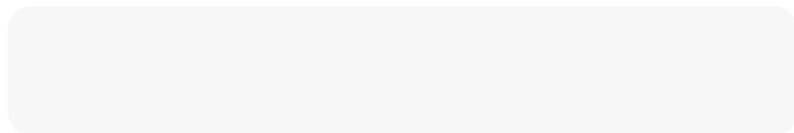


The Ultimate
**SELF
LOVE**
WORKBOOK
For Women

THIS JOURNAL BELONGS TO



THE ULTIMATE
SELF-LOVE WORKBOOK
FOR WOMEN

A journey of self-love & self-discovery, tune in to your unique inner magic

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WHY SELF-LOVE IS IMPORTANT?

Self-love is an essential part of our lives. Whether we realize it or not, self-love plays a major role in our happiness and well-being. It can affect everything from the way that we interact with the world to our mental and physical health.

There are many different ways that we can cultivate self-love. For starters, it is important to pay attention to our physical and emotional needs. This might mean eating nutritious foods, getting enough sleep, or taking time for relaxation and reflection. It might also mean spending time with supportive people who make us feel good about ourselves.

Another crucial aspect of self-love is learning to accept ourselves just as we are. This means coming to terms with both our strengths and weaknesses, rather than focusing only on what we perceive as flaws or areas of failure. It also means letting go of harmful thoughts and negative self-talk in order to create a more positive inner dialogue. While this kind of work may be

challenging at times, the long-term benefits of self-love far outweigh the costs. So if you want to live your best life, make it a priority to nurture your own wellbeing by practicing self-love on a daily basis.

When we love ourselves, we tend to be happier and more confident. This in turn allows us to feel more connected with those around us and to take better care of our physical and mental health. Self-love also helps us to nurture our creativity and pursue our goals with passion and determination. At the end of the day, self-love is fundamental to living a fulfilling life, both for ourselves and for those who are important to us. So, if you want to live your best life, make sure that you prioritize self-love as a key part of your daily routine. After all, it's only when we truly love ourselves that we are able to fully express our talents, pursue our dreams, and find happiness in all areas of our lives.

While there are many different factors that contribute to our overall happiness and well-being, perhaps the most important one is our ability to love ourselves. Without a sense of self-love, we may be more prone to negativity, anxiety, depression, and other negative emotions. Furthermore, when we experience negative emotions, we are less likely to take care of ourselves physically and emotionally. On the other hand, practicing self-love allows us to nurture our own needs and achieve a greater sense of inner peace and contentment. This in turn can make us happier, more resilient individuals who are better equipped to navigate life's challenges with grace and resilience.

Ultimately the importance of self-love cannot be overstated: it is something that lies at the heart of our personal happiness and well-being as human beings.

HOW TO USE THIS WORKBOOK

Self-love is a vital tool to develop to live life at our greatest potential. Self-love and self-acceptance help us to connect with our own unique inner magic and have the power to enhance our inner peace. Sometimes however, it can be hard to find time to be consistent when the stresses of day-to-day life take over.

Journaling can be a powerful tool for cultivating self-love and building a sense of connection with yourself. Through writing in your journal on a regular basis, you can gain greater insight into your thoughts and feelings, as well as better understand the root causes of any negative emotions that may arise. Journaling can also help to facilitate new ways of thinking and encourage you to reflect on ways in which you could take better care of yourself.

Additionally, it can give you an opportunity to celebrate your accomplishments and acknowledge the importance of meeting your own needs. With consistent

journaling, you can create a beautiful and heartfelt practice that will enliven your sense of inner peace and well-being. So why not start today by setting aside some time to write in your journal – you might be surprised by how much this practice enhances yourself love!

When you take the time to sit down and write about your thoughts and feelings, you are sending yourself a powerful message: I am worthy of my time and attention. This simple act can help to increase self-esteem, confidence, and overall happiness. Moreover, journaling can provide a sense of perspective and clarity during difficult times.

This workbook is broken down into 2 parts:

PART 1:

Self Discovery Exercises. Use these exercises to connect with yourself wherever you are on your journey right now.

PART 2:

Self-love Check-in and journaling pages. Use these pages in the way that works the best for you. You may choose to use them on a daily or weekly basis, or even just when you feel the need to re-group and re-focus. Spend time deliberating the answers to the questions and really explore the reasons behind your feelings. Use the notes & thoughts pages to take a deeper dive into anything significant that comes up for you.



**SELF
DISCOVERY
EXERCISES**

A COMMITMENT TO MYSELF

I, _____, promise, from this moment forward, to accept and understand that I am perfectly enough just as I am. I trust my own inner power and I commit to love and support my "self" the same way I do my friends & loved ones.

I promise to give myself the kindest possible advice and pay little heed to the critical voice in my head. I promise to treat my mind and body with love and respect by striving to always take care of my physical, mental and spiritual needs.

I will stop putting others needs before my own, I will always seek to fill my cup before I can pour into others. I acknowledge that by being my best 'self' I can have a greater impact on those around me.

I fully allow myself to actively discover and seek out my dreams and passions and to pursue them with energy and enthusiasm.

I promise myself to focus on being grateful and feeding my mind with healthy, positive thoughts. I promise to take time for myself, become more active, and do for others without expectation of anything in return.

I promise to learn to truly love ME - to improve both my self-esteem and confidence. I will accept and let go of past mistakes, I will forgive myself for situations where I have not achieved the results or outcomes I would have liked. I will remain optimistic in achieving and feeling deserving of all of my hopes and dreams.

I promise to say kind things to myself and others and offer forgiveness and understanding.

I commit to growing as a person and continuously cultivating and creating new dreams and aspirations.

Starting now, I will always remember the importance of being me.

My needs are important. My dreams and goals are important.

My life is important.

SIGNED

WHAT IS YOUR SELF-LOVE LANGUAGE?

We already know that Self-love is important and that it acts as the foundation for happiness and success. But exactly what is self-love? And how do you go about cultivating it in your life? One way to think of self-love is as a language. Just like there are many languages spoken around the world, there are many ways to speak and cultivate self-love in your life. Start by identifying your self-love language. Consider the following definitions and examples, which resonate with you the most.

Take some time to reflect on how you love yourself and then start incorporating more of those things into your life. The more you can do, the better connected you'll feel to yourself and the happier you'll be!

PHYSICAL TOUCH

Focus on your physical being and things that make your body feel good

SUGGESTED ACTIVITIES

Dance | Have a Massage | Yoga or Gentle Stretching | Exercise |
Take a relaxing bath | Do your hair or nails | Eat nourishing foods |
Your favourite skincare routine

ACTS OF SERVICE

Doing or organising activities that make you feel fulfilled or happy

SUGGESTED ACTIVITIES

Blitz your to do list | Volunteer | Declutter your space | Spend time
planning your goals | Help a friend or relative | Schedule your week |
Delegate tasks you've been putting off | Do some DIY

RECEIVING GIFTS

Spoil yourself with gifts, treat yourself to things or purchase things that
make you happy

SUGGESTED ACTIVITIES

Buy yourself flowers | Treat yourself to lunch | Add some new plants
or decor to your home | Book a trip | Go for drinks with friends |
Update your wardrobe | Invest in your business | Have a Spa Day

QUALITY TIME

Spending time focusing on hobbies and activities that you enjoy

SUGGESTED ACTIVITIES

Reading | Take a social media break | Go for a walk in nature | Watch the sunset | Meditate | Spend time with loved ones | Learn a new skill | Watch your favourite show

WORDS OF AFFIRMATION

Using your inner voice to encourage, praise and uplift yourself

SUGGESTED ACTIVITIES

Journal | Use affirmations | Give yourself a pep talk | Write yourself a letter of encouragement | Start a gratitude jar | Leave uplifting quotes where you can see them | Give yourself a compliment | Try guided meditations

SELF-LOVE FOCUS

In what areas of your life do you feel you need a refresh? Is there anything that is not working for you? Do you wish you could change your job, city, or other circumstances of your life? Do you feel that you are playing small? What's missing in each area? We are not here to settle for less. Identify what is missing in your life, so that you can make the best possible plan for the new chapter to come.

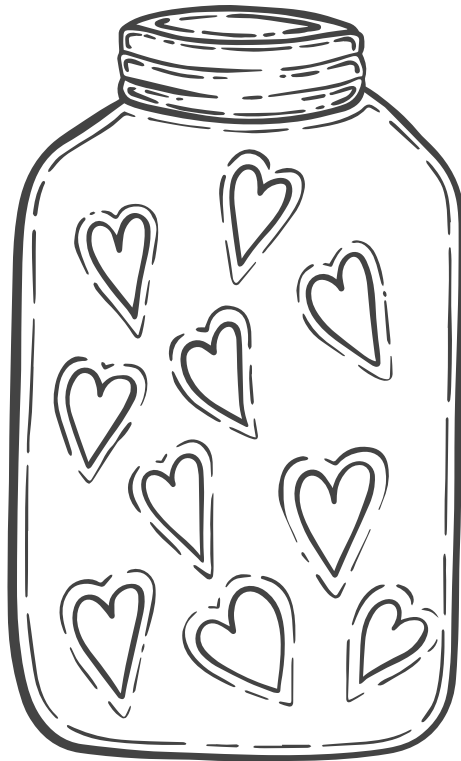
Which areas of my life would benefit from increased self-love?

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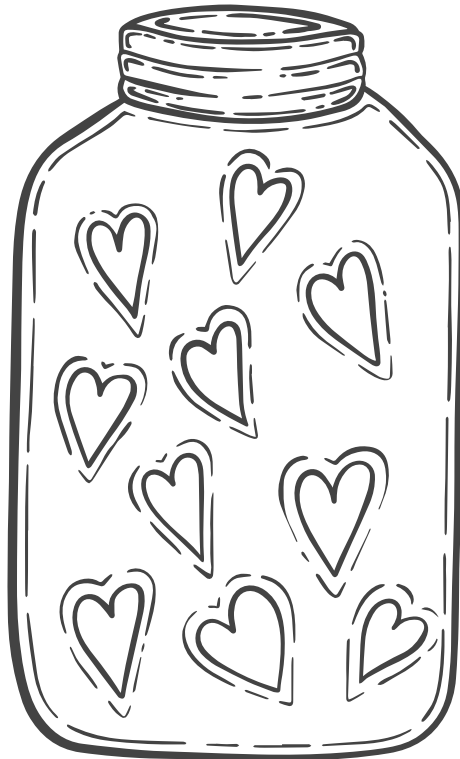
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THE POWER OF EMPOWERING BELIEFS

How we think about ourselves is a powerful tool. Our beliefs about ourselves can empower us or hold us back. When we believe in our own power and potential, we can achieve great things.

Use the prompts below to set yourself some empowering beliefs that you would like to live by.

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I BELIEVE THAT I CAN...

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I BELIEVE THAT I CAN MAKE A DIFFERENCE BY...

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I BELIEVE THAT I CAN BE KINDER TO MYSELF BY...

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I BELIEVE THAT I DON'T ALWAYS HAVE TO...

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REFRAMING NEGATIVE THOUGHTS

It can be easy to internalize negative thoughts about ourselves, and these then become limiting beliefs. Limiting beliefs can constrain our ability to grow and achieve our full potential. But what if we could reframe these beliefs and look at them in a new way?

LIMITING BELIEF	HOW CAN I RELEASE OR REFRAME THIS BELIEF TO FEEL MORE EMPOWERED?

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**SELF LOVE
CHECK IN &
JOURNAL
PAGES**

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AFFIRMATION OF THE DAY

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SELF-CARE PRIORITY FOR THE DAY

SOMETHING I LOVE ABOUT MYSELF

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SOMETHING I AM GRATEFUL FOR

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SOMETHING I AM LETTING GO OF

A CHALLENGE I AM OVERCOMING

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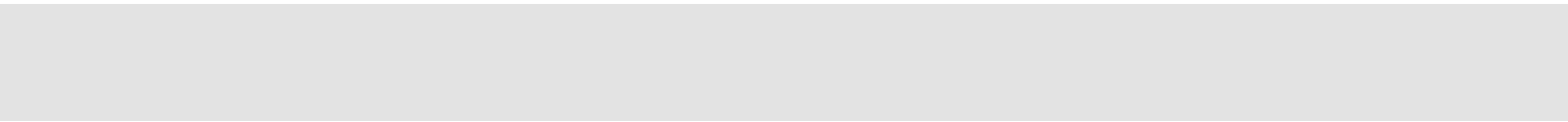
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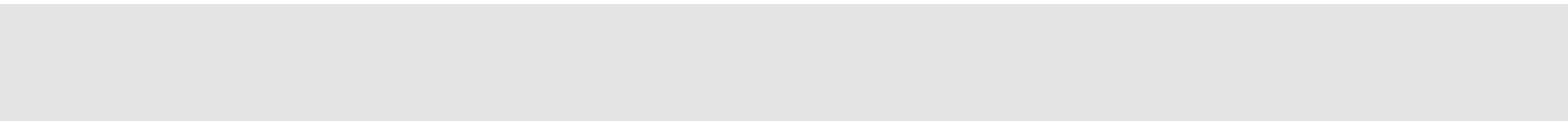
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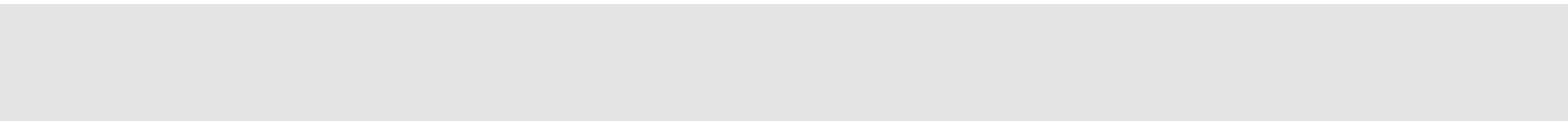
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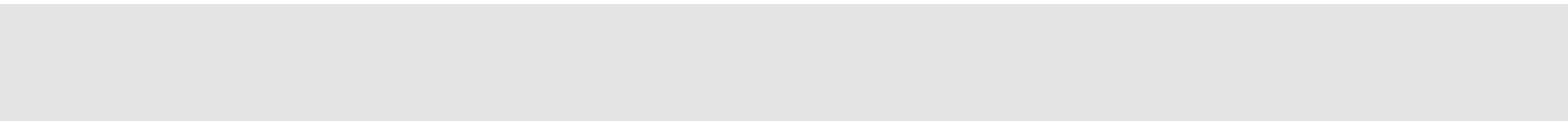
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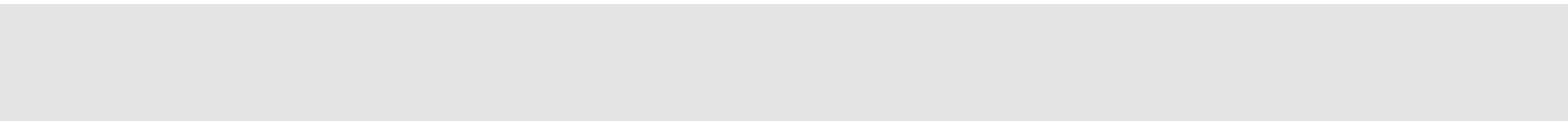
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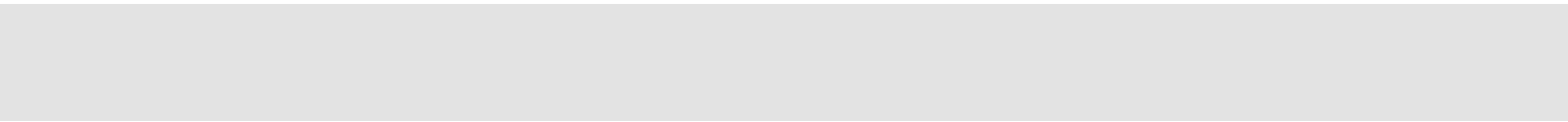
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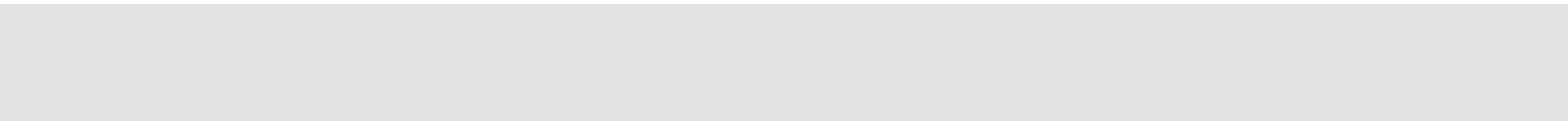
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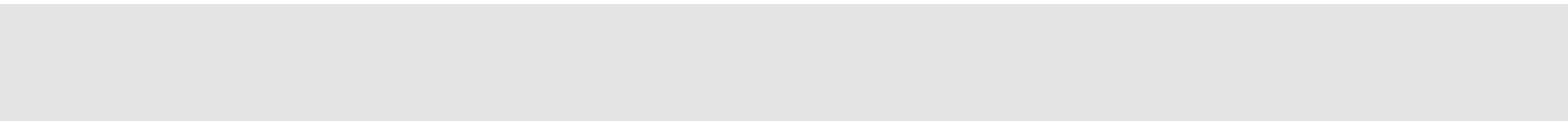
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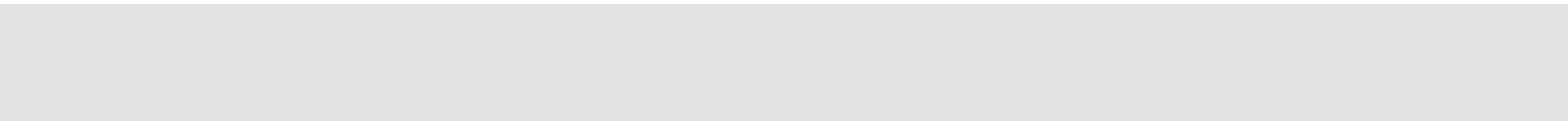
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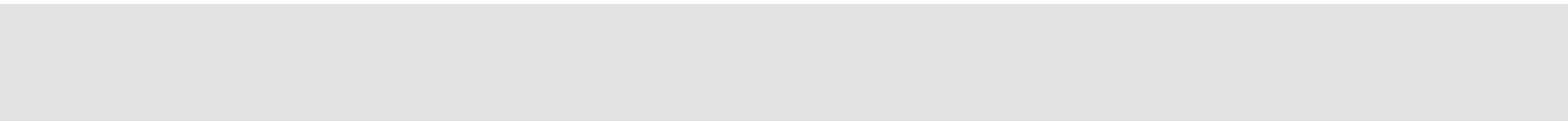
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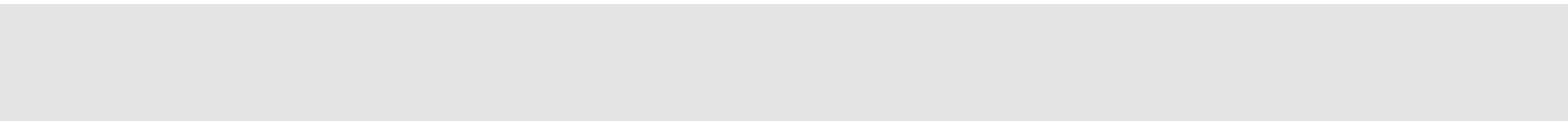
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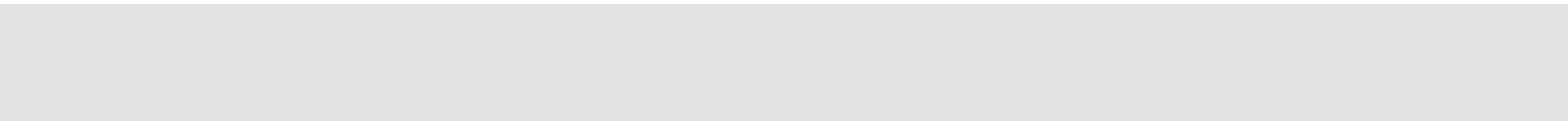
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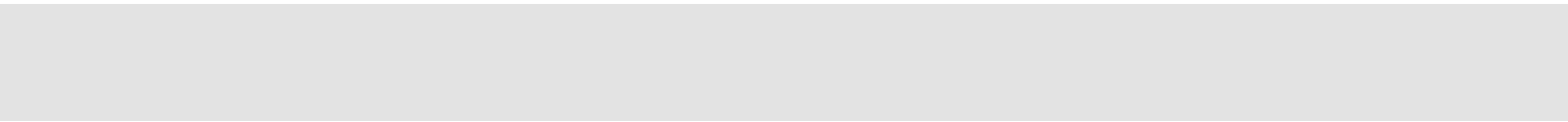
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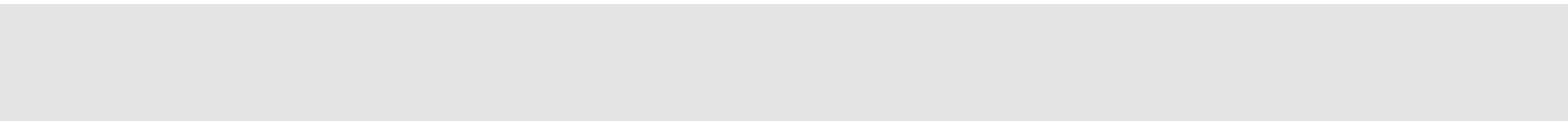
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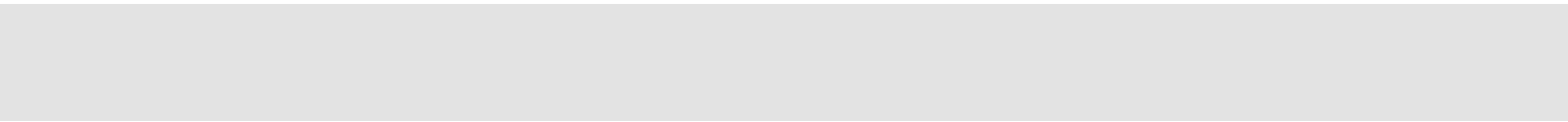
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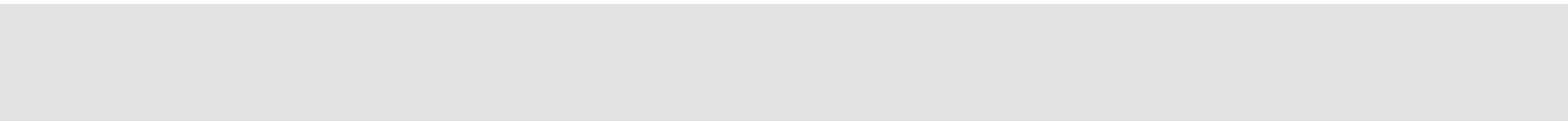
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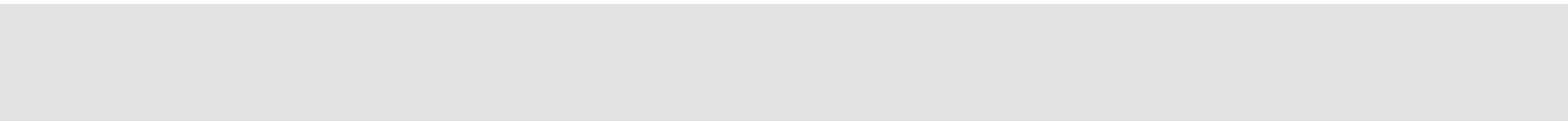
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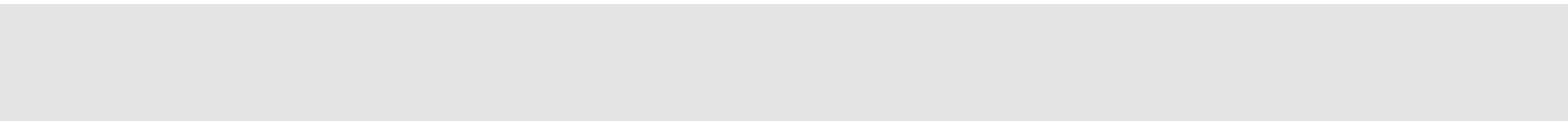
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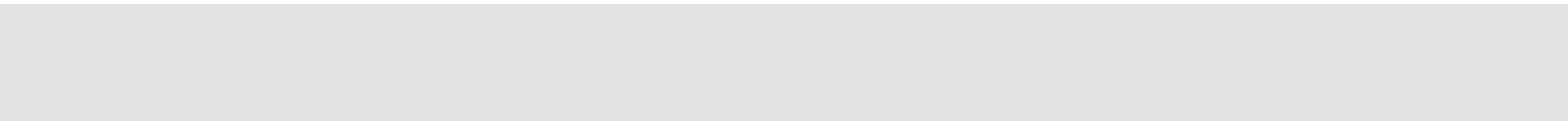
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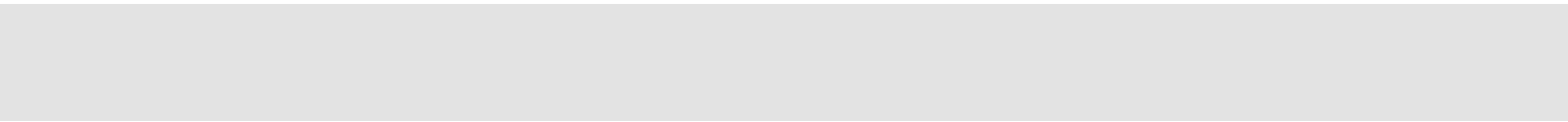
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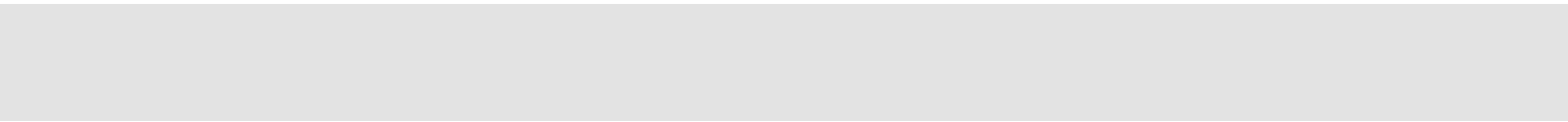
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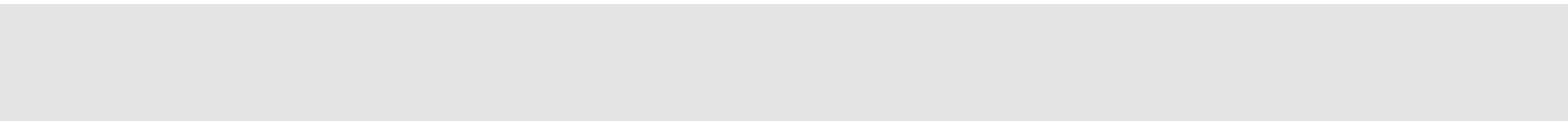
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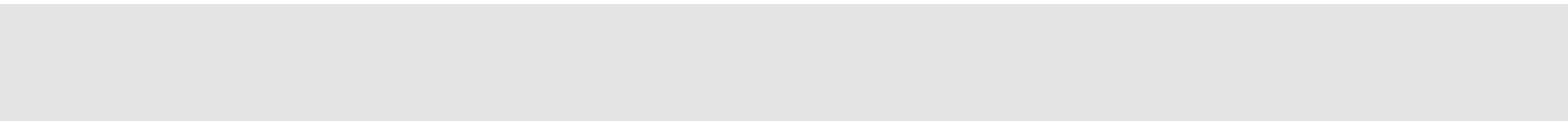
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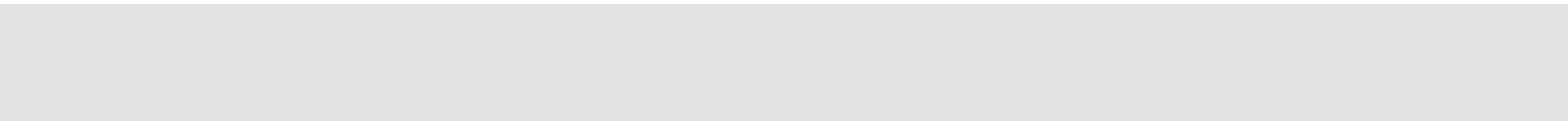
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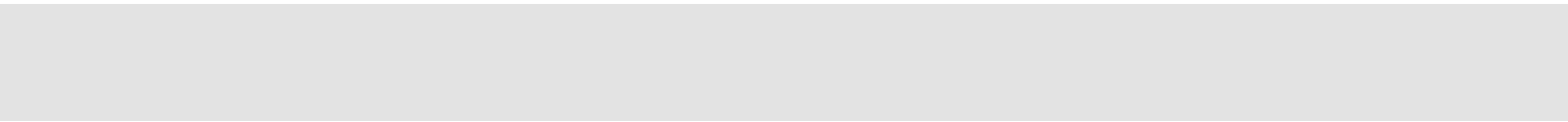
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Urszula Kudla is the owner of DiLove Wellness Studio. She serves women across the globe as a Happiness and Wellness Coach, EFT tapping practitioner, Microcurrent Technician. A driven and passionate entrepreneur, Urszula loves helping others transform their lives and live above the wellness line. Helping women to love and accept themselves is her passion.

"For years, I couldn't find the way back to being ME again, but I knew in my heart that it is the only way to regain peace, happiness and health.

We have to follow our hearts and desires to feel happy and satisfied with our lives. After hundreds of books and webinars, and courses with holistic teachers and coaches, I realized that I could write my own story. I could choose the details of my story; I just had to rewrite my programming.

Was it easy? No, not at all, but it was so satisfying to be born again with the new blueprint, and it is always a work in progress. It is never done because life is not constant. When I removed some of the beliefs that I got from my upbringing environment and started to love my magnificent body and myself as a whole, I finally started living MY life and enjoying the journey.

Self-Love and complete acceptance of who I am were critical to gain confidence, being courageous, strong, and truly living a life of freedom.

Now I am writing my fairy tale story, and I take total responsibility for it. Owning my story and loving myself through that process is the bravest thing I did"

Urszula

**FOR MORE INFORMATION ON URSZULA KUDLA VISIT
WWW.URSZULAKUDLA.COM**



**SELF LOVE IS THE
FIRST SECRET TO
HAPPINESS**