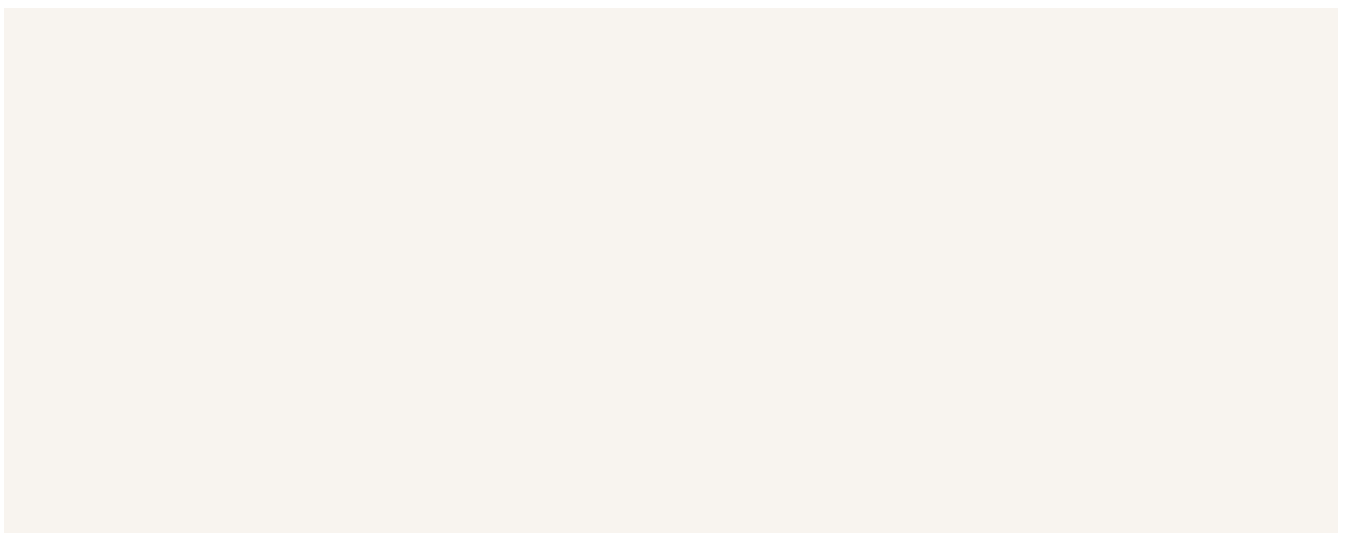
What parts of yourself need more of your love and acceptance?



What are some ways that you would like to start practising more self-love?



What are some ways that you would like to start practising greater self-care?



NOTES

Additional thoughts, feelings and reflections:

A large, empty, light beige rectangular area intended for writing notes. It occupies the majority of the page below the introductory text.

You've completed your
workbook!

Come on over to our
Facebook community and
share your reflections and
insights from this week's
workbook with the group.