

JOURNEY TO WELL-BEING
Self-love

innernow

JOURNEY TO WELL-BEING:

Self-love

Use self-care practices to cultivate self-love and accept every facet of your being.

InnerNow's Journey to Well-being gives you the tools and insights you need to navigate your personal journey and uncover the wisdom that is already inside of you. Use this workbook as a complement to the Journey to Well-being: Self-Love program with Dr. Sheila Patel in the InnerNow App.

The journey to discovering self-love is often a practice of surrender and acceptance. It is one of our most basic human desires; to love and to be loved. When we embrace our need for love and connection, we begin to understand who we truly are, beneath all the external labels and beliefs. From this place, we feel into our connection with everything around us and experience ourselves as an expression of Love itself. Allow yourself to be fully immersed in the experience of love in all forms, knowing that all love begins with self-love.

Remember, well-being is a journey, not a destination. There is no “quick fix” or specified regimen. This journey is a commitment to yourself, creating consistent practices in a way that feels aligned for you, to access harmony in all aspects of your life.

Begin with Self-Acceptance

Now that you've begun your journey tuning into the power of self-love, let's make space to create a sustainable practice so all your days can be saturated with love. Self-love practices can sometimes feel fleeting; as if one day you can easily love all aspects of yourself, and the next day it feels completely inaccessible. Part of this is because we have so many limiting thoughts and beliefs telling us we need to be different, in some way, in order to be loved. The journey to self-love often begins with self-acceptance.

EXERCISE | Stream of Consciousness Journaling

Fully loving ourselves means being able to see our unique gifts and talents, as well as accepting ourselves without judgment or a need to change ourselves in any way. This includes the parts of ourselves that we may deem unworthy or undesirable, often called our shadow self. When we can embrace all aspects of ourselves—from the traits and qualities we choose to uplift, to the ones that we tend to hide away—we start to discover true self-love; a love that encompasses our wholeness.

EXERCISE | Stream of Consciousness Journaling

Try this practice to develop self-acceptance on the path to self-love:

- Find a moment to pause and be present with your breath. Naturally, allow your breath to flow in and out with ease.
- Draw to mind the qualities or aspects of yourself that you tend to hide away.
- Try to invite them in without judgement or a desire to fix or hide them. Allow all aspects of you to be present here.
- With these qualities in mind, see if you can breathe in a sense of compassion and acceptance for yourself. Every part of us deserves to be met and is worthy of our love.
- Take a few moments to offer the shadow aspects of yourself a little bit more compassion, grace, and love.
- When you're ready, take time to write down anything that came up for you during this time. Release the need for full sentences or any structure and allow your pen or pencil to flow freely on your paper.
- You might ask yourself: *What do I want to change about myself? How can I first accept that part of me and express love towards it?*

As you embrace the various aspects of yourself, notice what is most easeful to sit with, and what produces some discomfort. Anytime thoughts of unworthiness come in for any part of yourself, try to pause and offer that part acceptance. Notice how these small pauses can offer your greater self-love.

Journal Prompts for Self-Love

As you continue to explore your inner connection with love itself, take time to reflect on the ways you express love to yourself and those around you. Use these prompts to explore the source of love that resides within you.

EXERCISE | Journaling Prompts

1. When you think of self-love, what do you imagine it feels like in your body or looks like in your life?

As humans we have a tendency to intellectually understand certain concepts, but the true experience of love is held and felt within the wisdom of the feeling body. Use this prompt to begin to understand what the embodied experience of self-love feels like.

EXERCISE | Journaling Prompts (Continued)

2. What are your unique gifts? How can you use these gifts to embrace more love for yourself and those around you?

These gifts can be something simple; being able to make people laugh, an ability to empathize with others, or the ability to remain grounded and calm in stressful situations. Whatever your gifts are, write them down—it can be one that you’d like to reflect on or more. Use this prompt to be reminded of your uniqueness and cultivate a foundation in self-love.

3. What thoughts or beliefs are keeping you from being with your whole self, in the space of love and compassion?

Use this prompt to reflect on where blockages might show up in your life. Naming these blockages can help you find a release of the beliefs that are not serving you in order to connect with the inner essence of love, that is your true nature.

EXERCISE | Journaling Prompts (Continued)

4. Name 3-5 things you are proud of yourself for.

In our society, we're often made to feel selfish for celebrating our wins. There is nothing wrong with being proud of yourself, whether it be for overcoming a fear, trying something new, or finishing a big project. Allowing yourself to be celebrated by you first creates the space for self-love and appreciation to exist. If it feels inaccessible to write down 3-5 things, start with one, then 3, then 5 and see how your practice can expand further from there.

5. Make a personal promise or commitment to yourself.

Use this prompt to write down a statement of commitment to yourself, to honor the practice of showing up for yourself. Even in the moments when it feels hard, return to this commitment and remember to always show up for yourself with love and care.

Ex: I promise that when feelings of unworthiness come in, I will remember my inner power and my inherent worth. I will take a grounding breath and allow myself to return to the place of love and compassion for all aspects of me.

Affirmations to Deepen Your Self-Love Practice

Now that you've taken time to reflect, let's create an affirmation that will support your continued practice. Remember, this is a journey, and each day is going to look different. Allow this affirmation to ground you in the awareness that you are a part of the larger whole and one with all of creation.

My affirmation to embrace self-love is...

Need Inspiration? Try these affirmations:

- *The essence of who I am is an expression of true love.*
- *I honor all aspects of myself and know that I am always enough.*
- *I release unkind thoughts about myself.*
- *I honor the unique mind and body qualities that make me who I am.*

Daily Practices

Try inviting in these exercises to support your daily connection with your embodiment of self-love:

1. Create a Self-Care Ritual

Meditate, journal, regularly clean your environment, look at yourself in the mirror for a full minute and repeat loving affirmations towards yourself. Create a ritual of care that nourishes all aspects of you, in mind, body, and spirit, whatever that looks like. To make this a lasting, sustainable practice, write down one or two things that you can commit to doing for your own nourishment. Then, when you're ready to add more, invite in more practices. Make the ritual of caring for yourself a priority in your life.

2. Name Your Boundaries

Creating clear boundaries is one of the ways we can show ourselves love and respect while learning who loves and respects us. First get clear on what your boundaries are, you might even write them down, then practice expressing them outward. At first, it can feel challenging to do, but we show ourselves love by saying no; whether it be to people, situations, or experiences. We empower ourselves in love through saying no to anything that doesn't feel good and asking for what we need with clarity.

3. Release Comparison and Honor Your Own Pace

We spend a lot of time comparing ourselves and our growth or healing to the journey of those around us. Releasing comparison is an opportunity to recognize the worthiness of all the unique pathways that each of us takes. When we compare ourselves to someone else or a societal expectation of who we should be we limit our experience of joy. Anytime you fall into the mindset of comparison, remember that you are unique, and your path will look and feel different from anyone else's and that is something to be celebrated rather than stifled.

4. Practice Forgiveness and Gratitude

We're all human, which means we are prone to making mistakes, facing challenges, and will likely hold regret at some point in our lives. Offering ourselves compassion in these moments and extending forgiveness rather than getting stuck in the critical mind can be a way to express love towards ourselves. In practicing this with ourselves, we access a level of understanding and forgiveness for those around us when they make a mistake or are going through a challenging time.

Community Connection

All love starts with self-love. The opportunity to create deep meaningful connections comes from a place of sharing the love that we have within us. As you continue to discover yourself as an expression of love, try extending that love out to those in your community to expand the feelings of love within and all around you.

EXERCISE | Create Community Self-Love Check-In's

You might choose to practice with one trusted person, start a group chat, or even monthly meet ups with a friend or friends. Use a prompt that can serve as a check in for where you are in your self-love journey each time you connect. You might make a list of “what’s working for me right now.” Remembering that self-love begins with self-acceptance. You, and all the people you connect with can write down what is working for you and what commitments you’re each making to yourselves to remain grounded in self-love

I will practice with _____.

Reflect on your experience:

How did it feel to share your self-love practices with a friend? Did you notice any feelings of love, compassion, grace, or joy in this experience?

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Resources

[Connect](#) with Dr. Sheila Patel

InnerNow Articles

[Connect With Your Inner Source of Infinite Love](#) by Dr. Sheila Patel

[The Spiritual Value of Self-Love](#) by Deepak Chopra, M.D.

[5 Steps to Cultivate Self-Love](#) by Jennifer Weinberg

[The Power of Affirmations for Self-Love](#) by Jessie Quinn

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Congratulations!

You've completed the Self-Love workbook! These tools are meant to support you whenever you need them most. Remember to view this as a journey rather than a destination. As you continue to practice and grow forward on your path, revisit these tools and resources as often as you need. We're here to support you along this journey and look forward to continuing to explore with you.

Visit the InnerNow App next month for a new theme and practices!

You are always on your way!