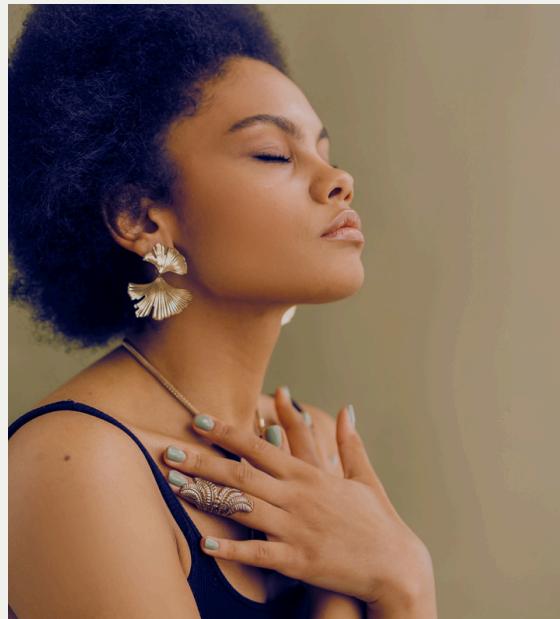


Radical Self Love

Accepting yourself, caring for yourself, and knowing you are more than enough, and inherently worthy of love, respect, and compassion, regardless of your mistakes and flaws.





What words come to mind when you think of Radical Self Love?

*An experience that gives you an
emotion of feeling very loved*

Self-compassion

- Self-encouragement
- Self-acceptance
- Setting boundaries
- Being intentional
- Pampering yourself
- Prioritizing your needs

*Connecting with yourself in
the moment*

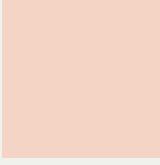
Happy the way we are

Why is it important to Love Yourself?



- If you don't love yourself, it is difficult to love others
- To refill yourself after supporting or caring for others
- To uncover the things you like or don't like (preferences)
- To become a better and happier version of yourself
- To take care of or look out for yourself





Loving yourself is a radical act in a society that constantly tells us we aren't good enough, we need to lose weight, have bigger muscles, a smaller waist, etc.

Radical selflove is an ongoing process that involves replacing toxic beliefs about inferiority and negative self and body image and replacing them with self-acceptance and compassion.

Radical selflove involves engaging in activities and practices that you truly enjoy, not that you are obligated to do, but you do things that make you feel good and that are nourishing and nurturing to your body, mind, and spirit.



- *Radical Self Acceptance* is fully embracing our true nature and loving our entire human experience, including our imperfections. ~Tara Brach
- *Radical Self Compassion* is extending total empathy to oneself, with nothing excluded. ~Khen Lampert
- *Radical Self Care* involves prioritizing how you treat yourself, even if it means making unpopular choices, to protect your mental and physical well-being.



Love Letter to self....

Dear(name here),

I am learning to love myself by _____

I am learning to accept _____

I am learning to practice self-
compassion by _____

I am learning to take care of _____

I am learning that I need to develop
boundaries in _____

I commit to my healing journey by _____

