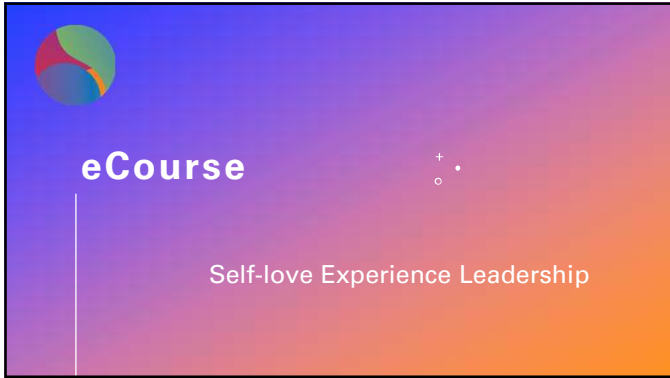
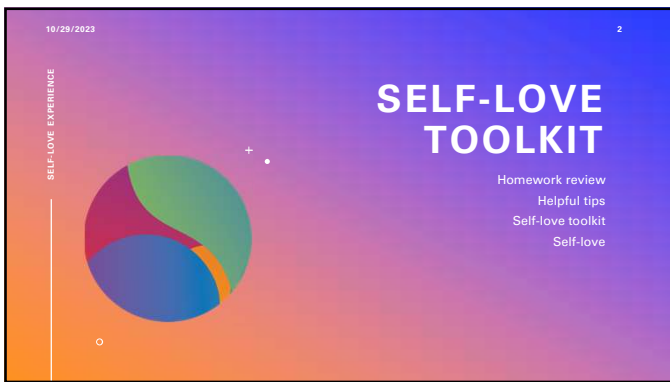


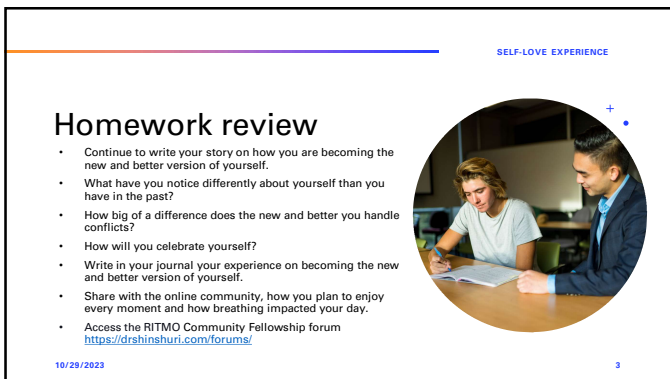
Participant Guide



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SELF-LOVE EXPERIENCE

Session 9

In this eClass, you will apply your learning from the eModule Self-love Toolkit this includes:

- Helpful Tips
- Self-love Toolkit
- Self-love



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HELPFUL TIPS

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Resources

- There are many resources we have access to more so than 10 or 20 years ago.
- Now we have the internet to access information in a matter of seconds.
- Use every resources you have available to you to learn how to love a life of Self-love.
- Study self-love and live it as a lifestyle and not a trend.




6

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Tips

- Be willing to research what you need to be a better person.
- Embrace who you are from the inside out.
- Find a support system that will keep you accountable for your growth and development.
- Take time to tune into how you are feeling daily.
- Focus on your overall wellbeing
- Change happen when you open yourself to change
- Stay positive and always move forward.



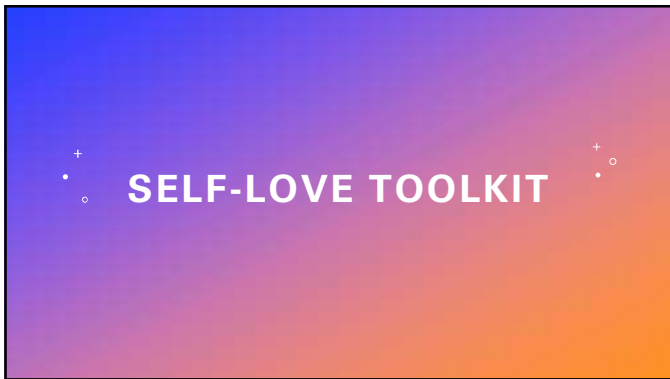
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ANY QUESTIONS



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SELF-LOVE TOOLKIT



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Breathing exercise

- The flow and operation of our body depend on each breath we inhale and exhale.
- In Sanskrit, this flow is called Prana meaning "Life force energy."
- No matter what you are doing or encounter in life, take time to breathe and breathe properly.
- 4-7-8 Breathing exercise technique learned during the eModule will allow you to calm your state of being.
- The breathing exercise will take you from being overwhelmed or stressed to a calmness.




10

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Get started

- For many this is the hardest part of any journey.
- Getting started takes a willingness to change your mindset for change or acceptance of new opportunities.
- Life happens to us all. The perfect timing is always now.
- Embracing your self-love journey requires commitment and communication; both are equally important in developing you from the inside out.
- Remember to be patient with yourself.
- This is not a race but a lifestyle that you are learning and becoming



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Self-love journal

- Use your Self-love journal to write about your self-love experiences.
- It is a possibility you may have many journals with notes of all kind written within the pages. However, this journal should only reflect your experiences while on your self-love journey.
- Within the pages it should be a reflection of your day-to-day routine, life, moods, short coming, celebrations and more.
- It is your life story and more.



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Accountability partnership

- Accountability Partners are connection with a person who wants to see you win in life.
- This is the person, who will not only say what you want to hear but even those things to aid you to make the right and best decision for yourself.
- Connecting with others who may have similar experiences or struggles who have overcome the odds.
- Its your personal community or village to help you to stay focus and even get you back on track.
- They are your cheerleaders, in that they celebrate with and for you.



13

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Explore nature or exercise

- There maybe situation where you cannot control your living environment.
- You may not be able to control the people around you, however, you can control yourself.
- Take time to take a walk or explore different parks if you are able.
- Exercise to help clear your mind. Focusing on your total wellness.
- Find something new and try it.



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Drink water

- Do you prefer water or juice?
- Drinking water has many benefits that will aid our body.
- Some of the benefits of drinking water is that it carry nutrients and oxygen to your cell, flush bacterial from your bladder, and protecting organs and tissues.
- Water keep every system in the body functioning properly.




15

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Be okay with not being okay

- No one is perfect.
- Everyone has something they are dealing with, overcoming, or learning from.
- No matter what it maybe, be okay with not being okay.
- Be okay with not having a good day. Learn from it.
- Continue to use your mirror exercise to build your confidence, until you learn how to embrace all of yourself.




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Self-love essence mantra

- Tune into who you are from the inside out.
- Give yourself a break and sit still with being in oneness with yourself.
- Listen to the Self-love Essence Mantra and repeat it daily.
- Set time aside to practice the Self-love Essence Mantra along with your personal affirmations of empowerment
- In order for you to succeed and reach your Self-love goals you will need to embrace being open.



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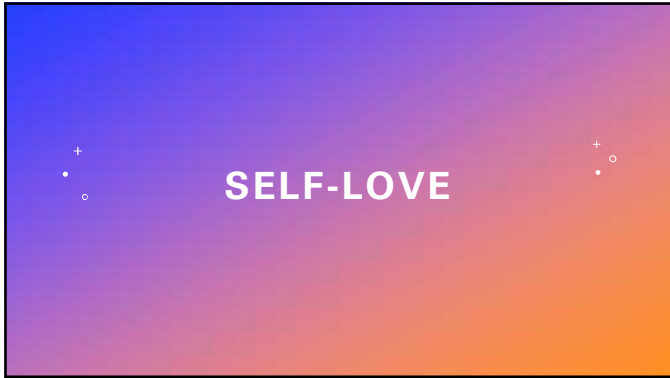
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ANY QUESTIONS



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Self-love

- Self-love is a lifestyle not a trend
- Its you saying yes to you first before any and everyone.
- Self-love is giving yourself a fair chance at living your authentic self.
- It is getting you to accept who you are now and becoming.
- Self-love is equally as important as loving on others.
- Self-love teaches you how to love yourself and others on purpose.

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Schedule 1x1 Interview

- 1x1 exit interview is up to 1-hour max.
- Click on link in form to schedule your appointment.
<https://drshinshuri.com/schedule-an-appointment/>



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