

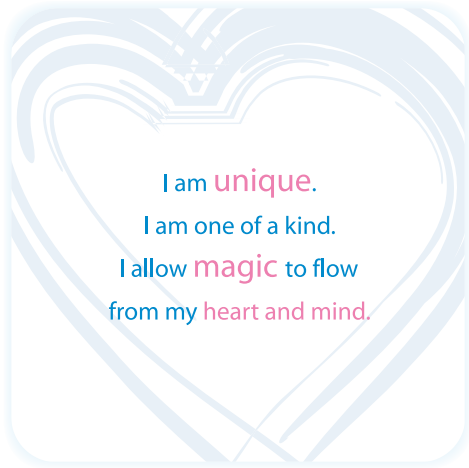
# 100% self-love



mentally emotionally nutritionally  
physically sexually financially spiritually  
*workbook*

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# Loving Myself **Mentally**



*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?*

Handwriting practice lines consisting of 20 horizontal dotted lines.









# Loving Myself **Emotionally**



*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.*

Handwriting practice lines consisting of 20 horizontal blue dotted lines.











# Loving Myself **Nutritionally**



*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?*

A series of horizontal blue dotted lines for writing.





























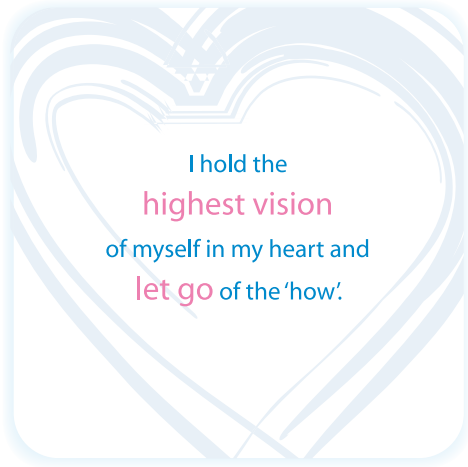








# Loving Myself Spiritually



*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.*

A series of horizontal dotted lines for writing, spanning the width of the page below the main text.







