



INSTINCTUAL WELLBEING'S GUIDE TO:

Self-Love



How to Use this Guide

We know today that love has the power to heal and that healing from autoimmune conditions goes beyond just diet and lifestyle.

We've learned from experience that this is true, and so we designed this workbook to help you on your journey toward greater self-love and acceptance.

Each of the 5 steps has a corresponding activity and affirmation.

We believe that if you take the time to say each affirmation out loud (and more than once for best results!), and take the time to complete each corresponding activity, that you will begin to experience profound mental shifts that can lead to deeper healing.

Still, this workbook isn't the end-all be-all; it's just the beginning. We invite you to continue your journey to self-love, awareness and acceptance, and as always . . .

-Follow your instincts.
Mitch + Britt

5 Steps to Self-Love

1 Accept yourself.

It has been said that in order for change to occur, you must first accept where you are. This step is about accepting yourself for who you are *right now* - not when you achieve or do X or Y - but at this moment in time.

2 Forgive yourself.

Throughout our lives, it's easy to accumulate shame, blame and criticism toward ourselves, especially when our body isn't working the way we believe it should be. Thus, forgiving ourselves is essential to developing a new, healthy relationship with ourselves.

3 Accept your circumstances.

It is important to see the Universe as a benevolent force that works *for* you, not against you. With this, we challenge you to begin exploring the idea that everything - even your disease - happens for a reason; to teach us, expand us, and inspire us.

4 Believe in yourself.

Believe that you have the power to change your reality. Believe that you are good enough; that you are strong enough; that you *are* enough. Believe that you can heal and that you *can* do this!

5 Let go.

Someone once told us that autoimmune conditions are the product of not being able to fully express oneself. We also know that they are a product of the body attacking itself. This is why allowing yourself to be who you are and letting go of self-judgment, perfectionism, anger and resentment is so important, because we must first stop attacking ourselves before the body can stop attacking itself.

Activities for Practicing Self-Love

1. Write 5-10 things you like about yourself.
2. Write a letter to yourself apologizing and forgiving yourself for anything.
3. Start a Gratitude Journal and list 5-10 things you're grateful for each day.
4. List the accomplishments you've had to date - no matter how big or small. Add to the list often.
5. Write 5-10 "limiting beliefs" you have about your self and then 5-10 "turnaround" statements.
Example: Limiting Belief = "I will never get better." Turnaround Statement = "I am getting better each and every day."



Five Healing Affirmations

- Accept yourself:** “I love and accept all that I am. There is nothing to change, there is only love. Every aspect of me serves both me and others in some way.”
- Forgive yourself:** “I accept that I did the best I could at the time with what I knew. When I make a mistake I realize it is only part of the learning process. I do my best and let go of the rest.”
- Accept your circumstances:** “I trust that all is unfolding for my highest good. I am safe; I am loved.”
- Believe in yourself:** “I have the power to create my reality. I am grateful for what I have achieved.”
- Let go:** “I allow all unresolved feelings to surface. I give thanks for the healing that is taking place. I am emotionally cleansed. I am free of emotional baggage. I release all that no longer serves me.”
- Bonus affirmation:** *I love myself!*
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10 Ideas for Practicing Self-Care

1. Take a hot bath.
2. Go for a relaxing nature walk.
3. Schedule a massage.
4. Make a cup of your favorite tea.
5. Make yourself your favorite food.
6. Visit an animal shelter and spend time playing with puppies and kitties.
7. Read a novel for at least 30 minutes.
8. Buy yourself flowers or something special.
9. Do some adult coloring.
10. Have fun and smile: dance around, laugh, watch something funny, listen to a song that makes you smile, etc.

