

LOVE YOURSELF GUIDE

This process is relatively easy:)

HOW TO DO STEP #1

Find a baby/childhood photo of you that makes you smile:)
Try to choose one where you can look in the eyes.
(i.e. kinda like the photos of Elise and Brian on the one-pager)

To answer the question on Step 1 Tips, look at your photo...
Now ask yourself things like:

Do you see innocence?
Do you see joy?
Do you see freedom?
What lights this child up?
And write those answers down:)

HOW TO DO STEP #2

If this is difficult, think of how you'd talk to any other child...
Then find a quiet space where you will be undisturbed
(yes, even put your phone on "do not disturb")...
look your younger self in the eye for a few moments, and
connect...

To answer the question on Step 2 Tips, remember:
ONLY you will see this...
We believe honesty is the best policy here-
So don't hold back!

The deepest healing comes from being honest.
We want you to SEE the nasty stuff you say to yourself-
so you can get it out of you...

HOW TO DO STEP #3

If this is difficult, think of how you'd talk to any other child...
Then find a quiet space where you will be undisturbed
(yes, even put your phone on "do not disturb")...
look your younger self in the eye for a few moments,
and connect...

To answer the question on Step 3 Tips, remember:
This is very similar to Step 2 Tips:
ONLY you will see this...
We believe honesty is the best policy here-
So don't hold back!

The deepest healing comes from being honest.
We want you to SEE the nasty stuff you say to yourself-
so you can get it out of you...

HOW TO DO STEP #4

Are you a little harsher on yourself than on others?
Think about it: How would you show up for your best friend in a time of need?
Really think about a time when your best friend was in real trouble.
They decided to choose you to come to for help.
Do you remember what you did?

What you told them? HOW you talked to them?
Did you give them a better perspective, or maybe calm them down first?
Maybe you reminded them how great they are, how strong they are-
and how you've seen them beat bigger things before...
and how they'll get through this too.

Maybe you simply reminded them that tomorrow's a new day:)
Really THINK and remember this special interaction-
Brainstorm it on a notepad digital or physical
(or on the one-pager we provided)

Write down all the things you remember about that interaction-
and when you read it back to yourself,
I bet you'll feel all that compassion you felt for your friend back then:)
Now, simply replace your friend in that scenario with your younger self-

This is when some people may even feel their eyes watering up, & that's ok-
Let the tears flow if needed, if tends to refresh you.
From now on look at this notepad regularly
(once a month, week or even day)

You'll show up for yourself the way you described showing up for your friend

Lastly, congratulations - You are building a *Fresh New You*
A brand new habit of being kind, loving and gentle with YOU.
You are now one of the Love-Finders:)

This is how we build ourselves into Well-Being Warriors