

# Day 8



## *I Love Myself!*

Today, you're going to build on what you started on Day 4 (*I Feel Worthy!*).

As we talked about on Day 4, feeling worthy of your desire is crucial to allowing the manifestation into your life. When you practice self-love, your inner sense of worthiness rises on its own.

**For most of us, self-love is a tough subject.**

It's something we have to approach from multiple angles, constantly peeling back the layers of our inner critic until we get to our spirit, to the heart of who we really are. When you view yourself from the perspective of your spirit, there is only love. You see yourself as you truly are:

**A divine, cosmic being who is as valuable and precious as every star in the sky.**

If you find it easier to judge than love yourself, you're not alone.

You may even be struggling with the fact that you don't love yourself but feel you should because you're on a spiritual journey. This kind of self-talk is the kind that is well-meaning but ends up making us feel worse. Feeling that you're failing at self-love is also very common, and if that's where you're at, don't worry. You're going to start with acknowledging and accepting how you feel so that you can truly begin healing.

For the next few exercises, go with the first number that comes to mind. Trust that your inner self will guide you to your truth. To begin, put your hands on your heart. Close your eyes and take a few deep breaths. Give yourself permission to ask these questions and receive the answers without judgement. This is between you and your paper – you are free to get totally honest. No one will read this (unless you want them to). Also, keep in mind there's no correct answer here. Each number is simply a reflection of where you're at.

**On a scale of 1 to 10...**

My self-love is a \_\_\_\_\_

My body love is a \_\_\_\_\_

I feel I have value to offer this world (1 is no, 10 is absolutely) \_\_\_\_\_

I set healthy boundaries (1 is never, 10 is always) \_\_\_\_\_

I prioritize my own needs (1 is never, 10 is always) \_\_\_\_\_

I make healthy choices (1 is never, 10 is always) \_\_\_\_\_

I feel worthy of being seen (1 is never, 10 is always) \_\_\_\_\_

I feel worthy of being heard (1 is never, 10 is always) \_\_\_\_\_

On a scale of 1 to 10, I feel worthy of my desire (1 is unworthy, 10 is bring it on!) \_\_\_\_\_

### Before you go on, give yourself permission to be where you are

You may have been disappointed by your numbers or you may have been relieved. Either way, you are where you are, and you're there for a reason.

My name is \_\_\_\_\_ and I give myself full permission to accept and love myself – even the parts of me that are critical and fear based. I feel the way I feel because of the life I've lived and the experiences I've had. I am on a journey, and no one may judge where I am or where I'm going. My journey is between me and (*your higher power*) \_\_\_\_\_.

**In truth, you don't have an inner critic because you're weak, unworthy of your own love, or less than in any way.**

You have an inner critic because that's how you learned to survive. It developed for many reasons, and like all parts of you, all it really wants is to be loved.

You're now going to try something a little different. I want you to call up your inner critic. Bring forth that voice that cuts you down and tells you all the reasons you can't.

Now put your hands on your heart and ask it what's really going on. What's behind all the criticism? Keep listening until you get to the heart of it. Just keep breathing, sending it love, and letting it know it's safe to tell you. Your Inner Critic might tell you it feels scared and alone, it feels unworthy of love, or it's been hurt before and it's just trying to protect you. When you've received your answer, you'll feel a sense of peace towards this part of you.

What was at the heart of your Inner Critic's behavior? How did it feel to have this understanding of yourself?

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Take some time now to have a supportive and healing talk with your Inner Critic. Based on what it told you, give it some love. Reassure it. Talk to it like a beloved friend who is in pain and in need of some soul nourishing support.

Inner Critic, I hear you and I see you, and I want you to know...

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Now put your hands on your heart, bring your Inner Critic to your awareness and begin repeating, "I love you, come home." Bring this part of yourself home, to your heart, to your eternal center of peace and love. Allow this part of you that's become disconnected to come home to the true you. Keep sending it love and calling it home to your heart until you feel complete.

## Learning to love yourself as you are might feel like an impossible task.

You might see all your perceived shortcomings and failures and feel there's nothing good there.

In order to undo this story, you're going to go back in time to before this inner program took root. You're going to plant something new there and give yourself what you actually needed.

Below, write a note of love and encouragement to your childhood self (you decide at which age). Tell them all the things you wish someone had told you. Talk to them like a coach would to a star athlete who's lost their confidence. Build them up, and when you're done, visualize yourself giving them a huge hug.

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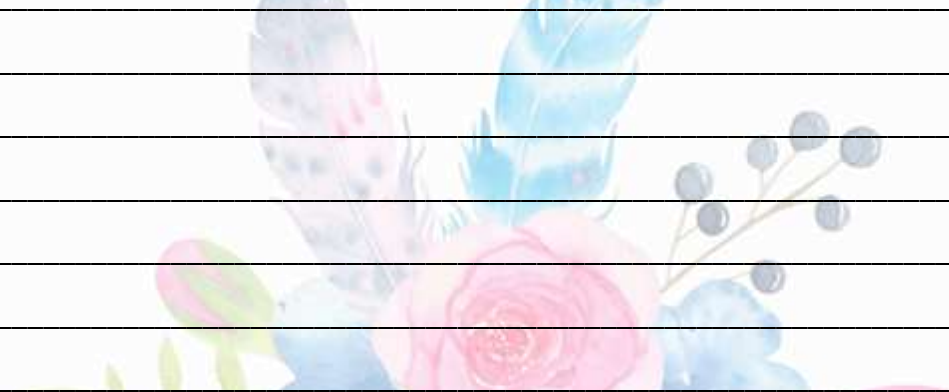
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And now you'll do that in the opposite direction. Write a note to you from your childhood self. Let them tell you all the ways they're amazed with you. Allow them to share how excited they are for all you've overcome, all you've accomplished, and the incredible person you are. And remember, your childhood self knows the obstacles you faced, so they will give you heaps of love and compassion. When you're done, receive a huge, supportive hug from them.

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In order to keep boosting you up, let's return to your numbers from pages 1-2. In which area did you have the lowest number?

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You deserve to have that number be a 10! Let's get you closer to that. Below, you're going to give yourself encouragement in this area. Tell yourself what you need in order to make this number higher.

As you write, watch out for any criticism masquerading as self-love. In other words, if your body love was low, telling yourself you need to lose x amount of pounds won't help right now. Rather, write how you could follow more body-positive accounts on Instagram, wear that dress that makes you feel fierce, what you absolutely love about your body, compliments you've received, and so on.

**Ready? Go!**

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Listen to the audio *Day 8: The Beach*. After, complete the following:

<https://soundcloud.com/melissafield/day-08-the-beach>

In the audio, when you gave yourself love and listened to your own needs, what did it feel like?

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What did it feel like when you merged with your other self? \_\_\_\_\_

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How often do you give yourself love and support? \_\_\_\_\_

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List six things you can do to show yourself more kindness and love. Take your time and really tune in and listen to yourself. Only you know what you need most!


On Day 4, you were celebrated and acknowledged by the people in your life during the meditation (*The Award*). Without looking back at what you wrote, put down some things you deserve to be celebrated for:

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From this place of self-love, let's return to your intention. Once more, write your empowered statement. Write what feels true now or continue to use your previous one (Day 6 – page 1).

I am... \_\_\_\_\_

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and my powerful guidance team supports me in this by \_\_\_\_\_

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and I know I am worthy of receiving this manifestation because \_\_\_\_\_

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And I KNOW I can manifest it because I've manifested so many amazing things already, such as

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