

Self-love practice 2: falling in love with yourself.

Self-love begins with recognising and celebrating your own worth, accomplishments, and beauty. This practice is about cultivating pride in yourself and falling deeply in love with the person you are. Follow these steps to nurture that connection:

1: Relive a moment of pride.

Think back to a moment today that made you feel proud, no matter how small it may seem. Maybe you ticked something off your to do list, showed kindness to someone, or simply got out of bed when it felt hard. Hold onto that moment. Let the emotions it brought up wash over you etc, joy, pride, love.

2: Affirm your greatness. Tell yourself five positive affirmations that reflect how proud you are:

- I am proud of myself.
- I am strong and capable.
- I am doing my best, and that is enough.
- I am worthy of celebrating my achievements.
- I am growing every single day.

Let these affirmations settle within you, amplifying the feelings of pride and accomplishment.

3: Reflect in the mirror

Now, go to a mirror. Look deep into your eyes and allow a soft, genuine smile to form. As you gaze at your reflection, bring back that proud moment. Visualise it clearly; make it vivid, colourful, and larger than life. Imagine the positive energy of that moment expanding, filling your entire body with warmth and light. Breathe deeply into this feeling. With each inhale, let the energy grow stronger; with each exhale, let it spread throughout your being.

4: Speak love to yourself

Bring your attention back to your reflection. Place your dominant hand over your heart and speak these words aloud, letting them resonate deeply:

- I love you.
- I love how amazing I am.
- I love that I am achieving great things.
- I love that I am right where I need to be.
- I love that I am loved.
- I love that I am in love.
- I love to express love.
- I love to accept love.



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Feel the power of these affirmations as they settle into your heart. You are not only speaking love into existence, but you are also embodying it.

Why this practice matters.

This exercise is not just about boosting confidence; it is about building a relationship with yourself that is rooted in love, pride, and gratitude. Aim to always show gratitude for everything that is in your life especially towards yourself (see blueprint 6 for more on gratitude). The more you connect with these emotions, the more they will flow into all areas of your life.

So, take a moment to fall in love with yourself every day. You deserve it.

Celebrate every win!