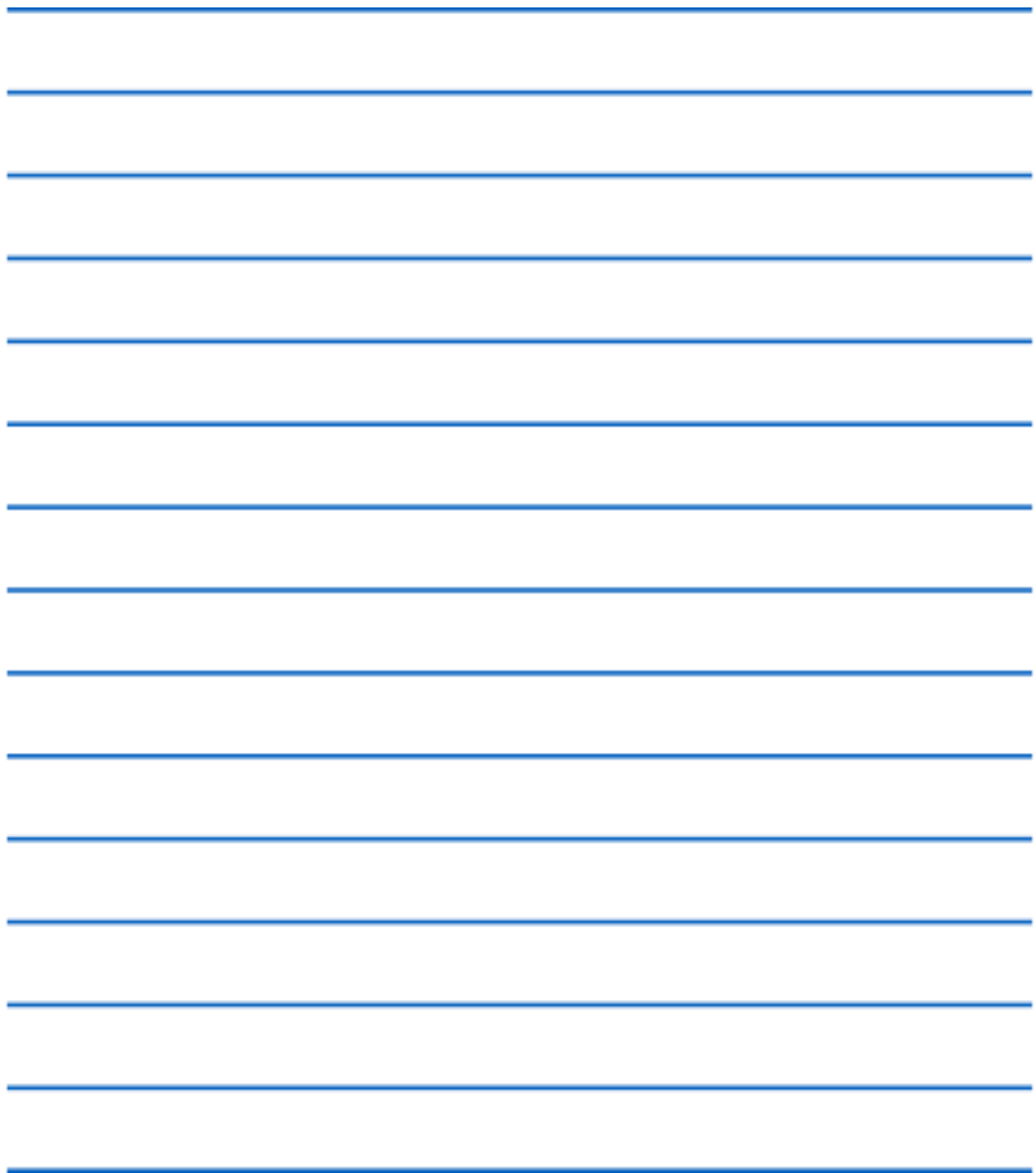


5 Steps to Self-Love



Step 1: Body Love

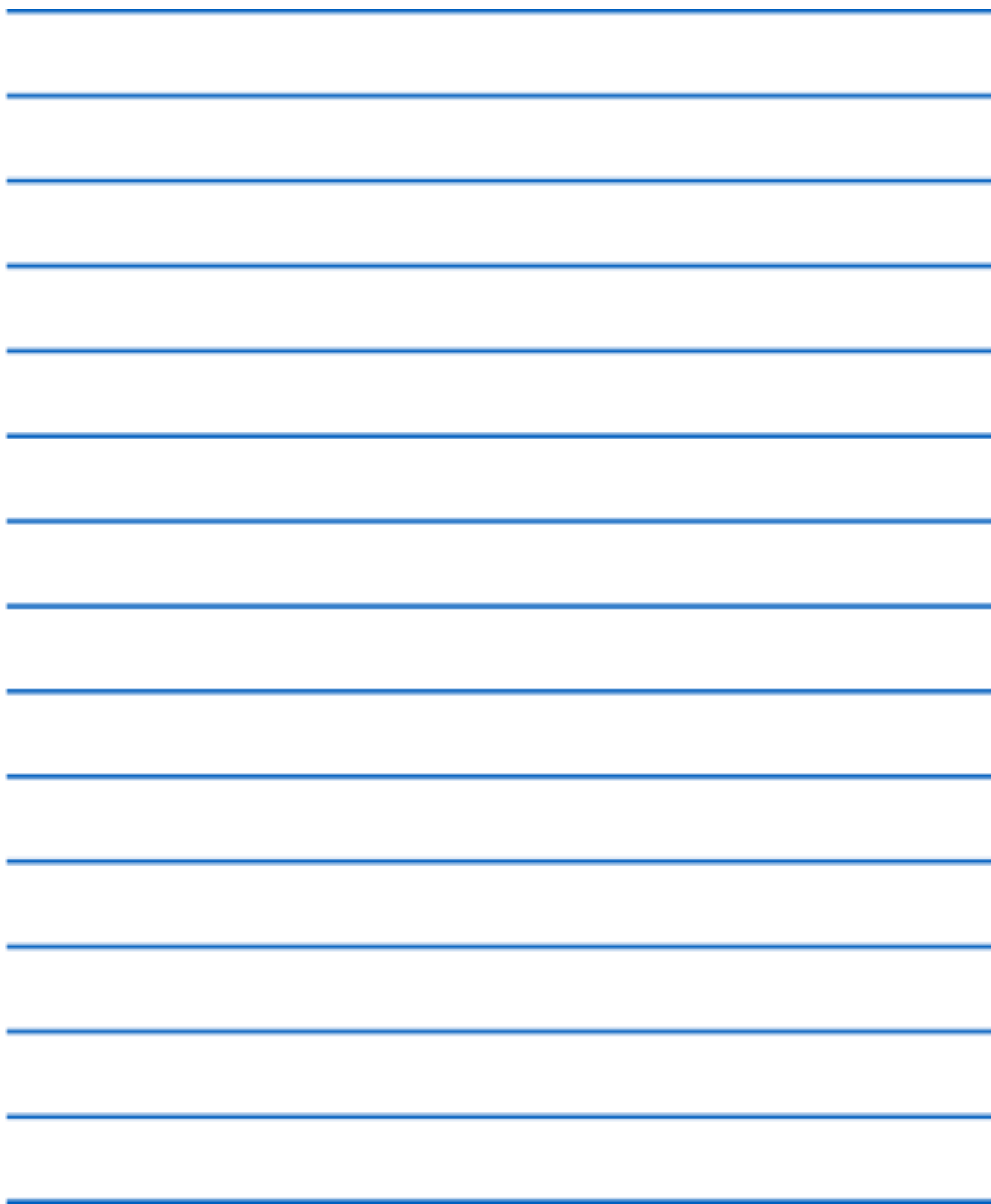
- 1) Make a list of things your body does for you on a daily basis to help you: ex. “my legs carry my body and help me to go to work every day”**
- 2) List all of the challenges you have been through in your life and how they have made you stronger.**
- 3) Pick out a body part that you do not like and say “thank you for....”**
Ex. Thank you belly for carrying my baby, thank you for helping me to eliminate toxins from my body, thank you for digesting my food every day etc.
- 4) List 75 things you like about yourself.**



Step 2: Self compassion

Look at a recent eating episode (emotional eating, eating an “off limit food” or overeating): Show self-compassion to yourself by talking to yourself like you would a best friend or loved one:

- 1) What would you tell them?**
- 2) What tone would you be using? Loving/non-judgemental or harsh and degrading?**
- 3) Now, write down what you would tell yourself and what tone you would use.**
- 4) If you are talking to yourself differently than a loved one/best friend; why?**
- 5) What standards or judgements or unrealistic expectations of yourself are getting in the way of talking to yourself in a loving kind non-judgemental voice?**



Step 3: Quieting The Chaos

**Do you usually take time out to quiet your mind during the day,
or are you constantly going, going?**

Do you find it hard to find time for meeting your own needs?

It is so easy to ignore our own needs and wants when we have a family, a demanding job or just a hectic life. Society looks upon the overachiever, the busy mom who does it all or the person who has the perfect Facebook profile.

Do you actually have “me time”?

Are you feeling disconnected to your body?

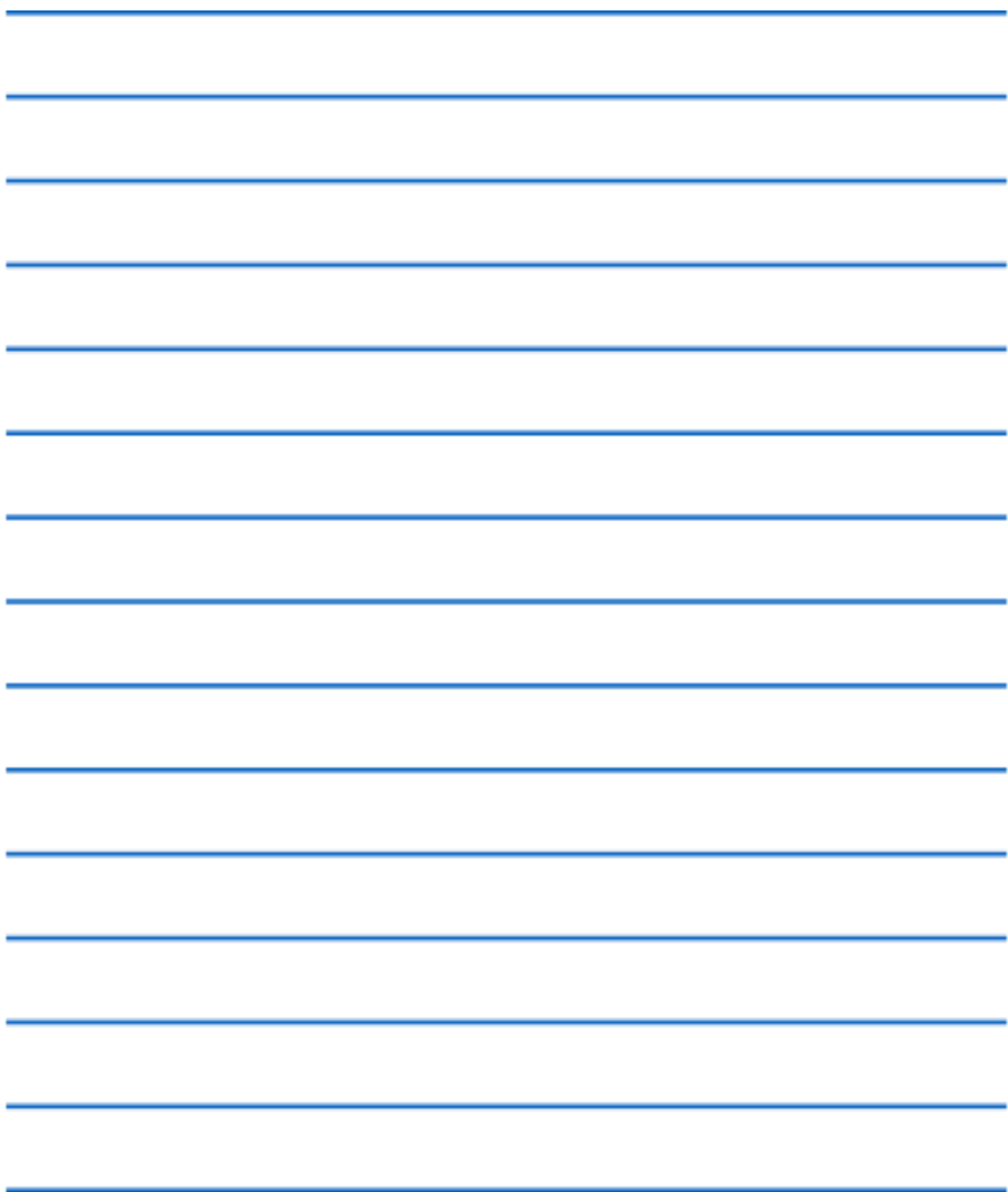
Are you just going through the motions of living your life until you just collapse into your bed at the end of the day?

Steps to Take

1) Sit down and slowly stretch and give yourself a massage; touching or caressing your body as if you are touching a loved one or pet. Feel the loving kindness in your touch. This will help you feel grounded and more in touch with your body.

2) Find time to quiet your mind. Slow mindful yoga is wonderful; I teach grounding gentle yoga in my monthly membership community, lucky you (more info below).

3) Take at least 5 minutes of getting outside each day or being alone (even if it is in the bathroom). This time will help you to reconnect with yourself again and reset your brain to handle stress more effectively.



Step 4: Self-Care

Are you getting all of your basic needs met? When your basic needs are met, we are more resilient to changes and to challenges in our lives.

When you are taking caring of yourself you are in a much better condition to take care of others. Self-care is not being selfish, it is actually the opposite of selfishness. You are getting yourself in a happy, healthy place to take the possible best care of your loved ones. Lets get your self care in check shall we?

Self-care assessment

1) Physical:

How is your sleep? Are you getting enough for you to feel rested?

Do you get regular medical/dental checkups?

Do you take time off of work/school when sick?

Do you take regular time off of work/vacations?

Do you move your body in a joyful way at least 5 days a week?

2) Emotional and psychological:

I make time for self-reflection.

I am aware of my feelings without judgement.

I write my feelings/thoughts down in a journal or on a computer.

I have hobbies I enjoy.

I give of my time to help others in my community or people in need.

I have down time.

I seek therapy when needed.

I have someone I can confide in.

I make time to have fun.

3) Relationships

I spend time with people who lift me up and whom I can confide in.

I make time to spend with my family and loved ones.

I have a spouse/significant other who supports and loves me and makes me feel loved.

I speak up for my needs and establish boundaries when needed.

4) Spiritual

I spend time in nature.

I make time for reflection.

I seek or am part of a church or spiritual community.

I pray.

I meditate.

5) Boundaries

I maintain a manageable and doable work schedule.

I take breaks from tv, social media, computer, phone or video games.

I say no to work, school or volunteer projects that will overextend me.

I speak up when others try to cross my boundaries.

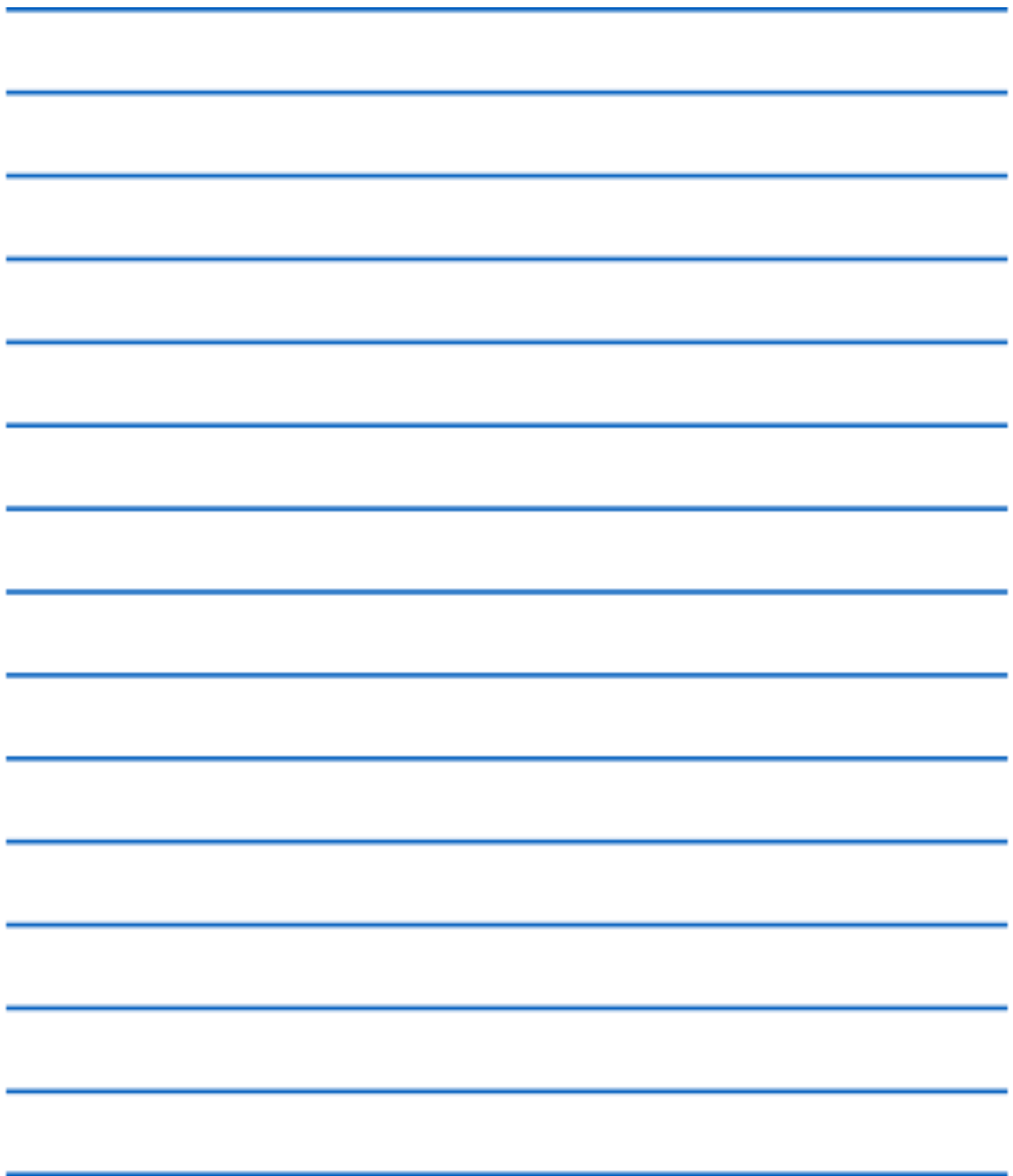
I try to balance work, school, family and rest time.

Journaling Prompts

1) Did you notice any self-care areas that you need to incorporate into your life?

2) Any areas you came across that you need to get rid of to take care of yourself better?

3) Go through each category and write down one or two strategies that you are willing to implement consistently to improve your self-care. If you do not see a task that would improve your self-care write it down and make a commitment to implement it.



Step 5: Improve Your Relationship with Food

Do not judge yourself for what you eat. Every food is a good food. You cannot become a bad person for eating an “off limit” food. You cannot automatically become a saint for eating “good and healthy” foods. Unless you stole the food or killed someone for the food you ate, no guilt should be involved in your eating experience.

Also, quit listening to the rules of diet plans, wellness plans and “it’s a lifestyle” plan. You are the expert of your own body and what should be put into it.

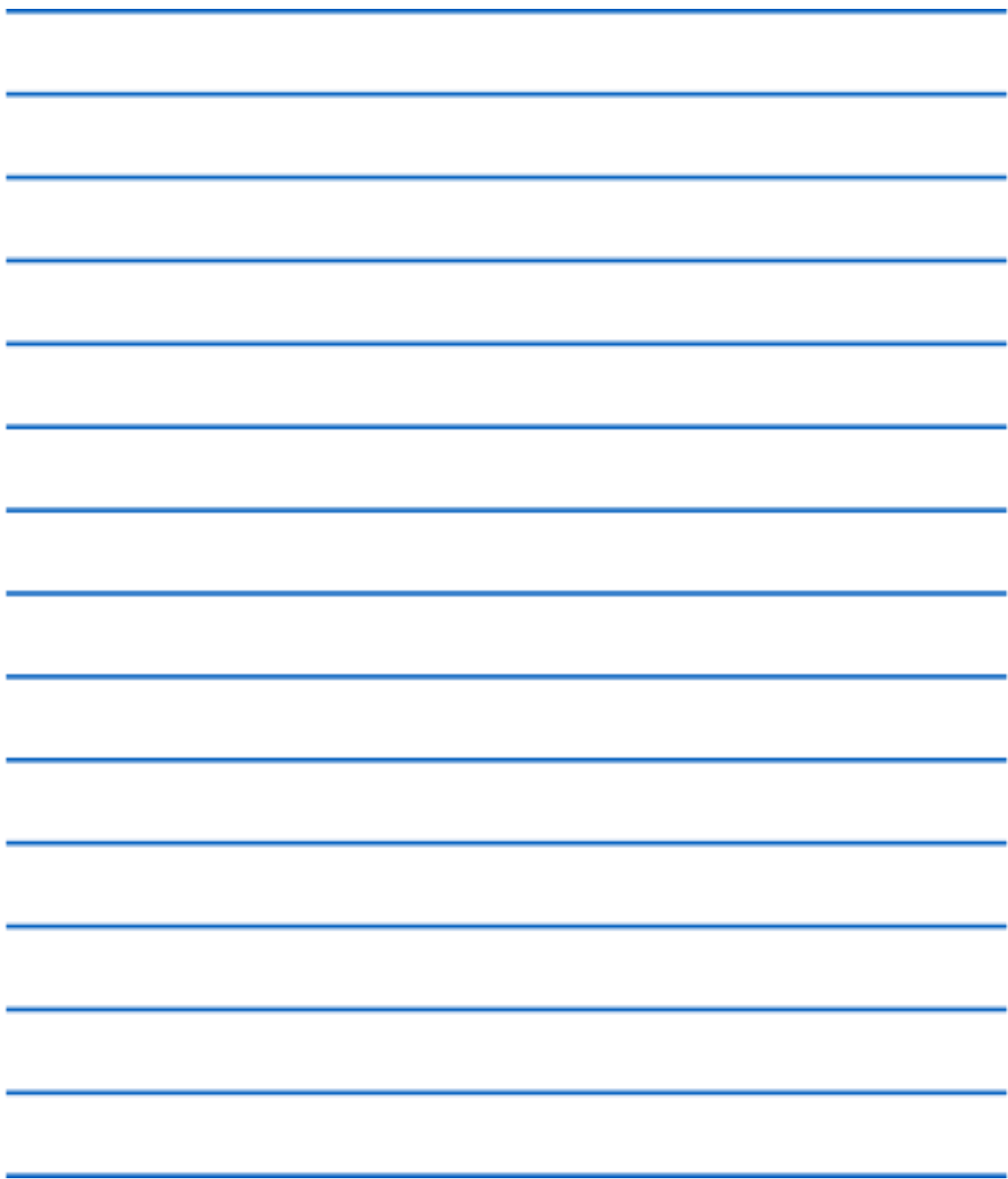
1) Examine any diet rules you still hold onto and write them down.

2) Before you eat ask yourself: What do I really want to eat? Do I want something salty, sweet, spicy, crunchy, smooth, something cold or hot, something heavy or light? Am I meal or snack hungry? How will my body feel after I eat this food? Will this food satisfy me?

3) What food or foods do you currently restrict?

4) Make your eating experience pleasurable and savor your food:

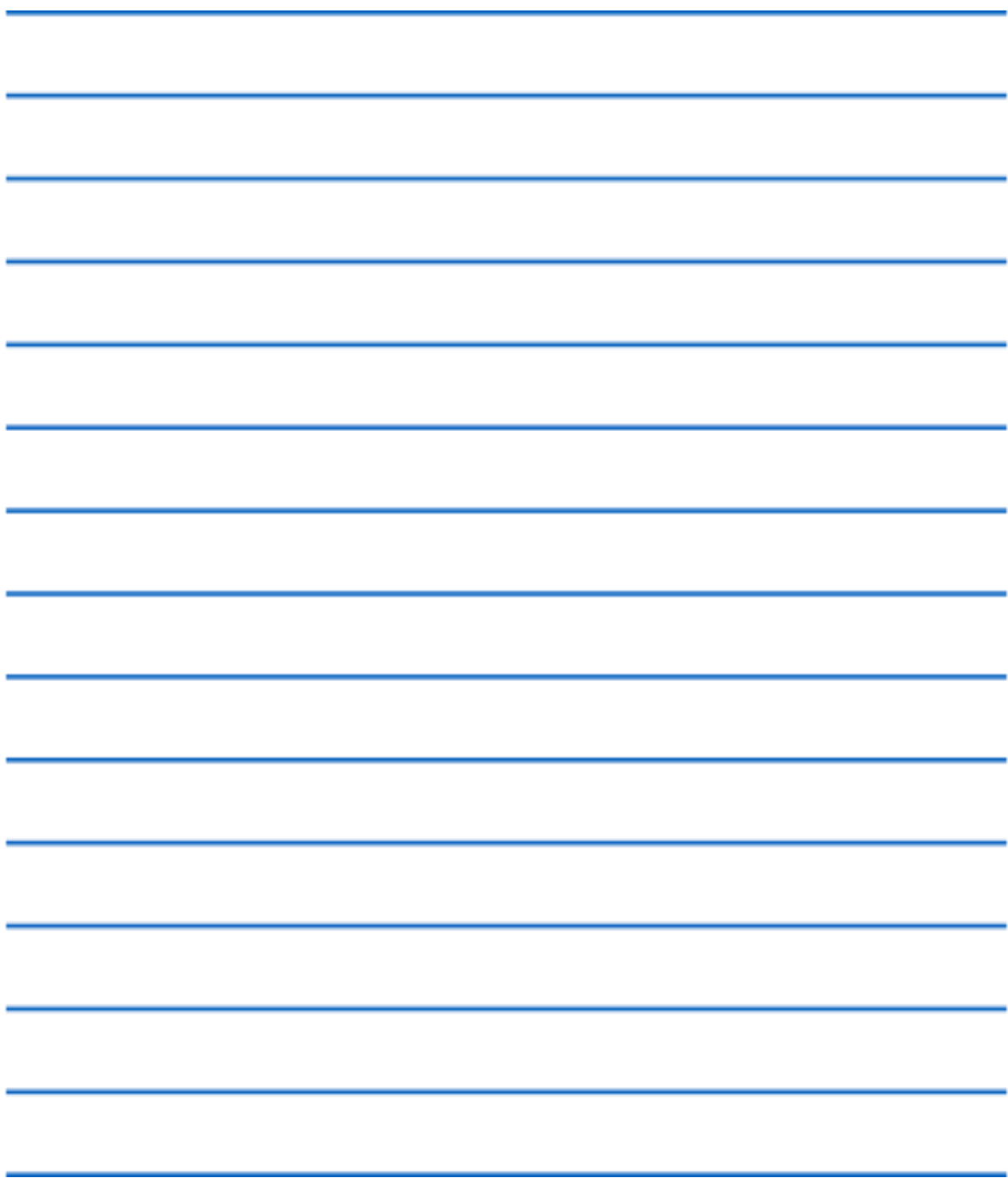
Eat distracted free, shut off the tv and your cell phone, set a beautiful place setting. Savor every bite and halfway through your meal check in with yourself and ask: do I still like this food? Am I still hungry? Savor the flavors, texture, temperature and smell of the food you are eating. Food is meant to be enjoyed and not feared!!!



What Have You Learned?

- 1) What are 2 or more takeaways from this journal you have learned?**
- 2) What is 1 thing you can implement today to improve your relationship with food and or with your body?**
- 3) Write down at least 1 goal you can set for yourself to achieve within the next month.**

Ex. I will let 1 food into my eating experience that I usually forbid and not judge myself, I will not judge myself as harshly when I look in the mirror, I will implement 1 new self - care activity into my life.



If you enjoyed this journal activity please share with someone who might benefit from this journal.

Thank you for completing this journal and I hope it will be instrumental in rediscovering your self-love, which you so deserve.

And remember: You Are Enough!!!

Kimberly Melillo

CEO of Inspired Curves Yoga & Wellness

