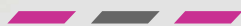


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RADICAL SELF LOVE WORKSHEET



BY GALA DARLING



YOUR RADICAL SELF LOVE VISION



If you were fully in love with yourself, what would your life look like? How would you speak, hold yourself, move in the world? What would you do with your time and what would you cut out of your life? Take some time to daydream and craft a vision of how different your world might look if you were treating yourself with nothing less than total love and self-respect.

What one word would you like to embody in your daily life? (For example: radiant/delicious/exquisite...) Write it below, as well as five ways that you can personify that word on an everyday basis.

What's the best compliment you've ever received? Write it down, and then spend five minutes thinking about the words. See yourself through a new lens. Accept the compliment with your whole body. Say thank you to the universe!

CREATE YOUR OWN AFFIRMATIONS



Affirmations can be extremely powerful, but the most important thing about them is that they feel really resonant with you and where you're at in your life. In the past, I found that a lot of the affirmations I read sounded good but didn't light my fire. I wanted something punchier, sparklier, more badass. The solution? Write your own!

Below are a few madlibs-style affirmations that you can customise to your specific needs, as well as suggestions for how you might like to fill them in.

Every day, in every way, I am getting _____ (stronger/smarter/more aware)

I love myself because I am a _____ (rebel grrrl/dynamo/genius)

My _____ (personality/brain/ass) is _____ (divine/magnificent/intergalactic)

Even though I'm not perfect, my flaws make me _____ (more fun/more interesting/more multidimensional)

I can do anything I want, because I'm _____ (awesomeness incarnate/a little beaut/strong and capable and smart as hell)

When I look in the mirror, I see _____ (a badass babe/a warrior of compassion/a creator of worlds)

HOW TO USE AFFIRMATIONS



Write them on paper and put them in your wallet, tape them to your bathroom mirror, stick them up next to your front door.

Say them aloud whenever you see them. When you say them or read the words, visualise yourself doing and being that affirmation. See yourself embodying it fully.

You can use your affirmations as a mantra during meditation, too, by simply repeating it in your mind over and over!

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