The background of the entire image is a dense, overlapping pattern of hearts in various shades of red and pink. The hearts vary in size and orientation, creating a textured, romantic feel. At the top center, there is a white circle containing the word "MY" in black, bold, sans-serif capital letters.

MY

SELF-LOVE JOURNEY

N.DAVIDSON

MoorYoni.com
HOLISTIC WELLNESS

"Love is the beginning of
the journey, its end, and
the journey itself."

Deepak Chopra



YOUR SELF-LOVE JOURNEY...

Your self-love journey is unique,
self-love means different things to
different people.

The journey is transitional & may
not always be easy or feel good,
but the process will empower you
to a deeper connection, self-
awareness, compassion
confidence, acceptance, joy and
most of all
Self-Love. 

**"Learning to love
yourself is the greatest
love of all."**

Michael Masser



7 SELF-LOVE MYTHS

#Myth 1

Self-love means I am happy or feel good all the time.

#Myth2

Self-love will occur in a matter of days.

#Myth 3

Self-love means doing things to make others happy.

#Myth 4

Self-love is dependent on others loving or not loving you.

SELF-LOVE MYTHS...

#Myth 5

Self-love will fix
my problems.

#Myth 6

Self-love means protecting
you from being emotionally hurt.

#Myth 7

Self-love is measured by my job,
house, car, or material wealth.

**Explore & Challenge Some of
Your Own Love Myths.**

**To understand self-love,
we need to first explore
what love truly means
to us.**



LOVE IS...

Love is a vibration of the energy of self, a vibration of our spiritual light.

It moves through us. We feel it, as we radiate it and we feel it as we receive it.

It is associated with;

- Having a Deep Care,
- Commitment, Bond &
- Brain Chemicals -

Oxytocin (Love Hormone)

5 TYPES OF LOVE

According to the Ancient Greeks they sited several different types of love, which we may experience at some point in our lifetime.

- **Eros - Romantic Love**
- **Storge - Family Love**
- **Philia - Brotherly Love**
- **Agape - God/Divine Love**
- **Philautia - Self-Love**

**“Self love is the
greatest middle finger
of all time”**



LOW SELF-LOVE

Low self-love can manifest itself in some of the following feelings;

- Self loathing
- Non-acceptance
- Self-criticism
- Feeling low, depressed
- Burnt out, fatigue
- Worthlessness
- Insecurity

Low self-love is associated with lower mental health, self care, self-esteem & respect.

10 BENEFITS OF SELF-LOVE

That will help you stay motivated & committed on your journey of self-love:

- 1.Higher confidence
- 2.Healthier relationships
- 3.Insight & clarity
- 4.Self-compassion
- 5.Health & vitality
- 6.Lower stress & burn-out
- 7.Boost mood
- 8.Higher self-esteem
- 9.Increased productivity
- 10.Better quality of life

**Learning to overcome
past trauma & pain, to
deepen our self-love,
heal and move forward
is essential to our
personal growth and
our relationship with
others.**



SELF-LIMITING BELIEFS

Limiting beliefs are assumptions or perceptions that we have about ourselves which limit us from achieving what we are capable of.

Examples include;

I'm too old...

I'm not smart enough...

All the good ones are taken...

I can't start till...

I don't have enough money...

I am not pretty enough...

**"Self-sabotage is when
we say we
want something
and then go about
making sure it doesn't
happen."**

Alyce P. Cornyn-Selby



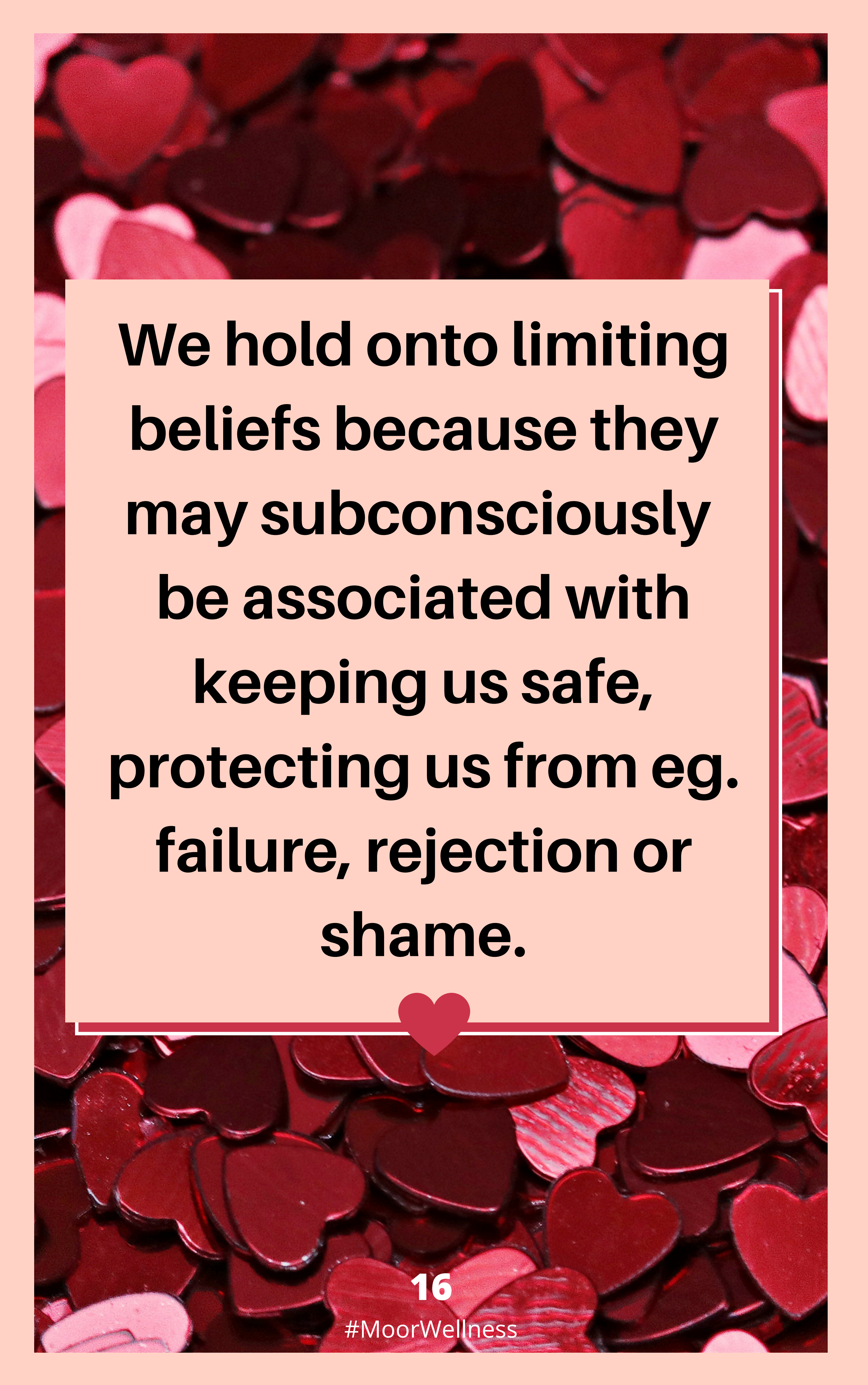
ANALYSING BELIEFS

Where do your limiting beliefs stem from?

What did you learn about taking risks or being safe?

What did you learn about limiting beliefs based on your identity?

For example, your nationality, gender, ethnicity, class such as, Girls can't do... Or we don't...



We hold onto limiting beliefs because they may subconsciously be associated with keeping us safe, protecting us from eg. failure, rejection or shame.



CHALLENGING BELIEFS

There are many different ways to challenge your limiting beliefs;

Question

Look for evidence against your inner-critic

Humour

Sometimes plain simple humour can dissipate criticism

Support

Gain support from friends, professional & role models.

**Our words have power.
They impact others,
but they also
impact us.**

Michael Hyatt



POSITIVE AFFIRMATIONS

Affirmations are
statements we say or think
repeatedly.

They help to..

**RETRAIN - FEED - REWIRE
YOUR SUBCONSCIOUS**

Choose positive words that will
either help eliminate something
from your life or help create
something
new in your life.

~ I MATTER

~ I AM ENOUGH

~ I AM WORTHY

~ I FORGIVE MYSELF



***Use Positive
Affirmations
to Allow More
Love to Flow to
Your Heart***



HEART CHAKRA

The heart chakra, or anahata chakra in Sanskrit, is located at the center of the spine at heart level.

It moves love through your life, it is feminine energy and is associated with love, understanding, compassion, empathy, connection, and forgiveness

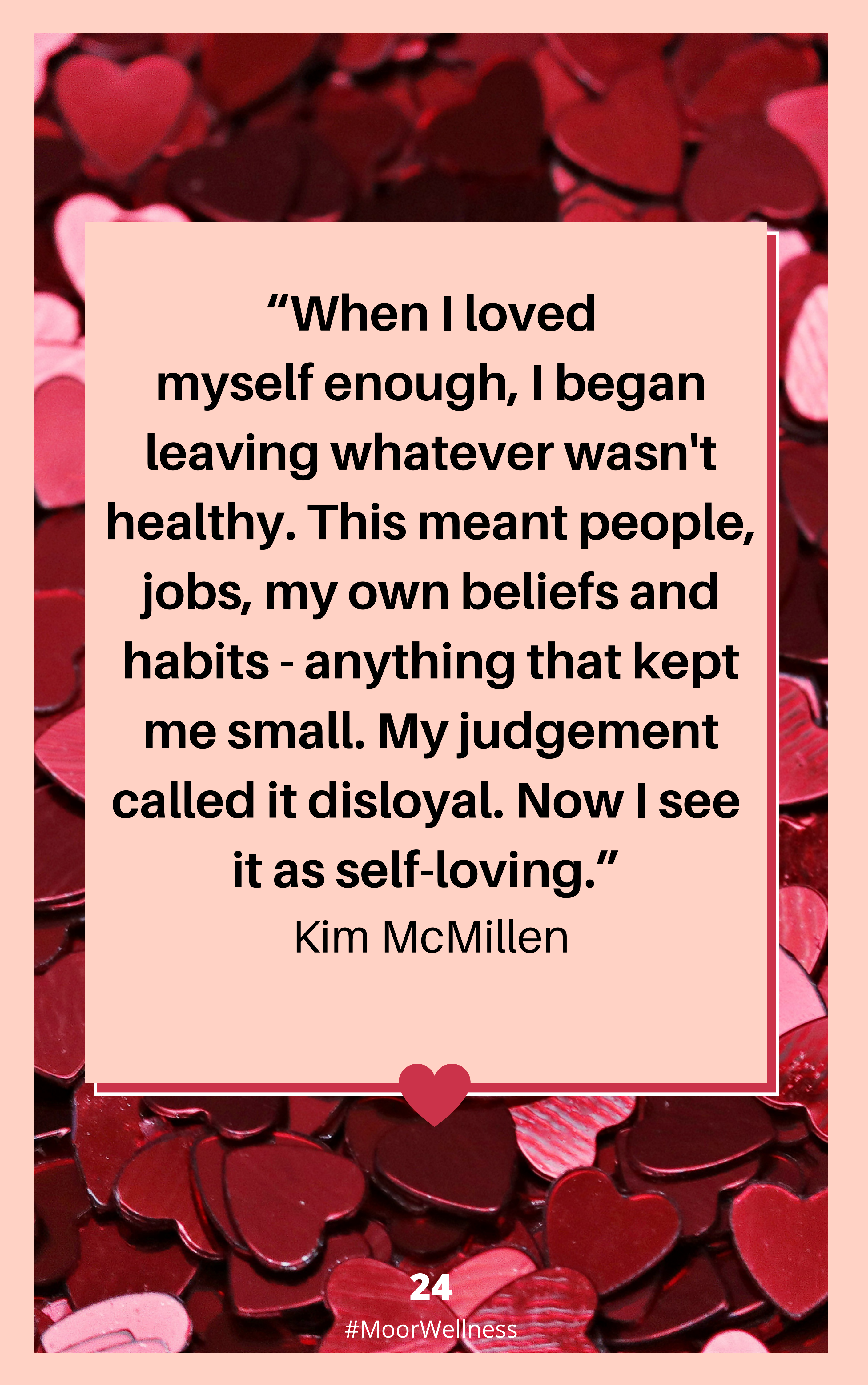
**The Mantra is
I AM LOVE**

HEART CHAKRA BLOCKS

Factors such as stress, emotional pain, trauma, negative thinking can block the heart.

When the heart chakra is blocked or out of alignment, issues such as disconnection, isolation, neediness, or relationship difficulties may occur.

When the heart chakra is in healthy alignment you will feel surrounded by love, joy & deeper connections.

The background of the entire image is a dense, overlapping pattern of red and pink hearts of various sizes. The hearts are slightly blurred, giving a soft, romantic feel. In the center, there is a white rectangular box with a thin red border. Inside this box, the quote is written in a bold, black, sans-serif font. Below the quote, the name 'Kim McMillen' is written in a smaller, black, sans-serif font. At the bottom center of the white box, there is a small, solid red heart icon.

**“When I loved
myself enough, I began
leaving whatever wasn't
healthy. This meant people,
jobs, my own beliefs and
habits - anything that kept
me small. My judgement
called it disloyal. Now I see
it as self-loving.”**

Kim McMillen

HEART HEALING TOOLS

EAT/WEAR GREEN

The Heart Chakra is associated with the healing colour green

CRYSTALS

Emerald, Rose Quartz, Jade, Ruby

YOGA & STRETCHING

Camel, Bridge, Cobra, Bow, Sphinx, Cat/Cow, Child Pose

BREATHE

The element of the heart is air, breathe and connect with nature

**The relationship you
have with yourself,
sets the tone, for your
relationship
with others, it is a
reflection of your
self-love**



7 HEART AFFIRMATIONS

1. I am open to love
2. I welcome love with an open heart
3. I forgive others and I forgive myself
4. I am worthy & deserving of love
5. I am open to love & receive more of it everyday
6. I naturally attract love everywhere I go
7. I honour the guiding of my heart



***We accept the love
we deserve.***

Stephen Chbosky



HEART MEDITATION

- Sitting comfortably, with
- your hand on your heart.
- Begin breathing in and out naturally - seven times.
- Imagine a green emerald light entering your nose as you inhale, warming your chest and heart.
- Repeat your affirmation such as - 'I am love'.
- Let your breathe become more natural, allow yourself to release any pain or negative feelings.

The background of the entire image is a dense, overlapping pattern of red and pink hearts of various sizes. The hearts have a slightly textured, wood-like appearance. A central white rectangular box with a thin red border contains the main text.

SELF-CARE IS A FORM OF SELF-LOVE

**Ensure your self-care
activities support
you holistically,
Mind, Body & Soul.**



10 SELF-CARE ACTIVITIES

1. Take a bubble bath - candles, aromatherapy & calming music
2. Have a PJ mental health day, do nothing guilt free :)
3. Take a leisurely walk without a goal
4. Binge watch TV
5. Cook breakfast for yourself before anyone else
6. Floss teeth
7. Go to bed early
8. Watch a comedy
9. Buy some flowers
10. SAY NO!

MAINTAIN BOUNDARIES

Self-love also involves asserting yourself, learning to say NO to uphold, maintain & prioritise your boundaries.

It requires being forthright about your wants and needs, while still considering the rights, needs and wants of others.

Describe (how you see the event)
Express your feelings clearly & desired outcome (consequences).

**Be you own
reason to smile**



SELF-LOVE PLAN

Create a Self-Love Plan or Goal(s) including how to prioritise your needs through setbacks or challenges.

What will your self-love goals focus on?

Why is it important?

What are your challenges?

What are your contingencies?

Is your goal realistic?

What support do you require?

How will you know when you are successful?

SELF-LOVE RESOURCES

#7DAY LOVE CHALLENGE

<https://youtu.be/4qILnxuqmP>

The Love Frequency - 528hz

<https://www.youtube.com/watch?v=VXYStwwGiDI>

The Goddess & The Dog

<https://mooryoni.com/2020/06/25/the-goddess-the-dog-story/>

What is your love language?

<https://www.5lovelanguages.com/quizzes/>

Wellness Tips

<https://mooryoni.com/2021/01/20/pictorial-wellness-tips/>

**“When your heart
speaks
take good notes.”**

Judith Campbell.





ENJOY YOUR JOURNEY



**MoorLove@
MoorYoni.com**