



*Honey Lion Studio*

DANCE - YOGA - MOVEMENT

*self - love*

**september 2020**



## Hey beautiful.

This guide is for you.

I've spent quite a bit of time thinking, learning, and experimenting with self - love and what it might actually be. On social media, we often see posts saying "be happy" or "stay positive".

But those quotes don't help when I'm crying in bed at night from anxiety or when I'm overwhelmed by the amount of things I have to do. What helps is the self - confidence I have grown, the self - care practices that have become habits, and overcoming the fear of looking in the mirror and saying "I love you".



I used to think that compliments and love were only valid when they were given to me from other people. Now I've learned that the best compliments and the most fulfilling love comes from within.

So I'm here for you, to help you discover what you need and how you can provide it for yourself. To give love, we must have love, and I'm here to help you build the self - love within yourself.

- **MORGAN**





## Let's get started.

This month, I invite you to try implementing some self - love activities, affirmations, and gratitude practices into your life.

I've included examples and ideas of affirmations, self - care practices, gratitude prompts, and journal ideas.

Please feel free to reach out to me with any questions, constructive criticism, or just to talk. You can message me on Instagram @honeylionstudio or email [morgan@honeylionstudio.com](mailto:morgan@honeylionstudio.com)



A line art illustration of several flowers with long stems and stamens. A large teal circle is positioned behind the flowers. The text is written in a cursive font in the upper right quadrant.

be brave enough to  
take off the masks  
you wear and get  
to know who you  
truly are



# self love

WHAT IS IT EXACTLY?

## **Dictionary Definition**

Regard for one's own well-being and happiness.



## **My Definition**

The result of taking care of yourself, giving yourself lots of compliments, and practicing patience with yourself.



# self - love affirmations

Use the ideas below or create some of your own!

I choose to stop  
apologizing for  
being me and for  
the way I look.

I deserve good and  
positive things in  
my life.

My voice and my  
opinion are valid  
and important.

I love my body and  
all that it does for  
me.

I release the past  
so I can look  
forward to the  
future.

I am worthy of love.

I am taking the  
time to invest in  
myself.

I choose to  
recognize and  
acknowledge my  
feelings.

I love my mind, my  
body, and my  
heart.



**talk to  
yourself  
like someone  
you love**

- Brene Brown



self - love

**gratitude**



Expressing gratitude for yourself  
can be challenging, but it is a very important step in  
the journey to self - love

I am grateful for my face. I have countless I  
can see and communicate with others, and I  
am beautiful.

I am grateful for all that I have accomplished.  
I am capable of so much, and I am making  
steps forward in my journey.

I am grateful for my body. It supports me, it's  
able to move and groove, and it takes me  
from place to place. I will treat my body with  
kindness.

I am grateful for my mind. I am able to think,  
to process, and to create. My mind is strong  
and smart.

I am grateful for my opinion. It is valid and I  
am confident in it.

I am grateful for this chapter of my life.  
Though the lessons may be tough, I am  
strong.



- Get a snack...or a whole meal. Make yourself food that is nourishing and provides your body with energy.
- Drink some water. Often, we are drowsy because we are dehydrated.
- Repeat some affirmations as you go about your day. There's never a bad time to remind yourself how amazing you are.
- Go to a mirror, and give yourself a compliment. It can be about your gorgeous face or your intelligent mind.
- Find something about yourself that you are grateful for. Your body can move and groove, your mind can create wonderful things, and you look great.
- Check in. Do a body scan. Ask yourself how you're feeling. Masking your feelings or emotions with fake happiness will only result in everything coming out later. Acknowledge your feelings as they come.



*self - love*  
**activities**

Self - love is the result of self - care. Here are a few ideas that you can implement into your life.

# Weekly Self - Love

Use this page to fill in your own self - love practices.

**WEEK OF:**

\_\_\_\_\_

Affirmations

Activities

Gratitude

**SUN**

**MON**

**TUES**

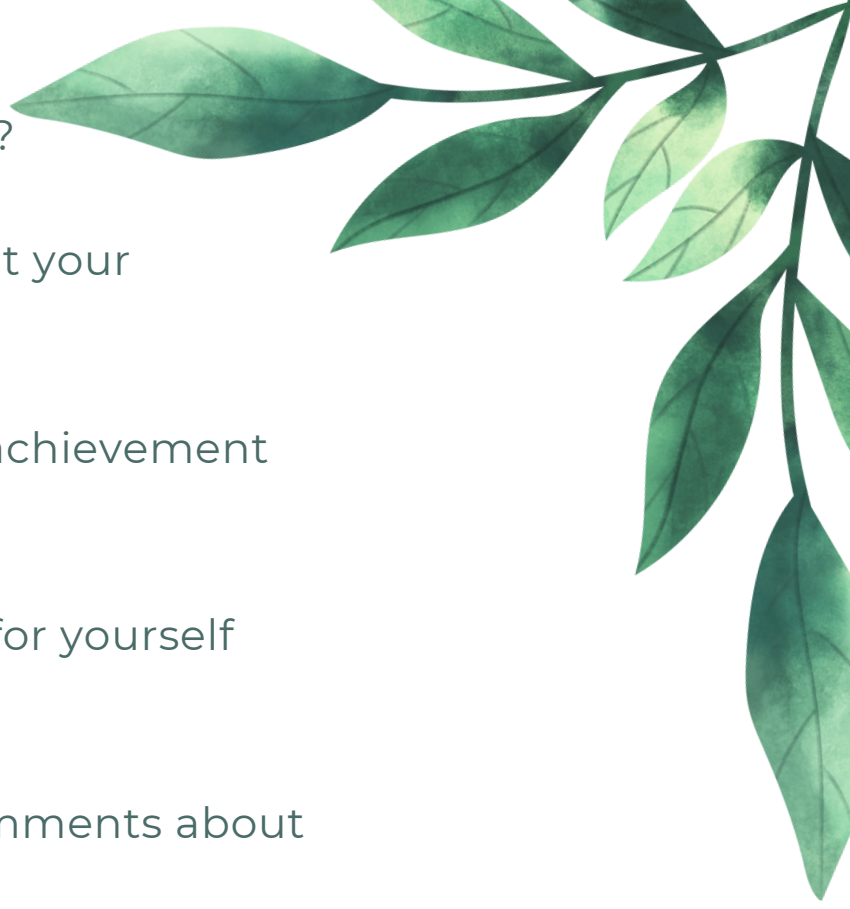
**WED**

**THURS**

**FRI**


**SAT**


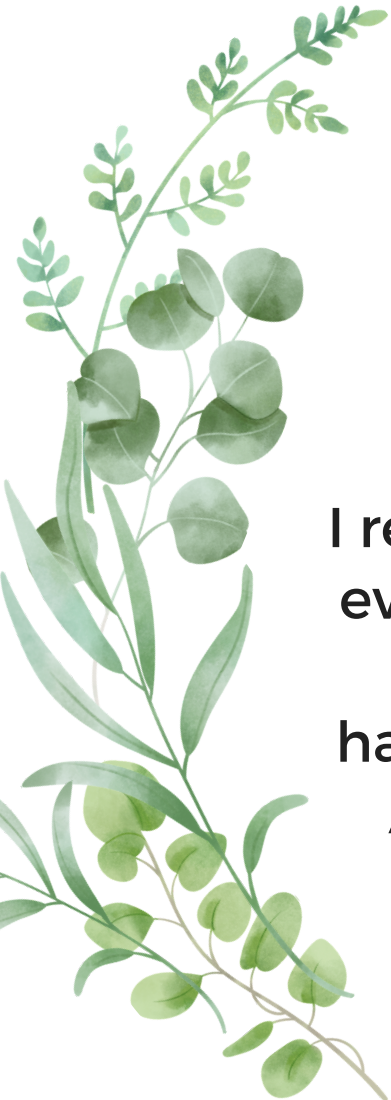



- 
- What do you like about yourself?
  - What is your favorite thing about your personality?
  - What is an accomplishment or achievement you are proud of?
  - What is something that you do for yourself that you enjoy?
  - What are negative beliefs or comments about yourself you can release?

*self - love*

## journal prompts

- 
- I feel most at peace when...
  - I love myself when I...
  - My favorite part of myself is...
  - I am strong when I am...
  - I feel confident when I...
  - I admire myself for...



Use the following journal pages or your own notebook.

I recommend trying to journal a bit everyday, and focusing on yourself rather than events that have happened. Write for you, from you. Acknowledge and get to know yourself.






















I LEARNED A LONG  
TIME AGO THE WISEST  
THING I CAN DO IS BE  
*on my own side*

- MAYA ANGELOU