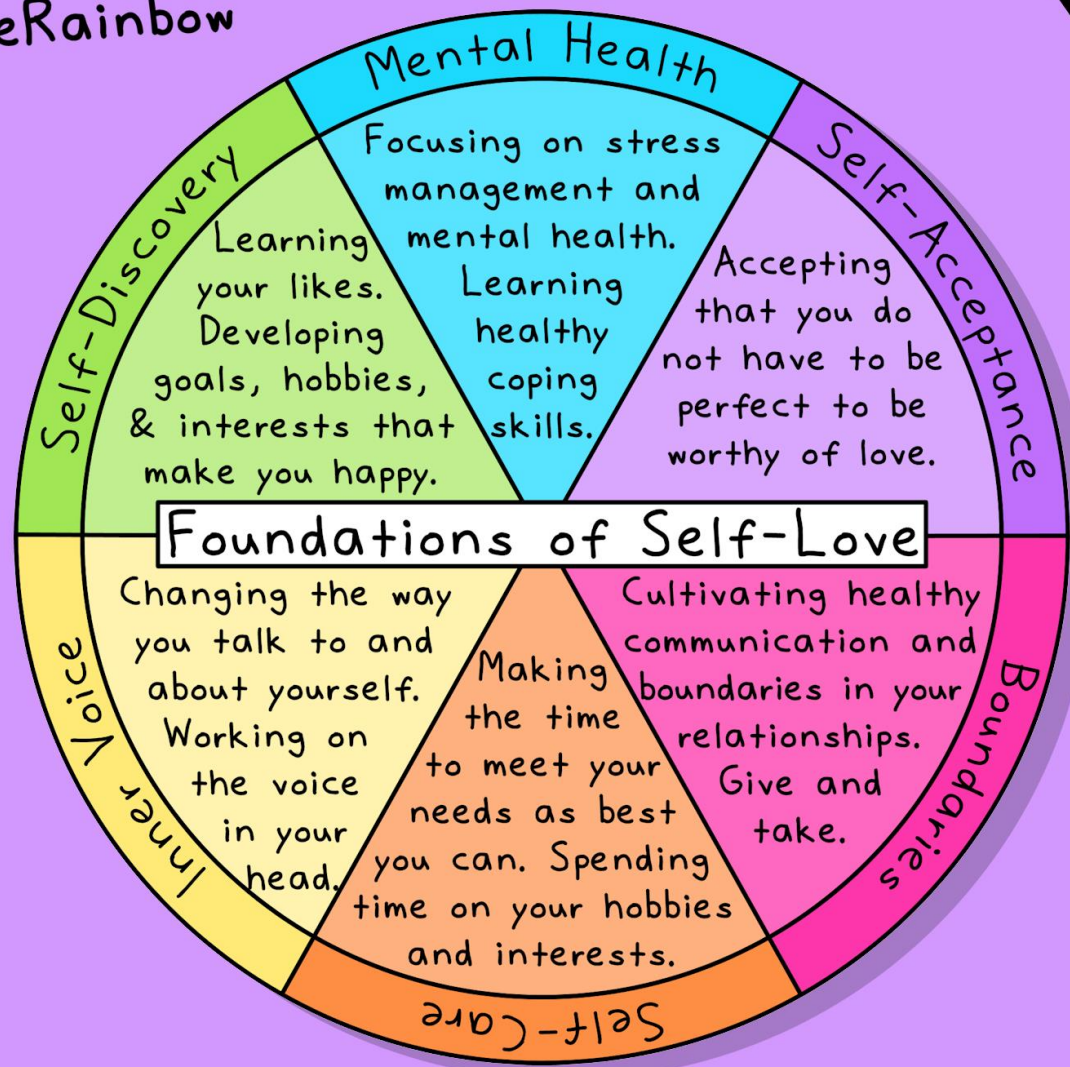
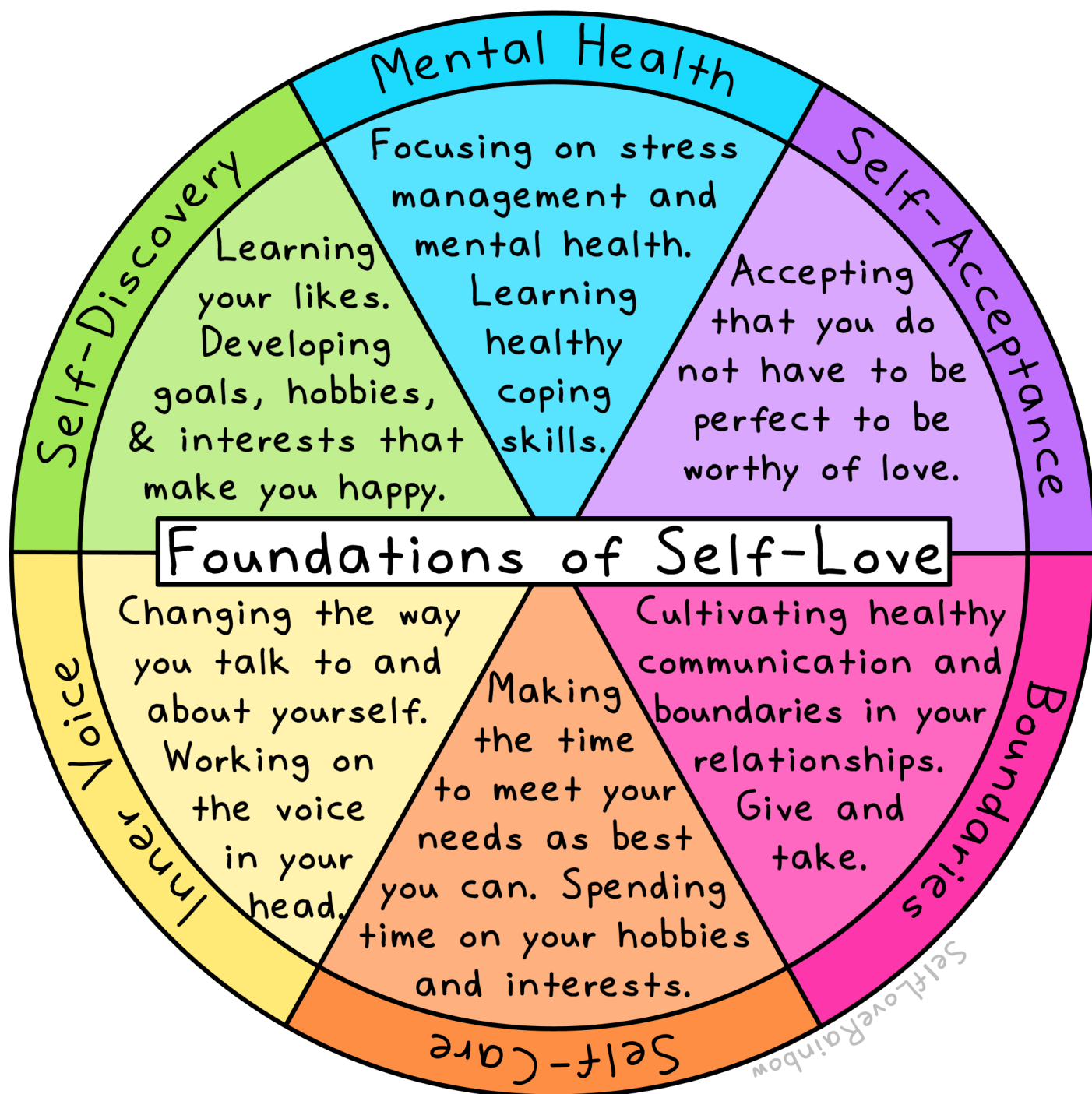


# SELF-LOVE FOUNDATIONS

SelfLoveRainbow





# The Foundations of Self-Love

When we talk about self-love we mean the feelings we have toward ourselves. I created these foundations to demonstrate all of the things that self-love is often based on. Let's talk about the foundations of self-love.

#1 Self-talk, or your inner voice. Think of your inner voice like your internal intercom. When you make a mistake – what's the first thing that you hear in your head? Are you on the receiving end of a lot of positive/reassuring/compassionate feedback or does that voice tear you down? One of the most transformative things that you can do is change how you talk to yourself.

#2 Self-Discovery aka knowing what you like.

Self-discovery means learning what you like and also what you don't like. (And then not budging on those things just to keep the people in your life happy.) It also means developing goals, hobbies, and interests that fulfill you.

#3 Managing your mental health.

Not everyone has a mental illness but we all have mental health. Some people just need to focus on managing their stress and overwhelm for good mental health but when you have a mental illness, it's much more complicated.

Your brain can feel so heavy with the weight of mental illness. Coping skills and therapy can help us learn that we are not our anxious/depressed/destructive thoughts.

#### #4 Self-Acceptance is key.

You don't have to be perfect to love yourself. It's okay that you are flawed and imperfect. You don't need to reach a goalpost to be worthy of loving yourself.

#### #5 Boundaries are important.

Cultivating healthy communication and boundaries in your relationships is another thing that heavily influences your ability to love yourself. It's also important to have support systems and safe spaces.

Your environment matters. And that's where boundaries come in. Set them with anyone who tears you down and makes you feel bad about yourself. (Yes, even if they're well-meaning)

Also set boundaries with my energy, time, and personal resources.

#### And finally #6, self-care.

Self-care is how we feel love from ourselves. It's any action that makes you feel loved or takes care of your needs. It's not always fun stuff, sometimes it's hard things that make us feel better in the long run. Self-care is bubble baths and setting boundaries. It's spa days and letting go of toxic relationships. Sometimes it's snuggling up with a blanket to take a break and it's also forcing yourself to do something you've procrastinated on. It's a series of choices that make your life better.

# Let's Do A Quick Assessment

Going over each of the self-love foundations, I'd like for you to rate them on a scale of 1-5. 1 being something that you don't struggle with at all and 5 being something that is a huge or daily struggle in your life.

Self-Love Foundations	1	2	3	4	5
Inner Voice					
Self-Discovery					
Mental Health					
Self-Acceptance					
Boundaries					
Daily Self-Care					

What's your biggest struggle? How does it affect self-love?

What's one itty bitty thing that might lessen the struggle?

# Where Are You At?

In this section, go through each of the foundations and talk about where you're at in your journey with each one and then I'd like you to write down one thing you could do to make that foundation just a little bit stronger.

Inner Voice	Self-Discovery
Mental Health	Self-Acceptance
Boundaries	Self-Care

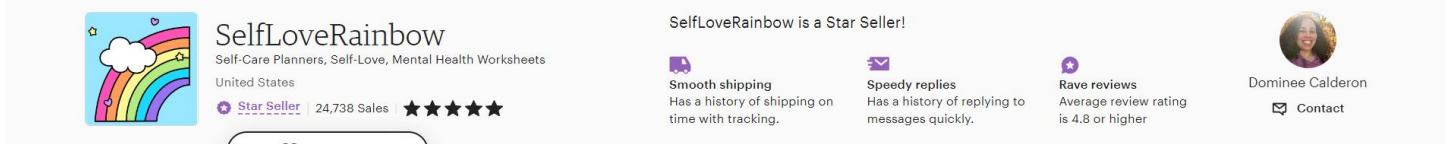
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- ♥ Drink your water today.
- ♥ Remember how awesome you are.
- ♥ Things get better.
- ♥ You're an amazing human being.
- ♥ Believe in yourself.

If you need any clarity about anything, feel free to drop me a note at [Dominee@SelfLoveRainbow.com](mailto:Dominee@SelfLoveRainbow.com)

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