

The
Self Love
Practice





A NOTE FROM CRYSTAL

WELCOME TO THE SELF LOVE PRACTICE

This self love practice is designed to help you awaken, connect and feel your own love for yourself. It is designed to be woven into a daily practice. This was created because of trialing so many different tools and finding utilizing journaling, breathwork and meditation together not only helps me return home to myself but helps me to feel love for myself on a daily basis.

This was created to help you feel that too, although it requires you to go all in and carve out time for you it is a daily reminder to fill up your own cup because you can't give from an overflow.

You can utilize this self love practice in whatever order, I recommend doing -

- Dance (chuck your favourite song on and boogie even if its just for a minute)
- Listen to the guided breathwork audio
- go straight into the meditation (self love guided audio)
- Finish off with journaling

Remember throughout this journey to weave these intentions into your practice!

- OWN wherever you're currently at, there is no race you're walking your own unique path.
- No matter what there is NO WRONG WAY TO DO ANYTHING, trusting yourself is a huge part of self love, whatever you feel flow with it, see where it leads you and even if its different from the actual question thats so ok to, this is your process and we're working together as a team.
- YOU ARE showing up for yourself by doing this work, going through these workbooks, live classes and being apart of this container and I want to invite you to take a second to give yourself gratitude for filling up your cup, meeting yourself deeper and exploring all parts of you!
- YOU HAVE EVERYTHING YOU NEED WITHIN YOU TODAY SURRENDER THE OUTCOME
- THIS IS YOUR JOURNEY, OWN IT, GO ALL IN!!!

LET'S GET STARTED!

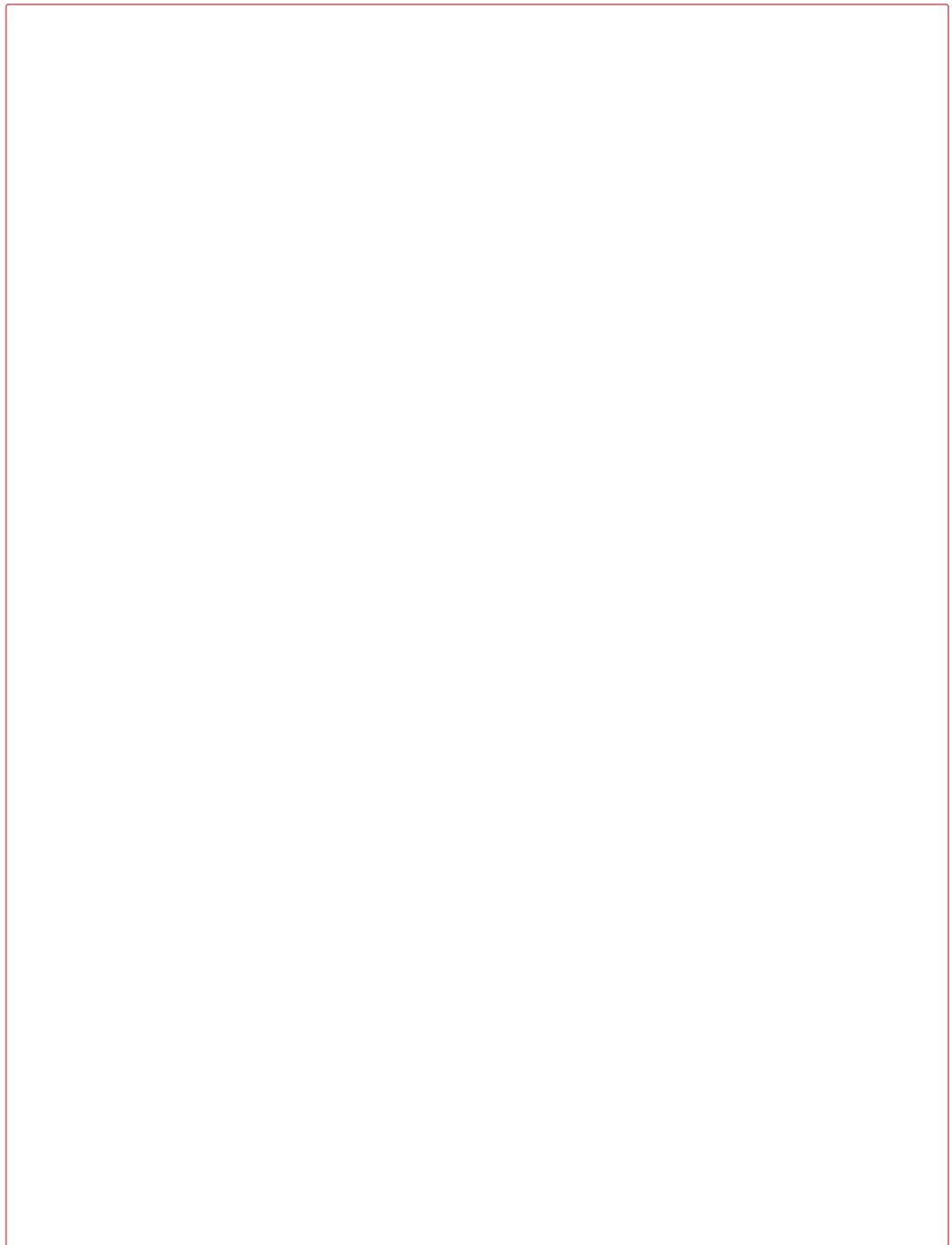
Love Crystal Angwin xx



Intention Setting

LET'S CONNECT TO YOUR INTENTION

WHAT IS YOUR INTENTION FOR YOURSELF FOR TODAY?





Self Love Journaling Questions

SELF LOVE IS A PRACTICE

if I was being my own best friend right now what would I say to myself?

Close your eyes, Take a Deep Breath and ask yourself if I was being my best friend today what would I do to support myself?

What's one loving statement I need to hear from myself right now?



Self Love Journaling Questions

TRUST WHATEVER COMES TO MIND

If I was to love myself in this moment how would I show up?

How can I take loving care of myself today?

Close your eyes, take a deep breath in and out and repeat noticing what comes up as you say each statement -

I love myself

I am safe

I am whole

I matter

I am enough just as I am

Reflect and write what you noticed as you said these statements?

A woman with long brown hair and a decorative headband is sitting on a large rock in a forest. She is looking towards the camera. The background is filled with green trees and foliage.

Self Love Practice Questions

TRUST WHATEVER COMES TO MIND

Write a reflection from your journaling experience today around what you learnt about yourself and what your biggest takeaway was?

A woman with long blonde hair, wearing a white, off-the-shoulder, floor-length dress, stands in a forest. She is looking upwards and to the left. The forest floor is covered in pine needles and small rocks. The background is filled with tall, thin trees.

Celebrating You

**For showing up for
you today!**