100% self-love

mentally emotionally nutritionally
physically sexually financially spiritually

workbook

© Michelle McGrath Sacred Self

www.sacredself.com.au

Loving Myself **Mentally**

I am unique.
I am one of a kind.
I allow magic to flow
from my heart and mind.

My reflections about how I think about myself and what I believe is possible for me. Are there some beliefs that are not very self-loving? Am I ready to let them go? What would be more empowering alternatives?

Loving Myself **Emotionally**

I allow myself to feel
all my feelings.
It is safe to
open my heart
to myself.

It is safe for me to be honest with myself about my feelings. I am ready to let go of self-judgement and not make any of my feelings 'wrong'. They simply exist to draw my attention to parts of me that are asking for my acceptance.

Loving Myself **Nutritionally**

I let go of all
that no longer serves me.
I can choose differently in
each moment.

How do I feel about my relationship with food and self-nourishment? Are there any steps that I can take now to adopt a more healthy approach to food as an enjoyable aspect of my life?

Loving Myself **Physically**

I honour my body
as a sacred temple
and appreciate
its hard work.

How do I feel about physical activity and exercise? What can I explore now to develop a stronger sense of safety in my body? Is there anything that I am storing that I am ready to let go of? My body is an amazing sacred vehicle through which I'm experiencing this life. I can choose be more compassionate and nurturing towards it.

Loving Myself **Sexually**

I am the One.
Whole, perfect and
complete.

My level of intimacy and connection with myself overflows into all of my relationships. How can I deepen my connection with my sexuality? The more in tune I am with myself, the more I can relate to others in a healthy way. The way I view myself is the filter through which I relate to everyone else.

Loving Myself **Financially**

I am grateful
for the abundance
of life that
flows through me.

My relationship with money is reflected by my sense of self-worth.
I choose to let go of limited beliefs about money and realise that I am a limitless Being. The more gratitude I feel, the more I can open myself up to the flow of abundance.

Loving Myself **Spiritually**

I hold the
highest vision
of myself in my heart and
let go of the 'how'.

How can I nourish my energetic centre of personal power and empower myself? Which crystals for self-love would I like to experiment with to support my solar plexus chakra? I choose to see myself from a higher loving perspective and know that I am connected to the unity of all Beings.