



RISE Self love workbook

The ultimate beginners
guide to start your self love
journey



WELCOME



Thank you so much for downloading this workbook, I look forward to being with you on your self love path.

The idea of this workbook is to give you better understanding of your relationship with yourself and how to get to a better place with simple action steps.

I whole heartedly believe that life can be fulfilling and wonderful and the key to that is undoubtedly self love.

Dee

xx





VISION & MISSION

My vision is for every woman, teenager and young child go on a self discovery of love, healing, passion and purpose.

Rise was created through wanting others to know that with self love anything is possible



Your greatest responsibility is loving yourself and knowing you are enough.





Let's get started .

Take this Quiz to see where you are right now in your relationship with you

1 being highly disagree..4 being highly agree	1	2	3	4
I speak kindly to/about myself most of the time				
I believe I am worthy of love				
I like who I am				
I enjoy my own company				
I practise daily self care				
I have good qualities				
I set and maintain clear boundaries				
When I am critised I don't take it personally				
I back myself when I need to				
I forgive myself and let go				
I look after my body (exercise, healthy eating, sleep etc)				



Add up those scores 1=1 point, 2=2, 3=3, 4=4

11

Ahhh girl, let me tell you, you are so so worthy of love, I know you don't feel that yet, but you will!

Thank goodness you are here so we can get you feeling better, stronger and feel worthy of all the love in the world

12-25

Got a little touch of self love going on, I know you are in the right place to get this to where you want to be, with a little practise you will be on your way.

25-37

This is promising!
Got some good things going on and a great way to hone in on those areas needing a little bit of a push.

Have a look at where you may have scored low and focus on those areas first.

38-44

You have scored well! You maybe love yourself more than you know.
There is always room for improvement and sometimes we aren't loving to ourselves all of the time but we can put it in to place to always come from a self loving space



**First let's have a look at the what, where and why of self love!
How are answering those questions going to help you to self love?
let's take a deep dive into it.**

Saying to ourselves 'I love you' is super important, it feels icky and almost weird, but all new things do.

We say it to everyone else, why? So they know and also to make them feel good (while we feel good saying it) So imagine if starting a ritual daily, it can be silently or in a mirror just a deep heart felt 'I love you'

Did you know the more you tell yourself something the more you believe it, this works for positive things as well..

Speaking kindly to or about yourself is a huge marker for where your self love is. Do you quite often try to joke whilst saying something not so nice? We all have done it and it a self preservation technique that we do to 'beat someone else to it' and to hopefully avoid the harsh feeling of being judged or made fun. It can be hard to pick up when we do it because it has for some become so prominent in our daily habits.

I like who I am, this one is a hard one isn't it. We have spent so long in the mode of believing we are never good enough, which translates to not liking who we are. This comes from others telling us we are too much, too loud, too quiet, too this, too that so we decide internally that there is something wrong with us. Let me just tell you, there isn't, the people that tell you this have their own projection issues where parts of you don't suit them and we take it to heart about us, not looking at it from the point of view that it is them.

I look after my body- It goes without saying that the only thing you truly own is your body, It is a gift and your body does so much for you, from breathing to healing and all in between.

Looking after your body with regular exercise, eating whole nutritious foods, hydrating, sleeping at set times, cutting back or out alcohol, junk food and caffeine. Most people don't want to do these things simply because it seems too hard, however what it harder..being sick, tired and feeling shit or feeling energetic, confident and determined? Trust me when I say, it is harder being the former



Practising daily self care is along side of 'I look after my body' with daily habits of exercising, meditation, cooking, time in nature or anything that helps move you towards your ultimate life. In our world today, self care has been touted as having our nails or hair done, or something like that and even so it may seem that it is looking after our body, it isn't the same, self care is hard and tedious and the rest is instant gratification. Am I saying to not do these things?? Definitely not, just don't get them mixed up or be a priority over the real self care.

My favourite lesson on all of this was..

"if the world was coming to an end, what becomes your priority?"

It certainly wont be hair, nails etc, it will be shelter, food & water, survival and health

Speaking kindly to or about yourself is a huge marker for where your self love is. Do you quite often try to joke whilst saying something not so nice? We all have done it and it a self preservation technique that we do to 'beat someone else to it' and to hopefully avoid the harsh feeling of being judged or made fun. It can be hard to pick up when we do it because it has for some become so prominent in our daily habits.

I like my own company is an important self love attribute. It comes from being able to sit with your thoughts and let them flow without judgement, we too often try to avoid ourselves in fear of what may come up (the same as to why people avoid meditation) but if you create a space where it can come up, then your mind will feel that it has had the space to be you, enveloping all the parts of you and will feel heard, respected and loved, trust me!

I set and maintain clear boundaries- This is a topic I could write a whole book on.

Boundaries are the ultimate in high self worth.

We often wont set boundaries due to people pleasing and the main person that gets hurt is ourselves, every time we people please we move away from a part of ourselves.

Setting boundaries is hard at first, but once done and reinforced over and over. we get stronger in ourselves and get closer to what sets our soul on fire, not everyone elses.

self love

Time to DO self love.

Self love like any relationship requires work and dedication.

For this week please write down 3 things from the list below that you will commit to doing to work on your self love.

Self love is not all hair,nails and bubble baths, it is more challenging to do real self love, however so much more rewarding.

Every time I walk past a mirror I will say a quick 'I love you' even so it feels icky

I will meditate for 5 minutes or more 3 times this week

I will honour myself and not do anything that makes me feel bad

I will write my gratitude list of 25 things I am grateful for

I will ask for help when I need it

Connect with nature

Set,apply and commit to boundaries

I will commit to not putting myself down

I will take some quiet time out for myself and do something I enjoy or brings me peace

choose 3 from the list, keep them going week to week or change them for new challenges

1.

2.

3.

THE POWER OF ORGANISATION

Believe in yourself and see results



I knew it
would work
if I kept
trying.

Time to commit now.

On the next pages are a daily planner with work or home life tasks that are urgent.

Print these out and put up daily on Fridge or wherever you will be most likely to commit to it.

Organisation is a big self love action on it's own. when you write it down and see it, you have a higher chance to succeed in doing so.

Life tasks or priorities (make sure you put in social or fun times as a priority)

Put what you are grateful for.

What self love action you will manage today

How you were feeling/mood today (noticing this helps regulate feelings)

There's a weekly planner to help keep you on track, I use this for my meal planning. however you can use it for tasks or anything that aligns with you.

Daily Planner

DATE:

TODAY I'M GRATEFUL FOR:

WORK:

LIFE:

NOTES:

WATER:

FRUIT & VEG:

MY MOOD:

My self love action today is:

Weekly Planner

W/B:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Priorities/ Urgent:

Appointments:

Notes:

Changing Limiting Beliefs

Limiting beliefs are the negative thoughts and behaviours that are conditioned throughout our lives. These can be changes...with guess what?... Self Love!!

Most common beliefs are;



I am not good enough

This belief comes from childhood, usually from parents or authoritative figures that say in a way or imply that you do not live up to their expectations

No one loves/like me/I am not loveable

This belief we find evidence to support by seeing how many friends we may have, how many others have or by how we would have liked to receive love as a child and parents could not show us this way

I am a failure

I am a failure can also be I am afraid of success. This also comes down to childhood and maybe being told 'you'll never amount to anything' Or perceiving a parents or teachers behaviour or actions as failing them

Belief example

Here is an example of a limiting belief and how to start to overcome it. If at all you really struggle with doing this I recommend NLP (Neuro linguistic Programming) that will help change these immediately.

Write down the belief

I am not good enough

Where is the proof in this belief?

1. Nothing ever goes my way
2. I was always told that I was too stupid
3. No one wanted to be my friend and even now I don't have friends
4. Everybody leaves me that I love, it's obviously because of me

Let's find proof that this belief may be wrong, This is a harder part, because while we can easily find proof in favour of our belief, it is hard to find an opposing view. This could also work by asking a love one, they see it differently because they love you.

1. A time when something did go my way was when I gave birth to my daughter, she was born perfect 5 toes, 5 hands, breathing and healthy.
2. A time where I wasn't stupid was when I managed to finish a Government document that had so many pages, it was frustrating but I did it.
3. I don't keep in contact with many people but I did have a beautiful wedding of a small handful of people who mean the world to me. I also know that if I needed someone and asked for help they would be there
4. I have a husband and two children who have not left me. The ones that have left me did so because they had to, it wasn't because of me that they left

Belief example

Now that we have challenged the belief, let's rewrite it the belief

Write down the belief

I am not good enough

If I continue to hold onto this belief, what damage may it cause me?

If I keep this belief, my life will continue to go the way it always has, which means I will always feel depressed and sad that I can't do what I really want to do.
If I can't change my life then I will always feel stuck

What is a new belief I can adopt?

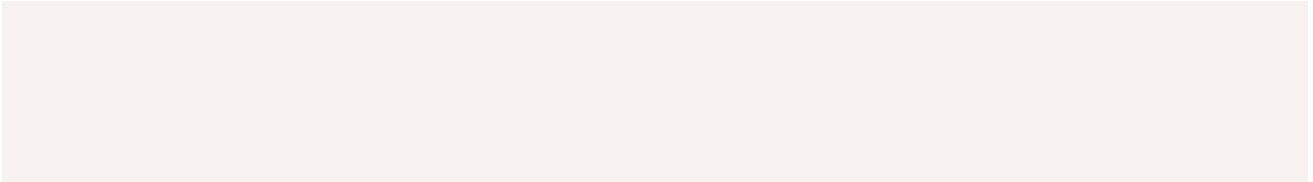
I am good enough.

When feelings come up of not feeling good enough I will challenge them and show proof as to where I am good enough.
I was put on this Earth to thrive

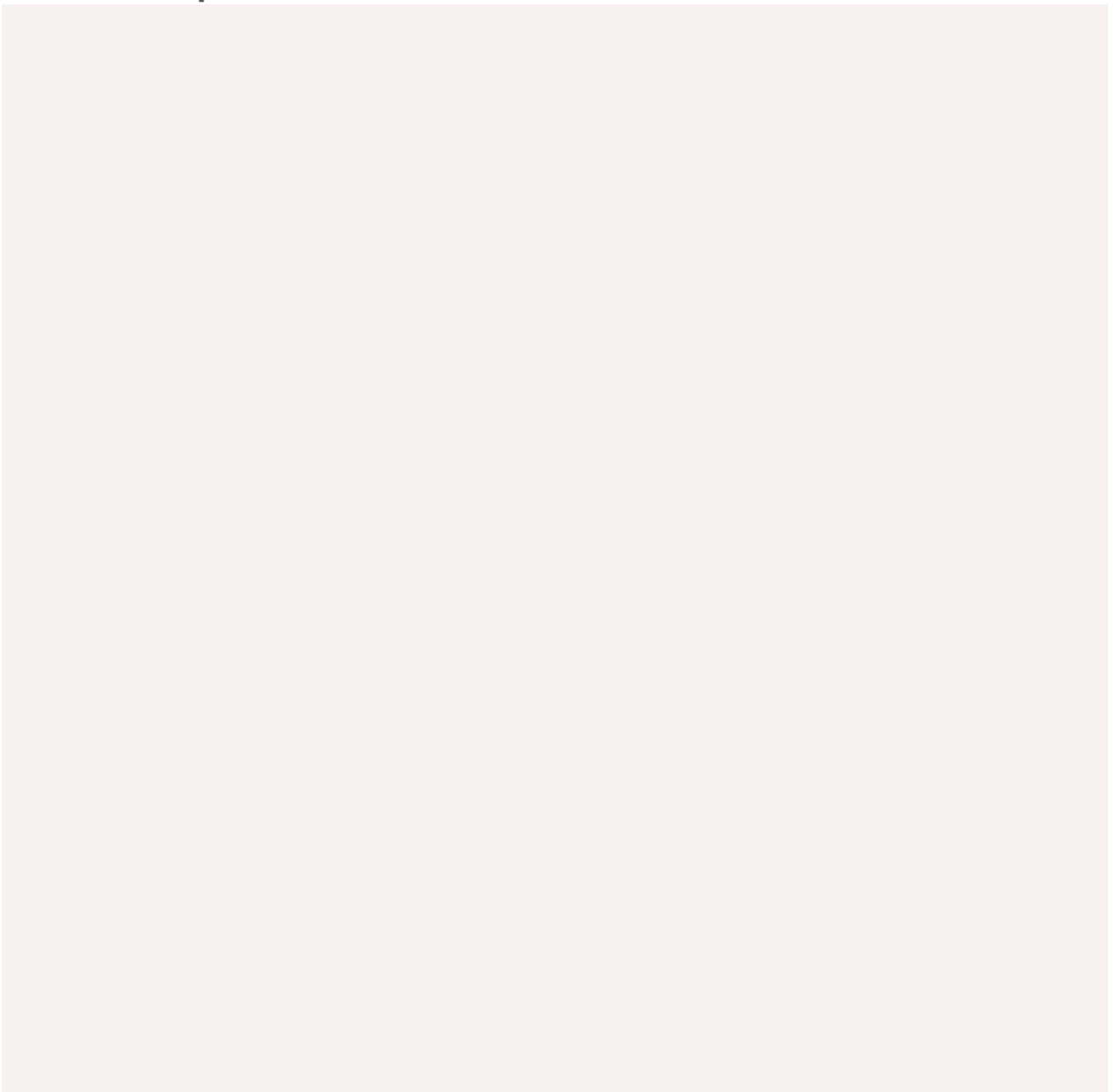
Your Turn

You can print off these pages or in your own notebook, work through every limiting belief you can think of and turn it around.

Write down the belief



Where is the proof in this belief?



Belief example

Now that we have challenged the belief, let's rewrite it the belief

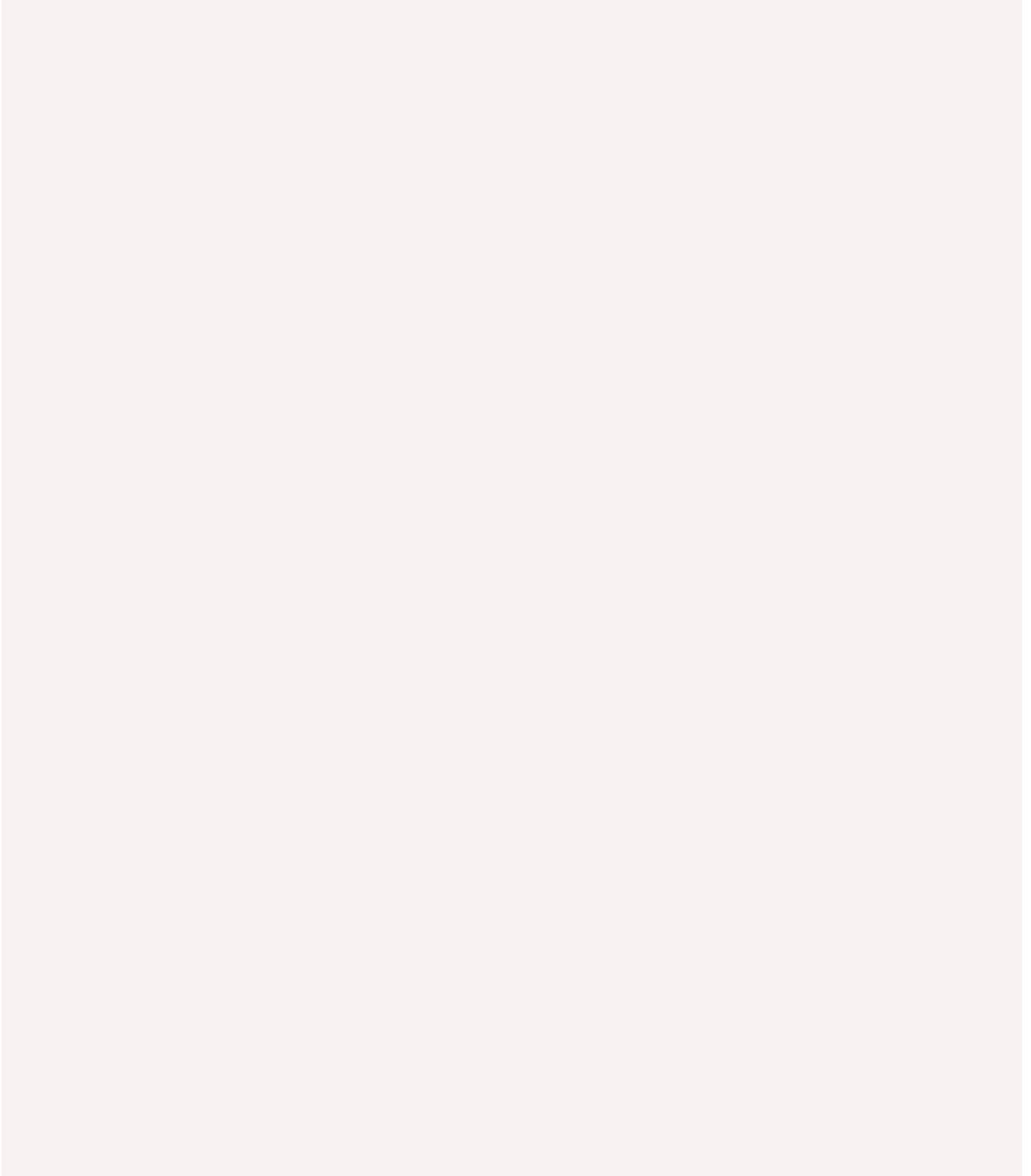
Write down the belief

If I continue to hold onto this belief, what damage may it cause me?

What is a new belief I can adopt?

Continued...

What are some examples where this belief is incorrect/not applicable?



The biggest self love challenge of all



The Task

The biggest action you can implement is loving yourself like you love others or how you may have always dreamed to be loved.

You must be your own best friend and advocate to reach a higher level of self love.

So it is time to write yourself a love letter. This can have whatever you like in it.

You might want to apologise for not backing yourself previously, it may involve promises that you need to make to yourself.

It may need some forgiveness and letting go of emotions that are no longer needed and of course, an "I Love you"



Dear Me,

A large, blank, lined area for writing, framed by a thick yellow border. The lines are horizontal and evenly spaced, providing a guide for handwriting.

I love you always
Me xx

FIVE WAYS TO...SELF LOVE

SLEEP ROUTINE

**Having a sleep routine
is the best self love,
Bed same time, wake
up the same time**



NOURISH YOUR BODY

**Eating well,
exercising, and
hydration are
expressions of self
loving**



PRACTISE MEDITATION

**Meditation for just
5 minutes per day
is great for
nervous system
regulation**



HAVE CONVERSATIONS

**Conversations that are
hard are hard but
needed to express your
feelings**

4



VISUALISE /MANIFEST

**You deserve a
great life, time to
put it down to
know what you
desire and working
towards that vision**

5

Q and A

Answering your Questions

Here's a couple of questions I get asked along the way..

Q How long do I need to do this for?

By this you mean work hard? Yes well at the beginning of everything it is at it's hardest.

You wont forever need a planner to remind you to drink, eat good food, get good sleep and exercise because eventually it becomes second nature. You will naturally start moving towards choosing the good things for you because your feelings will change towards you. You choose better when you're in love.

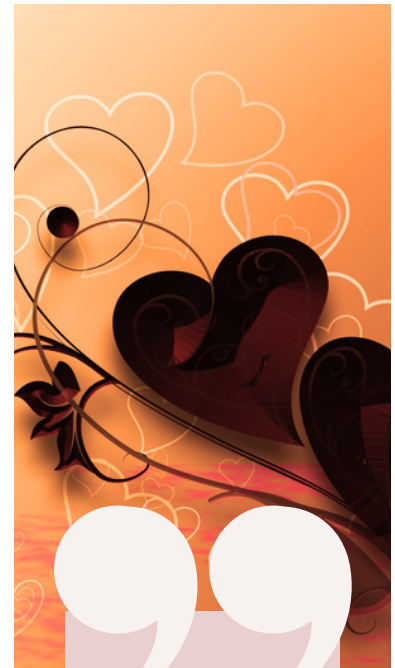
Q What will happen if I give up?

Hey nice to meet you, I was the QUEEN of giving it up and then I realised I spent so long trying to get here from where I was, why would I go back to that? Sometimes I don't make the time for myself, however soon after my body, mind and soul burn out and I get the message fast to get back on that paath.

Q When will I believe I love myself?

Ah that age old question of when will I see results, I have worked so hard! Self love is a journey that requires patience and practise.

Can I tell you a secret? You are already there! By doing this workbook means that you love yourself enough Like any relationships there are frustrations and hiccups on the way and it isn't all rainbows and unicorns but LOVE is everywhere, you just got to tap into it.



KEEP
CHOOSING
YOU, OVER
AND OVER