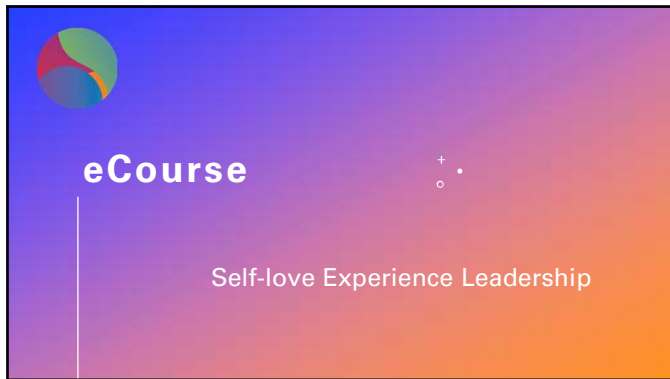
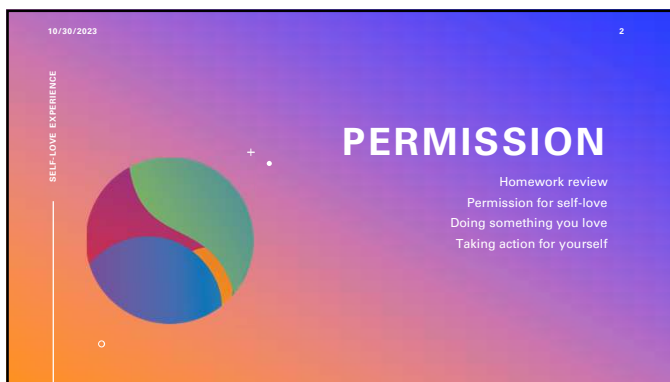


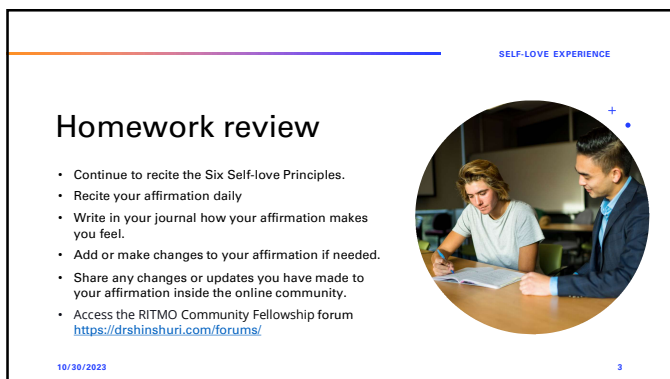
Participant Guide



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SELF-LOVE EXPERIENCE

Session 5

In this session, you will apply your learning from the eModule Give Yourself Permission. This includes:

- Permission for self-love
- Doing something you loveChoosing to enjoy yourself.
- Taking action for yourself



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PERMISSION FOR SELF-LOVE

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Permission for change

- What does permission mean?
- What does it look like to give yourself or someone permission?
- Given yourself permission, helps prepare your mind for something new.
- It cause you to think closely about the next steps.



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Processing change

- Permission, helps you to process change quicker by taking away the challenge or questions you may produce about doing something new.
- It starts the mind to brainstorm possibilities



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Processing change 5-minute break out session

- Think of a habits or one thing you do that you would like to change about yourself.
- Write down three things you do not like about the habit or the thing you do not like about yourself.
- Write down three things you can do now to change your habit or the thing you do not like about yourself.
- Share with the group those three things you do not like and the thing you can do to make the needed changes.
- How did you feel about thinking about different alternatives new ways to make the changes in how you do and see yourself?



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Processing change review

- Was it hard to pick one thing you would like to change about yourself or habits? Share with the class your experience in the breakout session.
- What did you learn about yourself, when thinking of new ideas or ways to bring about change in your life?
- Do you think this will be something you can do long term (daily in your life)?



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Reflection

- It helps you to narrow down your focus.
- It helps you to focus on what is important to you.
- It shift your thinking to new possibilities.



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ANY QUESTIONS



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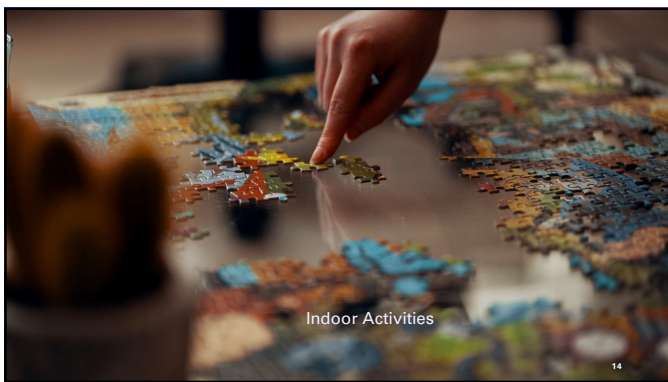
DOING SOMETHING YOU LOVE

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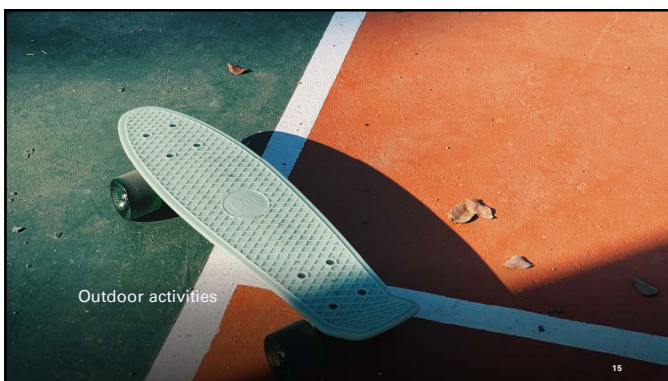
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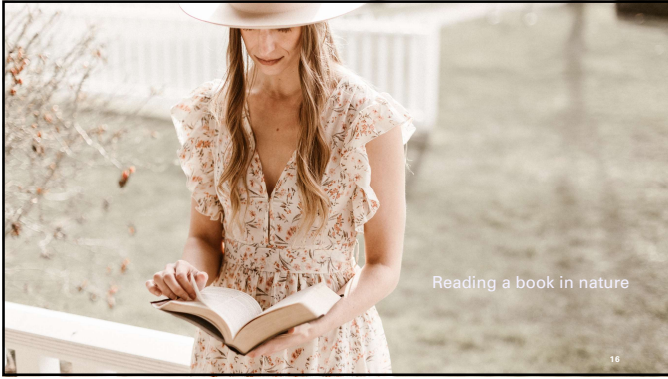
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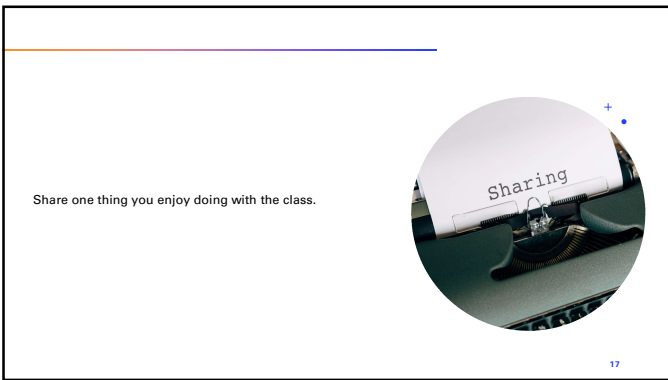
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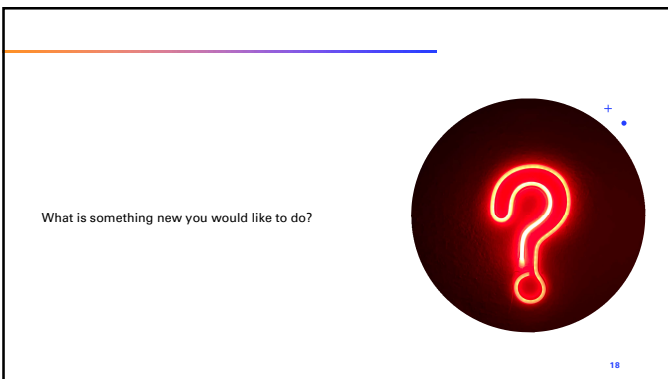
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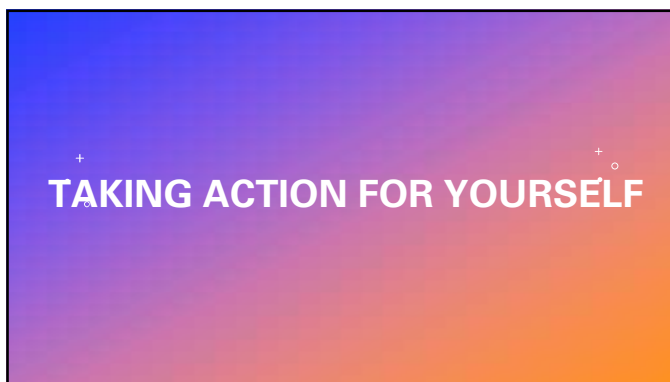
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Your self-love pledge

- Review your Self-love Permission Pledge from the eModule
- What have you notice about yourself since signing your Pledge?
- Share with the class one thing you notice differently about yourself.
- What kept on track with you Pledge?
- Share ways on how you will continue to put you first.




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Homework


- Find something new you would like to try that will help you to enjoy the person you are.
- Plan to do the new activity
- Write down your experience in your journal
- Continue to read your Self-love Pledge to yourself.
- Share your journal entries with the RITMO Community Fellowship.
- Access the RITMO Community Fellowship forum <https://drshinshuri.com/forums/>



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Schedule appointment

- Each session 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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