

Day #1

28 Day Self-Love Program

Welcome to day #1 of our awesome 28 Day Self-Love Program! We're going to have so much fun whilst nurturing your self-love, boosting your happiness and helping you to start living the life you know you deserve. Sound good?

So to kick-start it all, we're going to start with the basics to build a strong foundation of positivity and growth for the next 28 days. Are you with me? Let's get started!

QUESTION TO JOURNAL: How Do You Feel About Yourself

Your first journaling prompt is this: how you feel about yourself right now.

Are you your own very best friend or worst critic in the world? Do you love yourself in the way you deserve? Heck, do you even like yourself? Do you have a negative inner voice demanding to be heard?

Consider all of these questions carefully, explore how you are feeling, and record it all in your journal.

Take your time and relax into the process- this isn't a competition and there are no deadlines.

MIRROR TALK: I love you, _____

Today we're going to start the practice of gazing into that mirror, looking deeply in your own eyes and repeating words of love.

Be warned that today will probably be the hardest day of all. Because most of us aren't used to speaking to ourselves in this way *especially* if the usual mantra is negative and self-critical, instead of loving and self-supporting.

But stick with it, be present in the initial discomfort and allow yourself to explore what comes up. You got this, girl. I know you can do it!

Here's what I want you to say today:

I love you [insert your name]

Seriously, I love you [insert your name]

I mean it.

SELF LOVE TALK MEDITATION:

Today we will be meditating for just 3 minutes. Even if you believe that you suffer with 'monkey brain' and just can't sit still or you have a million and one things on that 'to do' list, you most definitely can manage three minutes!

Not only is this a great intro to meditation, you'll be amazed at the difference that practicing can make to your sense of self-love, calm and wellbeing, even though its only very short.

[Click here](#) to listen to today's recording.

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Day #2

28 Day Self-Love Program

Heeeey! How did you get on yesterday? I hope you really enjoyed setting those firm foundations for greater self-love, happiness and a brighter tomorrow. You've already made tons of progress and you should be really proud of yourself. Taking that very first step is usually the hardest part, so congratulations to you!

Shall we get started with today's exercises?

QUESTION TO JOURNAL: How Do You Want To Feel?

Yesterday we explored how you're feeling about yourself as you started this life-changing journey towards greater self-love and happiness. Now it's time to take the next step- how do you want to feel?

Because all too often, we focus on what we want to be, what we want to achieve, the places we want to go and the experiences we want to have. But this is only part of the story. The most important element of our lives is how we feel.

So tell me, how do you want to feel? Which emotions would you like to welcome into your world? Open up, explore your thoughts and then write it all down in your journal.

MIRROR TALK: "I am allowed to feel..."

Now you understand how you want to feel, its time to give yourself permission to experience that emotion. This might sound like a no-brainer, but all too often we believe that we aren't allowed to xyz until we abc. Or worse still, that we just don't deserve to feel the way we want to. This is completely and utterly wrong.

So pull up a chair, settle down in front of the mirror and repeat the following self-love mantras:

I am allowed to be _____ & _____

I am allowed to wake up each morning and be my happiest & healthiest self.

I am allowed to love myself.

Seriously, I am.

I am allowed to be _____ & _____

I am allowed to wake up each morning and be my happiest & healthiest self.

I am allowed to love myself.

Seriously, I am.

SELF LOVE TALK MEDITATION:

How did yesterday's first meditation session go? Don't be downhearted if you felt distracted and overwhelmed by a million and one thoughts, instead of slipping into blissful relaxation and self-love. This is completely normal and I promise you that it will get better fast.

Today we'll continue in much the same way, with a super-easy and short meditation session that will help you feel calm, happy and completely in love with yourself. [Click here](#) to listen to the recording.

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Day #3

28 Day Self-Love Program

Aaand...welcome to day #3! I'm so pleased to have you here on this journey with me and I hope you're having fun whilst making some massive leaps in terms of your self-love.

Yesterday was all about exploring how you want to feel (not what you want to be or achieve, or anything else like that). Because you can forget what most of the so-called motivational coaches tell you- the secret to real lasting happiness and wellbeing *isn't* what you achieve, but how you feel inside.

Today we'll be looking deeper into the very important topic of self-respect by exploring how you might currently disrespect yourself. Then we'll be taking those vital steps to help you overcome it and get your life back on track. Let's get to it!

QUESTION TO JOURNAL: Think About Ways You're Disrespecting Yourself

Do you always show yourself the level of respect you deserve? Or do you often find yourself criticising, insulting and generally being quite mean to yourself? Do you have faith in your own abilities and trust yourself make the very best decisions in life? Or do you wish someone who come along and take responsibility for it all?

Your answer to this question reveals your level of self-respect and self-love as it stands right now. And not just that- it also influences our thoughts processes and also our actions.

For example, you might feel like you don't deserve to meet the love of your life, so you disrespect yourself by settling for one-night stands when all you want is a stable relationship. Or you might feel that you don't deserve to be happy, so you disrespect yourself by sabotaging your own life.

Today I'd like you to consider how this looks in your life. Are you disrespecting yourself? If so, how?

Open up your journal, pull out a pen and write it all down.

MIRROR TALK: Respect Your Self

Now let's build on what we've just explored through our journaling session by reminding ourselves that we do deserve our own love and respect. We really do. Seeing yourself speak these words can work miracles when it comes to the choices we're making in our lives, believe me.

So find your mirror and repeat the following self-love mantra:

I respect you [insert name]

You deserve respect each and every day.

I seriously respect you [insert name]

Believe me when I say that I respect you [insert name]

SELF LOVE TALK MEDITATION:

And finally, it's time to enjoy your wonderful self-love talk mediation for today. Hopefully you've started to relax into the process and started to really enjoy this incredible 'head space' that these 3 minutes give you. So let's get started. [Click here](#) to enjoy!

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Day #4

28 Day Self-Love Program

Can you believe we're on day #4 already? Time really is flying by! By now you should be gaining great insight into the workings of your own mind whilst also taking great leaps towards greater self-love and happiness.

Today's theme is all about receiving love. You see, in order to experience love in your life, you need to be willing to open up and welcome it into your life. But enough from me- let's work through today's exercises and see what comes up. Let's do it!

QUESTION TO JOURNAL: Think About The Ways You Want To Receive Love

Imagine for a moment that we all live in a perfect world (go ahead and do it- it's fun!)

In this perfect world, everyone has instant access to exactly the kind of love that that they both want and also need. It doesn't matter what heartache you've experienced in the past, nor how many times you've been abandoned, disrespected, lied to, or even abused, because none of this would matter in this perfect world.

With all of this in mind, tell me, how would you want to receive love? What would make your heart sing with joy and fill up your soul with sunshine? Would all parts of yourself be happy with this kind of love, or would it ask for something different?

For example, I used to think that I wanted the kind of love that brought me roses every day, posted love letters under my bedroom door or never ever forgot Valentine's day.

But this just isn't true. Because what I actually want is nothing like this at all.

I want the kind of love that holds me close for an extra minute because I've had a tough day, or remembers to run a warm, relaxing bath for me when my muscles are feeling sore. I want to be loved in those tiny moments that really matter.

How do you want to be loved? Think carefully, open up that journal and get writing!

MIRROR TALK: I Am Open To Love

Love isn't something that just comes your way and washes over you, whether you are willing to open up or not. You have to be willing to accept this love and again, understand that you really are deserving of it. Because you absolutely are. Here's what I want you to tell yourself today:

I am open to receiving love.

I am deserving of all of the love in the world.

[insert name], you are open to receiving love.

[insert name], you are deserving of love.

I am open to receiving love.

SELF LOVE TALK MEDITATION:

Wow! We've made amazing progress so far with our meditation journey. You're no longer a meditation 'virgin', but you understand some more of what meditation is all about. And most importantly, can see the massive difference it has made to your life already. Even if you're super-busy and completely overwhelmed by things to do, you've still found time to include this powerful tool as part of your life. Well done you!

So now let's get started with today's [3-minute](#) self-love talk meditation. Are you ready?

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Day #5

28 Day Self-Love Program

Welcome to day #5! I'm so proud of everything you've been doing so far- it takes real guts to push through the discomfort and explore part of yourself you've kept hidden for so long. Keep right on doing what you're doing- I can't promise it will always be easy but you will feel so much happier, more content and bursting with self-love and confidence.

Yesterday, we opened up to the possibility of receiving love in our lives and explored exactly how we want that to look for us. I hope you had fun working through the activities. Now today we'll be digging deeper and starting an open conversation with our true selves- our inner child.

Let's get started!

QUESTION TO JOURNAL: Connect With Your Inner Child

We all have an inner child hidden away within us. This is the authentic 'you', the person you really are deep down, the version of 'you' that came before the hurt, the challenges and the obstacles that life has brought your way.

Today, we're going to take time to reconnect with that inner child, ask it how it is, and what it wants most in the world. We're going to start a conversation and explore our core feelings, desires and emotions without any interference from the outside.

So today, open up that journal and ask yourself *'How is my inner child really feeling?'*

MIRROR TALK: Love Your Inner Child

You've explored your inner child in your journaling exercise today, and listened to the wisdom and understanding that it has to offer. Now we'll continue to strengthen this vital relationship by accepting and whole-heartedly loving this part of you.

This is your mantra for today:

I love all aspects of myself.

I love my inner child.

My inner child and I love each other.

I respect my Inner Child and love her.

I love all aspects of myself.

SELF LOVE TALK MEDITATION:

I started you off on your meditation journey wonderfully gently this week by asking you to do just three minutes. This has helped you to understand what meditation is all about, and learn how your body and mind respond when you begin a practice.

Today now we're going to take it to the next level by meditating for five whole minutes today. Don't worry- we'll be keeping it gentle so you can ease right into it, and this is still a super-short period of time that you can slot right into your day. [Click here](#) to listen to today's meditation recording.

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Day #6

28 Day Self-Love Program

Wow! We're almost at the end of the first week. How do you feel right now? Yesterday we explored the concept of our inner child and you learned how to listen to this inner guidance and reconnect with the 'real' you that has been locked away for all of these years.

Today we're going to acknowledge the feelings of your inner child, and take steps to overcome that negative inner voice. Instead we'll move towards a voice of self-love and understanding. By speaking to ourselves with kindness, we will break that vicious cycle of self-doubt and towards a place of greater self-love than you even thought possible.

But enough of the talk- let's get started.

QUESTION TO JOURNAL: Talk To Yourself Like You Would A Friend

When you're thinking deeply about something or talking to yourself, is it with a voice of kindness and understanding? Or does that voice criticize and complain about everything?

Many of us suffer from an intensely negative inner voice that whispers hurtful things into our ears and tells us that we're useless. It loves nothing better than to hurt us and leave us feeling like emotional wrecks. It's time to put an end to all of that right here and now.

Today I'd like to you stand up against this negative voice and instead connect with yourself just like you would with your best friend. Tell yourself exactly what you want to hear right now and pump your own tires for a change. Acknowledge exactly where you are right now and validate your own feelings. And most of all, be your own best friend.

So pull out your journal right now and ask yourself "*If I were my own best friend, what would I say to myself when I put myself down?*".

MIRROR TALK: Own best friend

Continuing the positive self-talk theme, it's time to put our own loving kindness into action. In our mirror talk exercise today, we're going to give ourselves permission to be our own best friend, and give ourselves the space to actually do it.

Here's today's mirror talk mantra:

I am my own best friend.

[insert name], I am so happy we're best friends.

You are my best friend.

I am my own best friend.

SELF LOVE TALK MEDITATION:

It's meditation time again! Just like yesterday, we'll be meditating for five minutes. It still doesn't seem like much, does it? But it will have a wonderful effect upon the way you're feeling.

And don't feel you have to limit your meditation to just this session- I love to practice a short meditation if I'm having a particularly stressful day, or feel like I need to hit that 'reset' button. [Click here](#) for your calming meditation for today. Enjoy!

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Day #7

28 Day Self-Love Program

Hey beautiful! Congratulations- we've been on this awesome self-love journey for a whole week now! It hasn't always been easy but you have stuck with it! Awesome!

But of course, we still have so much growing and healing left to do over the rest of the program. It's going to be so much fun!!

Yesterday we transformed the way we speak to ourselves, started to shake off that negative inner voice that often won't leave us alone and took the first steps towards becoming our own best friends.

Today, we'll be talking about forgiveness. Do you forgive yourself for everything? Or do you still hold on to your mistakes and allow them to drain your self-love, self-esteem and energy? Let's work on it.

QUESTION TO JOURNAL: Forgive Yourself

None of us are perfect, despite what we might want to believe. We experiment with the world around us, we make the best decisions we can at the time, we aim to grow and change and develop. And along the way, things can happen that we aren't too proud of. We all make mistakes- it's part of learning and growing as a human.

But often we regret the actions we've taken, we hold on to our suffering and we just can't forgive ourselves, no matter how much time goes by.

So tell me, what are *you* holding onto and not forgiving? Why are you holding on in this way? And lastly, how do these things prevent you from moving forwards with your life?

Today I want you to consider all of these questions and allow yourself to let go. Release it all out into universe and forgive yourself. It's ok, you can do this. Then open up that journal and record your thoughts.

MIRROR TALK: I forgive myself

Even when we make the decision to forgive ourselves and move forwards with our lives, we can struggle. It can be hard to know exactly how to let go, even if you really want to. The following mirror talk exercise will help you do just that.

So settle in front of your mirror and repeat the following mantra for today:

I forgive myself.

I forgive myself and let go of whatever is carrying me down.

I forgive you, [insert name]

I forgive myself.

SELF LOVE TALK MEDITATION:

Are you ready for your self-love meditation today? It's the part I'm always super eager to get to each day as I adore it's calming, soothing and destressing effects!! I love to meditate!

Today we'll continue as we did yesterday by enjoying five-minutes of meditation bliss. Again, if your thoughts wonder, bring them back to your breath and the recording and allow yourself to slip away for just a few minutes. You deserve this time to recharge. Go ahead and listen to today's recording by [clicking here](#).

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