

Self  
love  
club

Hello There,

I am so glad you're here. The Self-Love Club, was designed to Make Self-Care Easy and To hold yourself Accountable for it.

When you make the intention to Love yourself First. . . you move into Whole Soul Healing.

Because Love Heals All Things.

In the following pages you will find Daily Self-Care Tips, Weekly Journal Prompts for Self-Exploration and a Monthly Mindfulness Practice.

Through this Process, it is my hopes that You May. . .

Accept who you are.

Trust who you are.

Forgive who you are.

Express who you are.

Bless who you are.

Empower who you are.

Value who you are.

Be who you are.

Love who you Are.

And Blessings Unfold.

~Heather



Self-Love is the regard for one's own well-being and happiness.

It's the ability to treat ourselves with the compassion that we might offer a friend or child.

It's noticing our mental chatter when it isn't kind and pausing to observe how it makes us feel in our bodies. Allowing ourselves the opportunity to rephrase our self-talk into loving guidance.

Self-Love is understanding that we are Human. We chose to be here for this Human Experience. It is seeing Everyone, seeing You as Perfect.

It is knowing we have all made mistakes, and will likely do so again. And it is O.K. to do so. It's actually Great. In fact, Mistakes are how we learn Best.

Consider viewing your Life Experience as a School (Earth-School) and yourself as a Student (Life-Long Learners), this may be easier to understand how some of us might be better at certain subjects than others.

Self-Love takes into account, the subjects that you are Acing and says, "I am really good at this." Self-Love observes the subjects you might need a tutor in and says, "We can make improvement here. Let's seek out a Someone who Aces this subject daily, for assistance."

When you fall in Love with you. . .When you peel away the All the Titles;  
Sister, Mother, Daughter, Wife, Teacher, Friend . . .Who are You Now?

Who Remains?

Grab a Journal (or use my Note Pages below), a steamy cup of Tea and Find a Quiet-Cozy spot and Begin Loving on You.

Discover Who Will You Are, When Only Love Remains?



Draw a Heart Next to the following practices that feel Loving and

Consider Enjoying One or More Self-Love Practices Daily.

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Journal           | <input type="checkbox"/> Meditate             | <input type="checkbox"/> Sing             |
| <input type="checkbox"/> Bath              | <input type="checkbox"/> Massage/Reflexology  | <input type="checkbox"/> Dance            |
| <input type="checkbox"/> Nature Immersion  | <input type="checkbox"/> Read for Pleasure    | <input type="checkbox"/> Take a Class     |
| <input type="checkbox"/> Try Something New | <input type="checkbox"/> Breathwork           | <input type="checkbox"/> Affirmations     |
| <input type="checkbox"/> Yoga/Exercise     | <input type="checkbox"/> Belly Laugh          | <input type="checkbox"/> Eat Out          |
| <input type="checkbox"/> Get Dessert       | <input type="checkbox"/> Make Art             | <input type="checkbox"/> Play             |
| <input type="checkbox"/> Watch Sunset/Rise | <input type="checkbox"/> Howl at the Moon     | <input type="checkbox"/> Air BnB Alone    |
| <input type="checkbox"/> Compliment Others | <input type="checkbox"/> Volunteer            | <input type="checkbox"/> Build Something  |
| <input type="checkbox"/> Donate            | <input type="checkbox"/> Cook from Scratch    | <input type="checkbox"/> Host a Gathering |
| <input type="checkbox"/> Sex               | <input type="checkbox"/> Splurge on Something | <input type="checkbox"/> Ask for Help     |
| <input type="checkbox"/> Sit in Silence    | <input type="checkbox"/> Head to a Museum     | <input type="checkbox"/> Enjoy a Concert  |
| <input type="checkbox"/> Early to Bed      | <input type="checkbox"/> Pedicure/Manicure    | <input type="checkbox"/> Speak Truth      |
| <input type="checkbox"/> Set Goals         | <input type="checkbox"/> Express Yourself     | <input type="checkbox"/> Cry              |
| <input type="checkbox"/> _____             | <input type="checkbox"/> _____                | <input type="checkbox"/> _____            |
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How Will You Show -up to Love Yourself, Each Day?



## February Accountability

I recommend tracking your Self-Love Practices daily. When you participate in these Practices routinely, you raise your Vibration. Take the time to Notice how you feel as your vibration shifts, Observe your thoughts and bring Awareness to your bodily sensations. Jot these down below (or in your Journal) to deepen your Mind-Body connection, improving your Intuition.

Note: If you have resistance to writing your feelings, you may be observing a separation of Mind & Body. It's ok! This happens in response to Past Trauma. Taking the time to Reconnect to your sensations can be difficult. Go slow and Enjoy the Process. You deserve to reconnect and Heal.

Day	Self-Love Practice(s)	How This Feels
Feb 1)	.....	.....
2)	.....	.....
3)	.....	.....
4)	.....	.....
5)	.....	.....

When you participate in these Self-Love Practices, Notice how you feel, Observe your thoughts and bring awareness to your body sensations.

Self-Love Practice

Day	Self-Love Practice(s)	How This Feels
Feb 6)	.....	.....
7)	.....	.....
8)	.....	.....
9)	.....	.....
10)	.....	.....
11)	.....	.....
12)	.....	.....
13)	.....	.....

When you participate in these Self-Love Practices, Notice how you feel,  
Observe your thoughts and bring awareness to your body sensations.

Self-Love Practice

Day	Self-Love Practice(s)	How This Feels
Feb 14)	.....	.....
15)	.....	.....
16)	.....	.....
17)	.....	.....
18)	.....	.....
19)	.....	.....
20)	.....	.....
21)	.....	.....

When you participate in these Self-Love Practices, Notice how you feel,  
Observe your thoughts and bring awareness to your body sensations.

Self-Love Practice

Day	Self-Love Practice(s)	How This Feels
Feb 22)	.....	.....
23)	.....	.....
24)	.....	.....
25)	.....	.....
26)	.....	.....
27)	.....	.....
28)	.....	.....

When you participate in these Self-Love Practices, Notice how you feel,  
Observe your thoughts and bring awareness to your body sensations.



Consider Focusing on one Journal Prompt Each Week,  
possibly adding to it each day,  
describing in Detail what comes to mind.

Love Your-Self so True,  
that you Ignite the Spark of Love  
within Others.

~Heather



Follow your thought pattern, Notice what presents itself and  
Observe whether or not you Accept these thought patterns  
with an Open Heart, or feel Resistance.

If you feel Resistance, consider what your body might desire  
to find peace. . .



## Week 2, Describe Seven Things You Are Grateful for In Your Life

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Notice what is Present & Observe your Thought Patterns.

Week 3, Describe Seven Experiences you can Forgive from your Past

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Notice what is Present & Observe your Thought Patterns.

Week 4, List 14 Activities or Experiences that Fill your Heart with Joy

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Notice what is Present & Observe your Thought Patterns.

## Mindfulness Practice for February

You can do this Daily, Weekly or Monthly. Find a quiet place to settle into a quiet mind, maybe even before you roll out of bed in the morning or before turning out the light to sleep in the evening. Tune into your breath. Breathing in through your nose and if possible, out through your nose. Allow yourself to follow the inhale, noticing where in your body it lands, and observing how your breath feels in your body. Then, following the exhale, noticing how your body feels releasing air from your body.

Note: As you prepare to focus on the Self-Love Practice below, consider lighting a candle, to serve as a focal point or a symbol of your intention. Speak the words below aloud or state them in your mind's eye. Adjust them to fit your comfort and intention.

As I ignite this fire, I ignite within me the spark of divine love for myself and for my whole being. May the flames of self-love burn ever brighter with each passing day keeping me warm, setting fire to my creative flame and fueling my desires.

I (name) vow to love myself with every fiber of my being, to be here to listen with an open ear when my intuition has words of wisdom for me, to honor and care for this body and soul. I pledge to be the heroine/hero of my journey, follow the call of my desires, ask myself for what I need, and honor what it is that I want to do.

I promise to dedicate energy to balancing my wellness and to supporting my wellbeing.

I love and accept myself unconditionally. I radiate self-love. I fully respect myself.

I honor my intuition and follow my inner compass.

I am worthy of unconditional love from myself and others and I love myself more every day.

I acknowledge my strengths and my limits.

I am worthy of my needs, desires, and goals.

My feelings, thoughts and desires are important and valid.

If you enjoyed this simple Self-Love guide and want to Unravel more tools to Self-Discovery, consider scheduling a [Session with Me](#).

I will meet you at your level of comfort in finding solutions to gently moving through;

Self-Defeating Talk

Broken Belief Systems

Nutritional Imbalances

Emotional Trauma (known and unknown)

Genetic Predispositions

Present Physical Symptoms

And More.

I am offering to the Self-Love Club;

25% off all Emotional support and Body Work that I offer. If you Purchase it in February (use it anytime in 2019). Unsure what this can include. . . Head on over to [HeatherDexter.com](http://HeatherDexter.com) to Discover How You can be Supported.

Wanting More, Consider the Tri-Fecta, this includes, three therapies at a discounted rate Only available to the Self-Love Club at this time:

- 45 minutes of Emotion Code (\$70 value)
- 60 minutes of One on One Empowered Movement (\$50 Value)
- 90 minutes of Any Body Work Therapy (\$96 Value)

A Value of \$216 . . . Offered to you for Only \$172. . . That's a \$44 Savings!